

Course Syllabus

1	Course title	Introduction to Dietetics
2	Course number	0603353
3	Credit hours (theory, practical)	3 theory
	Contact hours (theory, practical)	0 practical
4	Prerequisites/co requisites	0603231
5	Program title	Human Nutrition and Dietetics
6	Program code	043
7	Awarding institution	The University of Jordan
8	School	School of Agriculture
9	Department	Department of Nutrition and Food Technology
10	Level of course	3 rd year level
11	Year of study and semester (s)	Second semester 2019/2020
12	Final Qualification	BSc in Human Nutrition and Dietetics
13	Other department(s) involved in teaching the course	None
14	Language of Instruction	English
15	Date of production/revision	January 2020

16. Course Coordinator:

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

Prof. Mousa Numan Ahmad

mosnuman@ju.edu.jo

Office No. 036

962-6-3550000-22412

Office hours					
Day/Time	Sunday	Monday	Tuesday	Wednesday	Thursday
Day	*	*	*	*	
Time	9-10	9-10	9-10	9-10	

17. Other instructors:

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

18. Course Description:

Application of the basic human nutritional principles in the selection of normal and therapeutic diets, emphasizing the elements of nutritional care process, concepts of dietary guides, criteria of the healthful diet, interviewing and counseling techniques and role of the dietician, common hospital therapeutic diets and major disease requiring diet therapy.

19. Course aims and outcomes:

<p>A- Aims:</p> <ol style="list-style-type: none">1. To be able to explain the profession of dietetics and identify the role of dietetic team members, standards, and the code of ethics in the dietetics practice.2. To acquire a basic knowledge of food groups, the food pyramid and food exchange system and their nutritional significance, and understand dietary guidelines for healthy eating.3. To develop practical skills in the use of dietary standards and guides in planning and management of meals and diets for the individual, family and groups under normal or physiological conditions.4. To acquire basic dietetic skills related to nutrition assessment, nutritional/clinical care process, nutrition counselling, and the development of client-centred nutrition care plans and charting system “SOAP”.5. To develop an understanding of the basic concepts of diet therapy, possible modifications of the normal diet and their therapeutic adaptation and evaluation; identify common hospital diets, their evaluation and routes of administration.6. To acquire a fundamental background of formulation of selected therapeutic meals and diets, and explain related factors in dietary planning for each disease condition.7. To develop practical skills related to nutrition and diet clinics, particularly clients check up and follow up strategies, applying the nutritional/clinical care process and executing adult education principles in clinical nutrition counselling.
<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- Gain information from electronic sources related to dietetic principles, applications and practices. A2- Demonstrate basic knowledge on food guides and dietary guidelines for healthy eating. A3- Understand the profession of dietetics and its code of ethics. A4- Explain the scientific background of therapeutic meals and diets, and explain related factors in dietary planning for particular disease conditions. A5- Apply and analyze methods and strategies of the nutritional/clinical care process, dietetics education principles and clinical nutrition counselling. A6- Explain the basic concepts of diet therapy, possible modifications of the normal diet and their therapeutic adaptation and evaluation. A7- Demonstrate and identify common hospital or therapeutic diets, their evaluation and routes of administration.</p>
<p>B. Intellectual Analytical and Cognitive Skills: Student is expected to</p> <p>B1- Gain skills related to diet clinics, particularly clients check up and follow up strategies. B2- Develop skills related to nutrition assessment, nutritional/clinical care process, nutrition counselling, and the development of client-centred nutrition care plans and charting system “SOAP”. B3- Develop practical skills in the use of dietary standards and guides in planning and management of meals and diets for the individual, family and groups for various physiological conditions.</p>
<p>C. Subject- Specific Skills: Students is expected to</p> <p>C1- Apply and analyze methods of dietetics education principles and nutrition counselling. C2- Critically explain the food groups, the food pyramid and food exchange system and their nutritional significance. C3- Critically evaluate dietary guidelines for healthy eating. C4- Critically evaluate regular and therapeutic diets for particular physiologic or pathophysiologic conditions. C5- Be able to suggest solutions for problems related to human nutrition and dietetics.</p>

D. Transferable Key Skills: Students is expected to
D1- Gain particular skills related to nutrition education and counselling.
D2- Be able to apply nutritional/clinical care process for individuals and groups.
D3- Be able to formulate regular and therapeutic diets for particular physiologic or pathophysiologic conditions.

