

Course Syllabus

1	Course title	Training in The Nutrition of Healthy People
2	Course number	0603493
3	Credit hours (theory, practical)	3 hours
	Contact hours (theory, practical)	3 hours
4	Prerequisites/corequisites	None
5	Program title	BSc. in Nutrition and Dietetics
6	Program code	043
7	Awarding institution	University of Jordan
8	School	Agriculture
9	Department	Nutrition and Food Technology
10	Level of course	4th year
11	Year of study and semester (s)	Spring 2019
12	Final Qualification	BSc
13	Other department (s) involved in teaching the course	None
14	Language of Instruction	English
15	Date of production/revision	January 2019

16. Course Coordinator:

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

Dr. Tamara Y. Mousa.

Office no. 64

Office phone no. 22413, cell phone no 0795008407

Email: t.mousa@ju.edu.jo

Office hours: Sun, Mo, Tue, Wed 11-12

17. Other instructors:

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

None

18. Course Description:

Training the students to enable them develop skills in the nutrition of healthy people at different ages and physiological stages in the area of: nutritional assessment, nutritional education and counseling, diet and meal planning, community nutrition program, use of electronic nutrition soft ware.

19. Course aims and outcomes:

<p>A- Aims: Upon completion of this course the student should be able to:</p> <ol style="list-style-type: none"> 1. Understand the role of the nutritionist/ Dietitian in the health care team at both the hospital and the community levels. 2. Understand the human values, the profession ethics and career disciplines. 3. Demonstrate a detailed knowledge of the nutritional status assessment of individuals. 4. Describe the difference between a meeting and an interviewing process. 5. Integrate health care process with reference to preparing an interview form, conducting an interview, and collecting data pertaining to the nutrition care process. 6. Develop basics skills required to the use dietary standards and guides in planning meals and therapeutic diets for healthy and ill individuals and groups. 7. Develop skills required to apply community nutrition intervention and extension programmers by developing health-nutrition promotion programs.
<p>B- Intended Learning Outcomes (ILOs): Upon successful completion of this course students will be able to</p>
<p>A: Academic skills: At the end of the course, students are expected to:</p> <ol style="list-style-type: none"> 1. Clinical Implications of Subject Matter - to give students an opportunity to develop their understanding of the ethical implications of the subject matter. 2. Problem Solving - to give students an opportunity to improve their skills in problem-solving related to applied nutrition. 3. Writing - to give students an opportunity to improve their writing skills. 4. Oral Communications - to give students an opportunity to develop their skills in oral communications. 5. Social Interaction - to give students an opportunity to improve their skills in working cooperatively with other people. 6. Research - to give students an opportunity to improve their skills in research and/or information retrieval and gain knowledge about major information systems and data bases.
<p>B: Personal and Key Skills: At the end of the course, students are expected to:</p> <ol style="list-style-type: none"> 1. Written/verbal communication - able to express ideas clearly in writing and expressing ideas clearly and confidently in speech 2. Teamwork - working confidently within a group 3. Planning and organizing - able to plan activities and carry them through effectively. 4. Investigating, analyzing and problem solving - gathering information systematically to establish facts and principles. 5. Developing professionalism - Paying care and attention to quality in all your work. Taking the opportunity to learn new skills.

20. Topic Outline and Schedule:

Topic	Week	Instructor	Achieved ILOs	Evaluation Methods	Reference
- The assessment of nutrition status: Risk of the hospital-induced diet; Malnutrition of hospitalized patients.	1	Tamara Mousa	A1-A6 B1-B5	Fill FORM- 1; Daily Activities Report. Summarize the whole week activities (1st week inside UJ).	Handouts; Escott-Stump S, and Mahan K. Nutrition and Diet Therapy. Elsevier Health Sciences. 11th edition, 2004;

