

Course Syllabus

1	Course title	Nutrition and Diseases of Affluence
2	Course number	603455
3	Credit hours (theory, practical)	3
	Contact hours (theory, practical)	3(Theory)
4	Prerequisites/corequisites	Human Nutrition (0603332)
5	Program title	Human Nutrition and Dietetics
6	Program code	043
7	Awarding institution	The University of Jordan
8	School	Faculty of Agriculture
9	Department	Nutrition and Food Technology
10	Level of course	3 rd year
11	Year of study and semester (s)	
12	Final Qualification	BSc
13	Other department (s) involved in teaching the course	None
14	Language of Instruction	English
15	Date of production/revision	1 st semester, 2020

16. Course Coordinator: Dr. Rima H Mashal

Office numbers, office hours, phone numbers, and email addresses should be listed.

Room #102, Ext. 22406, rima@ju.edu.jo

Office hours					
Day/Time	Sunday	Monday	Tuesday	Wednesday	Thursday
	1:00-2:00		1:00-2:00		1:00-2:00

17. Other instructors:

Office numbers, office hours, phone numbers, and email addresses should be listed.

18. Course Description:

As stated in the approved study plan.

Study of the relationship between nutrition and contemporary changes in dietary intake patterns and the development of chronic diseases of affluence such as obesity, diabetes mellitus, cancer, and cardiovascular and renal diseases; providing the student with a sound foundation in nutritional epidemiology of such diseases to analyze current contemporary nutritional problems and their prevention.

19. Course aims and outcomes:

<p>A- Aims:</p> <ol style="list-style-type: none"> To create awareness and understanding of the nature and identification of the non-communicable or lifestyle diseases that exist in developed and less developing countries. To understand the contemporary changes in food consumption patterns. To examine the impact of nutrition on specific diseases, including obesity, diabetes, heart disease, cancer, and autoimmune diseases. <p>B- Intended Learning Outcomes (ILOs): Upon successful completion of this course students will be able to</p> <p>A. Knowledge and Understanding: Student is expected to</p> <p>A1- Know scientific data about dietary habits that can reduce the risk of—and even reverse the progression of—chronic degenerative diseases.</p> <p>A2- Discuss the general causes of non-communicable diseases.</p> <p>A3- To gain an understanding of the rationales, advantages, and disadvantages of various research designs in nutritional epidemiology.</p> <p>A4- Describe how the nutritional diseases affect the lives of people.</p> <p>B. Intellectual Analytical and Cognitive Skills: Student is expected to</p> <p>B1- Develop a new way of thinking about nutrition science and the role diet plays in maintaining health or creating disease.</p> <p>B2- Gain an understanding of the appropriate applications of the various research methods and the interpretation of results.</p> <p>B3- Develop a picture of how scientific theories take shape according to the weight of accumulated scientific evidence.</p> <p>C. Subject- Specific Skills: Students is expected to:</p> <p>C1- Obtain hands-on experience and practice evaluating nutrition claims they encounter in the media.</p> <p>C2- Analyze and interpret scientific data and be able to summarize findings in a report.</p> <p>C3- To discuss the preventive measures of the nutritional diseases at the community level.</p> <p>D. Transferable Key Skills: Students is expected to</p> <p>D1- Participate in discussions about current controversies in nutritional epidemiology research.</p> <p>D2- Understand questions that can be addressed in populations using preventive measures.</p> <p>D3- To recommend applied nutrition programs aimed at the prevention of each of the major nutritional problem.</p>

20. Topic Outline and Schedule:

Topic	# Week	Instructor	Achieved ILO/s	Evaluation Method	Reference
1.Definitions and introduction	1/1 st week		A1		Handou
❖ Nutritional epidemiology, Noncommunicable diseases, Confounding variable, Risk factors,	2-3/2 nd week		A2	Lectures and Discussions	Handou

<p>Odds Ratio, Relative risk (RR), Causality, Incidence, Prevalence, Dose-response relationship, Association.</p> <ul style="list-style-type: none"> ❖ The general purposes of nutritional epidemiology. ❖ Overview of the causes of non-communicable or lifestyle diseases. 						
<p>2. Types of Research Designs:</p> <ul style="list-style-type: none"> ❖ Cross-sectional studies; Prospective study and Retrospective study; Case-control study and Cohort study; Randomized controlled trial. 	6/3 rd -4 th week		B1	Lectures and Discussions		
<p>3. Statistical Analyses and Interpretations:</p> <ol style="list-style-type: none"> a. Compare means (ANOVA) b. Correlation and Regression: Odds Ratio, Relative risk (RR), B coefficient...etc. c. Causality, Incidence, Prevalence, Dose-response relationship, 	4-5/5 th -6 th week		A3,A4,B1,C3, D3	Group discussions and oral presentations	Ref. 1	
<p>4. Nutritional Problems:</p> <p>Each of the nutritional problems listed below will be covered with respect to:</p> <ol style="list-style-type: none"> a) Identification and/or classification b) Prevalence and occurrence, c) Causes, d) Deleterious effects, e) Scientific evidence relating dietary patterns to chronic diseases: methodology, limitations, recommendations and suggestions, f) Preventive measures. <ul style="list-style-type: none"> ❖ Obesity and Neurological and Psychiatric behavioral disorders ❖ Diabetes Mellitus ❖ Osteoporosis ❖ Renal Diseases ❖ Cardiovascular diseases ❖ Cancer ❖ GI Disorders 	4, 8 th & 9 th week		A3, B1, B2	Group discussions and oral presentations	Recent Review Articles. Ref.	

