

Planning and Quality Assurance Affairs

Form (A)

Course Specifications

General Information

Course name	CLINICAL NUTRITION
Course number	PHPT5224
Faculty	
Department	
Course type	Major Needs
Course level	5
Credit hours (theoretical)	2
Credit hours (practical)	0
Course Prerequisites	

Course Objectives

1 - To understand the basic concepts of nutrition and human body requirements
2 - To recognize the difference between the macronutrients constituents
3 - To know the role of micronutrients (vitamins and minerals) in health and disease
4 - To understand the concept of energy balance and weight management
5 - To plan balanced and healthy diet and understand its role in human health and disease
6 - To recognize malnutrition as influenced by local food habits and a brief account of the world food problems

Intended Learning Outcomes

Knowledge and Understanding	<ul style="list-style-type: none"> * Understand the content of food from the macro- and micronutrients * Understanding the food-drug interactions * Correlate different life stages and physiological stages with body needs of all nutrients * Understanding the digestion, absorption and transport of both macro- and micronutrients
Intellectual Skills	<ul style="list-style-type: none"> * Discover the relationship between balanced diet and health
Professional Skills	<ul style="list-style-type: none"> * Calculation of body composition and body indices * Management of energy In and energy Out (balance of energy) * Calculation the dietary reference intake for vitamins and minerals

Course Contents

- 1 - Overview of Nutrition: a. Energy-Yielding Nutrients b. Dietary Reference Intakes c. Food Pyramid: My pyramid, My plate & My plate Trackers d. Nutrition Assessment
- 2 - Macronutrients a. The Carbohydrates: Sugars, Starches, and Fibers b. The Lipids: Triglycerides, Phospholipids, and Sterols c. Protein: Amino Acids
- 3 - Micronutrients a. The Water-Soluble Vitamins: B Vitamins and Vitamin C b. The Fat-Soluble Vitamins: A, D, E, and K c. Water and the Major Minerals d. The Trace Minerals
- 4 - Nutrition Across the Lifecycle a. Nutrition prior to pregnancy b. Nutrition during pregnancy c. Nutrition after delivery and for lactation d. Nutrition during childhood and adolescence e. Nutrition for geriatrics
- 5 - Energy Balance and Body Composition a. Energy In: The Calories Foods Provide b. Energy Out: The Calories the Body Expend c. Body Weight, Body Composition, and Health
- 6 - Nutrition in Chronic Diseases a. Nutrition therapy for cardiovascular diseases b. Nutrition therapy for diabetes c. Nutrition therapy for cancer

Teaching and Learning Methods

- 1 - Interactive lectures
- 2 - Videos
- 3 - Group works
- 4 - Research

Students Assessment

<u>Assessment Method</u>	<u>TIME</u>	<u>MARKS</u>
Midterm Exam	60minutes	20%
Attendance and participation	per course	10%
Moodle activities	per course	30%
Final Exam	90 minutes	40%

Books and References

Essential books	Modern Nutrition in Health and Disease (2014). 11th Edition. Lippincott Williams & Wilkins, a Wolters Kluwer business. ISBN: 978-1-60547-461-8.
Recommended books	Nutrition and Diet Therapy (2011). 10th Edition. Cengage Learning, Inc. ISBN: 978-14354-8629- Understanding Nutrition (2022). 11th Edition. Thomson Learning, Inc. ISBN: 978-0-357-44751- 2. Williams' Basic Nutrition and Diet Therapy (2017). 15th Edition. Elsevier Inc. ISBN: 978-0-323- 37731-7.