

Course Syllabus

1	Course title	Applied Nutrition for Nursing
2	Course number	603232
3	Credit hours (theory, practical)	3 (theory)
	Contact hours (theory, practical)	3 (theory)
4	Prerequisites/corequisites	-
5	Program title	Bachelor in Nutrition and dietetics
6	Program code	043
7	Awarding institution	The University of Jordan
8	School	Agriculture
9	Department	Nutrition and Food Technology
10	Level of course	2d year
11	Year of study and semester (s)	Fall 2019-2020
12	Final Qualification	
13	Other department (s) involved in teaching the course	-
14	Language of Instruction	English
15	Date of production/revision	Sep 1st, 2019

16. Course Coordinator:

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

Office #: 21-Agriculture, Office hrs: 9-10 Mon. & Wed. – 11-12 Sun. & Tues., phone #: 22417, email addresses: sh.hammad@ju.edu.jo

17. Other instructors:

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

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18. Course Description:

Fundamentals related to nutrients and energy with respect to digestion, absorption, metabolism, functions, dietary sources, diseases of malnutrition and requirements throughout the life cycle; assessment of nutritional status, formulation and planning of diets, nutrition counseling, and use of therapeutic diets in the management of common diseases of different body systems & selected chronic diseases of affluence.

19. Course aims and outcomes:

<p>A- Aims:</p> <p>A. Knowledge and Understanding: Student is expected to</p> <p>A1- Understand the nutrition basic concepts.</p> <p>A2- Understand the nutritional care.</p> <p>A3- Understand the importance of nutrition science.</p> <p>B- Intended Learning Outcomes (ILOs): Upon successful completion of this course students will be able to</p> <p>B. Intellectual Analytical and Cognitive Skills: Student is expected to</p> <p>B1- applied the meaning of nutrient groups on the food intake.</p> <p>B2- Address the main nutritional needs.</p> <p>B3- The main nutritional aspects</p> <p>C- Subject- Specific Skills: Students is expected to</p> <p>C1- Use the World Wide Web to document information when performing assignments.</p> <p>C2- Manage the over and under consumption</p> <p>D- Transferable Key Skills: Students is expected to</p> <p>D1- Discuss the nutritional concepts.</p> <p>D2- Discuss the characteristics, nutritional needs</p>
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20. Topic Outline and Schedule:

Topic	Week	Instructor	Achieved ILOs	Evaluation Methods	Reference
<p>Introduction to the course</p> <p>Macro- and micronutrients:</p> <ul style="list-style-type: none"> - Carbohydrates, lipids, and proteins - Vitamins - Water and the major minerals <p>The trace minerals</p>	1-4	Single instructor course	A1,B1, A2	Assignment and Exam	DeBruyne & Mahan
<p>Dietary planning</p> <ul style="list-style-type: none"> - Use of food composition tables, food groups, exchange lists. <p>Nutritional assessment and dietary counseling</p> <ul style="list-style-type: none"> - Parameters of nutritional assessment. <p>Planning a healthy diet:</p> <p>Online activity: Visit MyPyramid website at www.mypyramid.gov. Follow the instructions and plan a</p>	5-6	-	A1,B3, A2, C3	Assignment and Exam, Group work exercise	DeBruyne & Mahan

diet menu for yourself.					
Life cycle nutrition: -Pregnancy and lactation -Infancy and childhood -Adolescence Adults and elderly	7-8	-	A1,A2, D2	Quizzes and Exam	DeBruyne & Mahan
Hospital Diets - Preoperative Postoperative Total Parenteral Nutrition (TPN) - Definition - How to calculate macronutrient and energy needs for patients How to manage mechanical and metabolic complications	9-10	-	A2	Quizzes and Exam,	DeBruyne & Mahan
Diabetes Mellitus - DM type I and II Gestational Diabetes Mellitus (GDM)	11	-	C2,B3	Quizzes and Exam, Group work exercise	DeBruyne & Mahan
Coronary Heart Disease (CHD) and Obesity - Etiology - Prevention of CHD Therapeutic lifestyle changes for lowering CHD risk Hypertension (HTN) - Risk factors for developing HTN Treatment of HTN	12	-	C1,D1	Quizzes and Exam	DeBruyne & Mahan
Cancer: Chemotherapy and Radiotherapy - How cancer develops - Consequences - Treatment and its complications Dietary intervention	13	-	A1,A2	Quizzes and Exam	DeBruyne & Mahan
Chronic renal failure - Consequences - Treatment Dietary intervention	14	-	B3,D2	Quizzes and Exam	DeBruyne & Mahan
Medical Nutrition Therapy for Low-Birth-Weight Infants and Genetic Metabolic Disorders - Low-Birth-Weight - Phenylketonuria Celiac disease	15	-	A3,C2, D2	Quizzes and Exam, Group work exercise	DeBruyne & Mahan