5. Dietary Goals and Guidelines: National and International Perspectives	4, 10 th & 11 th week		A3, B1, B2,D2	Lectures and Discussions	Ref.1 and Handouts.
6. Health Claims and their Nutritional Implications: Dietary supplements, Food Labeling, Vegetarian diets.			C1-C3, D1-D3		Ref. 2 & Handout.

21. Teaching Methods and Assignments:

Development of ILOs is promoted through the following teaching and learning methods:	
ILO/s	Learning Methods
A. Knowledge and Understanding (A1-A4)	Lectures and Discussions
B. Intellectual Analytical and Cognitive Skills (B1-B3)	Lectures and Discussions
C. Subject Specific Skills (C1-C3)	Group discussions and oral presentations
D. Transferable Key Skills (D1-D3)	Oral presentations

22. Evaluation Methods and Course Requirements:

<p>Opportunities to demonstrate achievement of the ILOs are provided through the following assessment methods and requirements:</p> <p>Learning Methodology Regular class periods will be in a lecture and discussion format. Term paper and oral presentations will provide hands-on experience on evaluating scientific evidence relating nutrition to diseases of life-style. Students are expected to attend class, and complete all assignments, and to participate in discussions.</p> <p>Projects and Assignments</p> <ul style="list-style-type: none"> ❖ Each student is to prepare a term paper. The term paper is to be on a nutritional problem of particular interest to the student. For the paper, the student should utilize reference material to discuss the following: Nature of the nutritional problem; Population groups that are affected; Prevalence; Causes and contributing factors (Scientific evidence) ; Recommendations for treatment and prevention and References. ❖ The case study will be presented to the class as scheduled. 	
ILO/s	Evaluation Methods
A. Knowledge and Understanding (A1-A4)	Exams, Quizes,
B. Intellectual Analytical and Cognitive Skills (B1-B3)	Exam, Quizes,
C. Subject Specific Skills (C1-C3)	Reports & assignments.
D. Transferable Key Skills (D1-D3)	Reports & assignments.

23. Course Policies:

A- Attendance policies:

B- Absences from exams and handing in assignments on time:

C- Health and safety procedures:

D- Honesty policy regarding cheating, plagiarism, misbehavior:

E- Grading policy:

Exam	%	Date
1 st Exam	15	
2 nd Exam	15	
Term Paper	10	
Oral Report	10	
Final	50	

F- Available university services that support achievement in the course:

24. Required equipment: (Facilities, Tools, Labs, Training....)

25. References:

Required book (s), assigned reading and audio-visuals:

1. Shils, M.E, Olson, J.A., Shike, M., and Ross, A.C., Caballero, B. & Cousins, R. (2013) Modern Nutrition in Health and Disease. Lippincott Williams & Wilkins; 11th edition.

Recommended books, materials, and media:

1. Mahan, L.K. & Escott-Stump, S. and Raymond, J. (2017) Krause's Food & the Nutrition Care Process. Saunders Company, 14th Edition.
2. WHO: Control of Non-communicable Disease in Man. WHO, Geneva, 2013.
3. Articles and Handouts.

Suggested Internet Sites:

1. The American Dietetic Association.
<http://www.eatright.org/Public/>
2. The Food and Nutrition Information Center (FNIC) at the National Agricultural Library (NAL).
<http://www.nalusda.gov/fnic/index.html>
3. The Centers for Disease Control and Prevention (CDC).
<http://www.cdc.gov/aboutcdc.htm>
4. American Diabetes Association.
<http://www.diabetes.org>

26. Additional information:

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Name of Course Coordinator: **Dr. Rima H Mashal** Signature: ----- Date: -----

Head of curriculum committee/Department: ----- Signature: -----

Head of Department: ----- Signature: -----

Head of curriculum committee/Faculty: ----- Signature: -----

Dean: ----- -Signature: -----