

**Ministry of Higher Education and Scientific Research
Scientific Supervision and Scientific Evaluation Apparatus
Directorate of Quality Assurance and Academic Accreditation
Accreditation Department**



Academic Program and Course Description Guide

Course Description Form

1. Course Name:	
Nutrition	
2. Course Code:	
Nut 305	
3. Semester / Year:	
Semester	
4. Description Preparation Date:	
٢٠٢٤ / ٠٣ / ٤	
5. Available Attendance Forms:	
Attendance only	
6. Number of Credit Hours (Total) / Number of Units (Total)	
2 hours in week and 30 hours in semester	
7. Course administrator's name (mention all, if more than one name)	
Name: Mosa Jaafar Mosa Email: mosajaafar89@gmail.com	
8. Course Objectives	
<ul style="list-style-type: none"> Know the fundamental principles of human nutrition. Identify the relationship between nutrition and body energy. Recognize the specification and functions of different nutritional elements. <p>Understand the importance of applying nutrition (curative) as an essential part of nursing care</p>	<ul style="list-style-type: none">
9. Teaching and Learning Strategies	
Strategy	1. Brainstorming education strategy. 2. Education Strategy Lecture Series 3. Education strategy field visits

10. Course Structure					
Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1		Overview	Nutrition	Theoretical lectures using educational methods in classroom as well as practical applications in education	1. Daily, monthly and quarterly theoretical exams. 2. Daily practical evaluation of students' performance. 3. Practical exam in the hospital. 4. Evaluation of seminars presented by students. 5. Homework and weekly reports.
2		nutrition and assessment of nutritional status.			
3		.			
4		Dietary references and diet planning guides			
5					
6		Food (nutrient metabolism and energy balance)			
7					
8		Carbohydrates			
9		Human nutritional lipids, fats, oils, phospholipids and sterols.			
10					
11		Protein and amino acid malnutrition			
12		Vitamins (water soluble and fat soluble) The healthy diet			
13		Nutrition and diet in diabetes mellitus. Nutrition during pregnancy and lactation.			
14		Infant nutrition			

15	Nutrition during aging Water and minerals Concept of western diseases Cardiovascular diseases and obesity. Malnutrition			
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11. Course Evaluation

Distributing the score out of 100 according to the tasks assigned to the student such as daily preparation, daily oral, monthly, or written exams, reports etc

12. Learning and Teaching Resources

Required textbooks (curricular books, if any)	Nutrition and biochemistry for nurses. By Jacob anthikad , 1 st ED 2009
Main references (sources)	- Grodner, Anders on. <u>De your Foundations and Clinical Application of Nutrition A Nursing Approach</u> second Edition, Mosby, 2000.
Recommended books and references (scientific journals, reports...)	- Williams, Sue Rodwel and Eleanor D. Schlenker, <u>Essentials of Nutrition and Diet Therapy</u> , 8 th ed., London Mosby Inc., 2003.
Electronic References, Websites	- Grodner, Michele et.al, <u>Foundations and Clinical Applications of Nutrition A Nursing Approach</u> , St. Lweis, Mosby Inc,2004