21. Teaching Methods and Assignments:

QF-AQAC-03.02.1.2

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

ILO/s	Learning Methods	Evaluation Methods
A- Knowledge and Understanding (A1-A4)	Lectures and Discussions.	Exam, Quiz
B- Intellectual Analytical and Cognitive Skills (B1-B3)	Lectures and Discussions.	Assignments ,
C. Subject- Specific Skills (C1-C2)	Lectures and Discussions.	Group work exercise
D. Transferable Key Skills (D1-D2)	Lectures and Discussions.	Exam, Quiz,

22. Evaluation Methods and Course Requirements:

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

Miterm Exam	30
Participation & Quizzes	20
Final Exam	50

23. Course Policies:

A- Attendance policies:

- Attendance/Absence Rules and Regulations of the University of Jordan regarding attendance **will apply**.
- The limit determined by the Rules and Regulations of the University of Jordan is **15% of lectures and laboratory sessions assigned for each course**. If student's absence exceeded the limit, the student **will be denied entrance to the respective final examination and will be considered to have failed that course**.

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

Valid absence as in case of illness must be documented, signed by a medical practitioner and provided to the instructor. The deadline for providing documentation of illness, etc. is one week after the date of the examination. If you do not withdraw by the deadline, it will count as an exam attempt. In case you fail to submit the assignment at or before the announced deadline, 5% of your mark will be deducted.

C- Health and safety procedures:

Students should be familiar with and required to abide by all University rules, policies processes and codes, related to their studies and time at the University of Jordan

D- Honesty policy regarding cheating, plagiarism, misbehavior:

Plagiarism or any other form of cheating in examinations, term tests or academic work is subject to serious academic penalty (e.g. suspension or expulsion from the faculty or university).

To plagiarize is to take ideas or words of another person and pass them off as one's own. In short, it is stealing something intangible rather than an object. Plagiarism applies to any written work, in traditional or electronic format, as well as orally or verbally presented work. Obviously it is not necessary to state the source of well-known or easily verifiable facts, but students are expected to appropriately acknowledge the sources of ideas and expressions they use in their written work, whether quoted directly or paraphrased. This applies to diagrams, statistical tables and the like, as well as to written material, and materials or information from Internet sources. To provide adequate and correct documentation is not only an indication of academic honesty but is also a courtesy which enables the reader to consult these sources with ease. Failure to provide appropriate citations constitutes plagiarism. It will also be considered plagiarism and/or cheating if a student submits a term paper written in whole or in part by someone other than him/ herself, or copies the answer or answers of another student in any test, examination, or take-home assignment.

An assignment which is prepared and submitted for one course should not be used for a different course. This is called "duplicate submission" and represents a form of cheating because course requirements are expected to be fulfilled through original work for each course.

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

E-learning website

Library

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

Lecture room

25. References:

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

1. DeBruyne L. and Pinna K. 2014. Nutrition for Health and Healthcare. 5th Edition. CengageBrain.com
2. E-learning site

Recommended books, materials, and media:

3. Williams, S.R. 2001. Basics of Nutrition and Diet Therapy. 9th Edition. Mosby Co., St.

Louis.

4. L. Kathleen Mahan and Sylvia Escott-Stump Krause, 11th edition. Krause's Food, Nutrition and Diet Therapy. Philadelphia: W.B. Saunders.

26. Additional information:

Students should be familiar with and required to abide by all University rules, policies processes and codes, related to their studies and time at the University of Jordan

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

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

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

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

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