20. Topic Outline and Schedule:

[Note: Topics usually vary depending on instructors, scientific perspectives, and student needs]

Topic	Reference	Week	Achieved ILO/s	Instructor
Introduction to Human Nutrition and Dietetics: An Applied Approach	1-3	1 st	A1, A2, C1,	Prof. Mousa Ahmad
The Dietetics profession: A Professionalism Point of View	3	2 nd	A3, B1, C1,	Prof. Mousa Ahmad
The Healthful Diet and Dietary Healthy Eating	1-3	3 rd – 4 th	A2, C3, D1	Prof. Mousa Ahmad
The Nutritional Care Process	1, 2	5 th – 6 th	A4 ,A5, B2, C4, D1, D2	Prof. Mousa Ahmad
Nutritional Status Assessment: An Individual and Group Approach	1, 2	7 th – 8 th	A4, A5, B2, C4, D1	Prof. Mousa Ahmad
Food Composition and Dietary Evaluation	1, 2, 4	9 th week	A4, B3, C2, D3	Prof. Mousa Ahmad
Diet and Meal Planning: An Individual and Family Approach	1, 2, 4-6 + Handouts	10 th – 11 th	A4, A5, B3, C4 ,C5, D1-D3	Prof. Mousa Ahmad
Introduction to Diet Therapy: Basic concepts	1, 2	12 th – 13 th	A6, A7, B3, C4	Prof. Mousa Ahmad
Planning Therapeutic Diets: An Individual Approach.	1, 2, 4-6 + Handouts	13 th – 14 th	A6, A7, B3, C4, D1, D2, D3	Prof. Mousa Ahmad
Nutrition and Diet Clinics	2	15 th – 16 th	A7, B1, C5, D1-D3	Prof. Mousa Ahmad
Overall Review	1-6	16 th	A1-A7, B1-B3, C1-C5, D1-D3	Prof. Mousa Ahmad

21. Teaching Methods and Assignments:

Development of ILOs is promoted through the following teaching and learning methods:

- Assignments:** Each student is given several homework exercises in which he/she explores the literature through use of the library or the internet, and then writes a short report.
- Learning Resources:** Related published literature, articles, reports of related organizations and institutes and use of documentation systems (e.g. use of journal systems of writing and publishing, and instructions to write course report and prepare oral presentation).
- Learning/ Teaching Methods:** Lectures, group discussions and presentations for previously assigned topics, seminars and term papers of assigned topics by individual students (individual skills and self expression development). Teaching tools include: Slides, transparencies, power point, handouts, demonstrations and case study analysis.

22. Evaluation Methods and Course Requirements:

Opportunities to demonstrate achievement of the ILOs are provided through the following assessment methods and requirements:

ILO/s	Learning Methods	Evaluation Methods
A. Knowledge and Understanding (A1-A7)	Lectures, discussions	Exams, assignments, home works, quizzes,
B. Intellectual Analytical and Cognitive Skills (B1-B3)	Lectures, discussions	Exams, assignments, home works, quizzes
C. Subject Specific Skills (C1-C5)	Lectures, discussions	Exams, assignments, home works, quizzes
D. Transferable Key Skills (D1-D3)	Projects	Project evaluation.

