

Course Syllabus

1	Course title	Maternal and Infant Nutrition
2	Course number	0603765
3	Credit hours (theory, practical)	3
	Contact hours (theory, practical)	16 weeks, 3 hours per week; total of 48 hours
4	Prerequisites/corequisites	-----
5	Program title	Human Nutrition and Dietetics
6	Program code	036
7	Awarding institution	The University of Jordan
8	School	Agriculture
9	Department	Nutrition and Food Technology
10	Level of course	MSc
11	Year of study and semester (s)	2019/2020 second semester
12	Final Qualification	MSc
13	Other department (s) involved in teaching the course	---
14	Language of Instruction	English
15	Date of production/revision	2019

16. Course Coordinator: Dr Hadeel Ghazzawi

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

E. mail: h.ghazzawi@ju.edu.jo

17. Other instructors:

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

18. Course Description:

This class provides an applied graduate-level course in Maternal and Infant Nutrition.

Advanced physiological and biochemical aspects related to nutrition of the pregnant, infants and child with emphasis on high risk mothers and children and maternal and child nutrition intervention programs.

19. Course aims and outcomes:

A- Aims:

Over this course student will learn how nutrition impacts the lifecycle, starting at conception. The main issues which this course intended to cover are those concerning with the feeding of mothers and young children, and to evaluate the effectiveness of nutrition interventions to improve maternal and child nutrition. The course will be presented in a lecture format that is supplemented by readings in the required text book as well as readings assigned in class. A lot of information will be covered in this class. Therefore, students are expected to attend each class, review the reading assignments prior to class and come prepared for presentations and discussions.

B- Intended Learning Outcomes (ILOs): Upon successful completion of this course students will be able to:

A. Knowledge and Understanding: Student is expected to

- A1. Demonstrate an understanding of the physiological basis for nutrient requirements during pregnancy, lactation, infancy and early childhood;
- A2. Clarify the impact of early nutrition in childhood on chronic health issues that may appear in adulthood;
- A3. Assess the dietary needs appropriate to each stage; and
- A4. Understand common complications of pregnancy, such as pre-eclampsia and nausea and vomiting of pregnancy, hyperemesis, iron-deficiency anemia in pregnancy.

B. Intellectual Analytical and Cognitive Skills: Student is expected to

- B1. Articulate the relationship between perinatal nutritional status and pregnancy outcomes;
- B2. Give the appropriate nutritional advice regarding the feeding of mothers and children; and
- B3. Recognize the impact of early medical nutrition intervention on the prevention of pregnancy-related health risks.

C. Subject- Specific Skills: Students is expected to:

- C1. Summarize the main causes of low birthweight, low breast milk output, and growth faltering and debate the controversy surrounding specific nutritional interventions to address these problems;
- C2. Realize common complications of pregnancy, such as pre-eclampsia and nausea and vomiting of pregnancy, hyperemesis, iron-deficiency anemia in pregnancy.

D. Transferable Key Skills: Students is expected to

- D1. Plan a diet for pregnant and lactating women in health and disease status.
- D2. Provide the mothers with the appropriate dietary instruction and diet plans for their children.
- D3. Deliver specific and concise messages for the mother and children (above 6years) for self-care and health promotion.
- D4. Defending myths on a scientific-evidence based approach.

20. Topic Outline and Schedule:

Topic	Week	Instructor	Achieved ILOs	Evaluation Methods
Part I – Introduction	1-3	Dr Hadeel Ghazzawi		
Part II – Pregnancy <ul style="list-style-type: none"> • Preconception nutrition and overview of reproductive physiology; • Nutritional requirements in pregnancy; • The determinants of birthweight; • The consequences of low birthweight; • Common disorders of pregnancy; • The impact of prenatal supplementation program to improve birthweight; and • Nutrition intervention in common diseases during pregnancy: gestational diabetes, preeclampsia and eclampsia. 	4-7	Dr Hadeel Ghazzawi		
Part III – Lactation <ul style="list-style-type: none"> • Nutritional requirements of lactation; • Determinants of low breast milk output; • Breast feeding biology and immunology; • Breast feeding promotion and support; and • Supplementation program to improve lactation. 	8-10	Dr Hadeel Ghazzawi		
Part IV – Infancy <ul style="list-style-type: none"> • Infant Nutrition: birth to 6 months • Introduction of solid foods; • Nutrition in the toddler/preschool child; • Treatment of moderate and severe malnutrition; • Etiology and pathophysiology of malnutrition; and • Micronutrient interventions for mothers and children. 	10-14	Dr Hadeel Ghazzawi		
Group project and assignments	14-16	Dr Hadeel Ghazzawi		

21. Teaching Methods and Assignments:

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

Lectures, group discussions, videos, using some computer applications and presentations for previously assigned topics will be used. Group project and assignments will be proposed to enhance the student knowledge, critical thinking and skills.

22. Evaluation Methods and Course Requirements:

Midterm Exam	30 %
Group Projects and assignments	30 %
Final Exam	40 %
Total	100 %

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:

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:

Nutrition Through the Life Cycle (5th Edition) J.E. Brown, (2014) Thomson Wadsworth, Belmont, CA. (Main reference)

Recommended books, materials, and media:

- Nutrition and Diet for Children Simplified (1st Edition) M.N. Mehta and N.J. Mehta, (2014) Jaypee Brothers Medical Publishers, India.
- Pediatric Nutrition (4th Edition) Samour P Q, King K (2012) Jones & Bartlett Learning, Burlington, MA
- Pediatric Nutrition Handbook, (5th Edition). Kleinman, RE (2004). American Academy of Pediatrics.
- Child Nutrition Physiology. Overton L T & Ewente M R (2008) New York: Nova Biomedical Books

26. Additional information:

Name of Course Coordinator: -----Signature: ----- Date: -----

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

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

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

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