Evaluation	Point %	Date
Midterm Exam	30	
1 Assigned Quiz	10	
Home works	10	
Final Exam	50	

23. Course Policies:

A- Attendance policies:

Students are expected to attend punctually all lectures and to participate in course assignments and activities as described in the course syllabus. A student's participation in the work of the course is a precondition for receiving credit for the course. However, in the case of absences, the university instructions and regulations will be applied. For only emergency absences accompanied by a written explanation of sickness from a physician (or other pertinent documentation related to the particular situation), a notice should be given to the instructor no later than 48 hours from the absence in order to make reasonable arrangements. A student missing 15% or more of the class meetings will be dropped from the class and will be given a grade of "failure for absences".

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

Generally, in the case of absences, the university instructions and regulations will be applied. For only medically explained absences, a notice should be given to the instructor no later than the last class before the anticipated absence in order to make reasonable arrangements. In this case, a make-up assignments or presentation or exam will be arranged according to the university regulations.

C- Health and safety procedures:

The University of Jordan is committed to providing safe, healthy and supportive learning environments for all students which address their educational needs.

D- Honesty policy regarding cheating, plagiarism, misbehaviour:

Students are expected to be honest and forthright in their academic endeavours. To falsify the results of one's work, to steal the words or ideas of another, to cheat on an examination, to allow another person to commit, or assist another in committing an act of academic dishonesty, corrupts the essential process by which knowledge is advanced. In the case of dishonesty, cheating, plagiarism, and misbehaviour, the university of Jordan's instructions and regulations will be strictly applied.

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

The University of Jordan Library and Computer and Information Technology Centre.

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

Lecture room, electronic facilities, audiovisual aids, smart boards, and library facilities.

25. References:

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

01. Mahan LK, Escott-stump S & Raymond JL. Food and the Nutrition Care Process. Philadelphia: W.B. Saunders, 2018.
02. Stanfield P. & Hui Y.H. Nutrition and Diet Therapy: Self-Instructional Approaches. Jones and Bartlett Publishers: London, Latest edition.
03. Whitney E. & Rolfes SR Understanding Nutrition. USA: Thomson-Wadsworth, 2016.
04. American Dietetic Association (ADA) & American Diabetic Association. Exchange Lists for Meal Planning. Chicago: ADA, Latest Edition.
05. Pellett P. & Shadarevian S. Food Composition Tables for Use in the Middle East. Beirut: A.U.B., 1970.
06. Food Composition Tables, Appendices in Textbooks 1-3.

Recommended books, materials, and media:

07. Williams SR. & Anderson SA. Nutrition and Diet Therapy. Saint Louis: CV. Mosby Co. (Latest edition).
08. Garrow JS, James WPT. & Ralph A. Human Nutrition and Dietetics. London: Churchill Livingstone, Latest edition.
09. Shils ME., Olson JA. & Shike M. Modern Nutrition in Health and Disease. Philadelphia: Lea and Febegir, Latest edition.
10. Lee RD. & Nieman DC. Nutritional Assessment. Saint Louis's Moby, (Latest edition).
11. Most Recent Human/Clinical Nutrition Textbooks, Articles & Literature.
12. Food and Nutrition Board. Dietary Reference Intakes: Recommended Intakes for Individuals. USA: National Academy of Sciences, 2002.
13. Food and Nutrition Board. Dietary Reference Intakes for Energy, Carbohydrate, Fibre, Fatty Acids, Cholesterol, Protein, and Amino Acids. USA: National Academy of Sciences, 2002.
14. Selected Internet Sites:
 01. www.nutrition.org
 02. www.faseb.org/ascn
 03. www.bda.uk.com
 04. www.dietetics.com
 05. www.who.int
 06. www.diabetes.org
 07. www.amercanheart.org
 08. www.fao.org/food
 09. www.fda.gov
 10. www.usda.gov
 11. www.dietitians.ca
 12. www.webmed.com

26. Additional information:

Name of Course Coordinator: Prof. Mousa Numan Ahmad Signature: _____ Date: 2/2/2020

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

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

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

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