<ul style="list-style-type: none"> - Diet-related complications of pregnancy: Developing a guide for eating during pregnancy: Nausea, Vomiting, Constipation, GDM, PIH. - Self-selected diets of infants and young children. - Eating disorders of adolescents: Body image and dieting practices of adolescents - Nutrition in the care of the low-birth infants - Community nutrition, monitoring and screening: Schools feeding program. - Developing health-nutrition awareness & promotion program - Guidelines for dietary planning: Nutrition value & how food fits into the total diet - Food and Nutrition Guidelines for Healthy Older People 					<p>M. Boyle & D. Holben. (2017). Community Nutrition in Action: An Entrepreneurial Approach. Wadsworth, Cengage Learning. 7th edition.</p>	
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<p>- Meal planning of a healthy diet for selected groups (children, adolescents, adults, older people)</p>						
<p>The assessment of nutrition status: Risk of the hospital-induced diet; Malnutrition of hospitalized patients.</p> <p>- Diet-related complications of pregnancy: Developing a guide for eating during pregnancy: Nausea, Vomiting, Constipation, GDM, PIH.</p> <p>- Self-selected diets of infants and young children.</p> <p>- Eating disorders of adolescents: Body image and dieting practices of adolescents</p> <p>- Nutrition in the care of the low-birth infants</p> <p>- Community nutrition, monitoring and screening: Schools feeding program.</p> <p>- Developing</p>	<p>2</p>	<p>Tamara Mousa</p>	<p>A1-A6 B1-B5</p>	<p>Filling FORM 1 - Daily Activities Report daily training (6 weeks. Summarize the whole field training activities according to guidelines provided . DAILY & SUMMARY reports to evaluate the performance and progress and assessment</p>	<p>Handouts; Escott-Stump and Mahan (2004); Boyle and Holben (2017</p>	

<p>health-nutrition awareness & promotion program</p> <ul style="list-style-type: none"> - Guidelines for dietary planning: Nutrition value & how food fits into the total diet - Food and Nutrition Guidelines for Healthy Older People - Meal planning of a healthy diet for selected groups (children, adolescents, adults, older people) 					
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<p>adolescents: Body image and dieting practices of adolescents</p> <ul style="list-style-type: none"> - Nutrition in the care of the low-birth infants - Community nutrition, monitoring and screening: Schools feeding program. - Developing health-nutrition awareness & promotion program - Guidelines for dietary planning: Nutrition value & how food fits into the total diet - Food and Nutrition Guidelines for Healthy Older People - Meal planning of a healthy diet for selected groups (children, adolescents, adults, older people) 					
<p>The assessment of nutrition status: Risk of the hospital-induced diet; Malnutrition of hospitalized patients.</p>	<p>4</p>	<p>Tamara Mousa</p>	<p>A1-A6 B1-B5</p>	<p>Filling FORM 1 - Daily Activities Report daily training (6 weeks). Summarize the whole field training activities</p>	<p>Handouts; Escott-Stump and Mahan (2004); Boyle and Holben (2017)</p>

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<p>nutrition awareness & promotion program</p> <ul style="list-style-type: none"> - Guidelines for dietary planning: Nutrition value & how food fits into the total diet - Food and Nutrition Guidelines for Healthy Older People - Meal planning of a healthy diet for selected groups (children, adolescents, adults, older people) 						
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<p>Body image and dieting practices of adolescents</p> <ul style="list-style-type: none"> - Nutrition in the care of the low-birth infants - Community nutrition, monitoring and screening: Schools feeding program. - Developing health-nutrition awareness & promotion program - Guidelines for dietary planning: Nutrition value & how food fits into the total diet - Food and Nutrition Guidelines for Healthy Older People - Meal planning of a healthy diet for selected groups (children, adolescents, adults, older people) 					
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<p>complications of pregnancy: Developing a guide for eating during pregnancy: Nausea, Vomiting, Constipation, GDM, PIH. - Self-selected diets of infants and young children.</p> <p>- Eating disorders of adolescents: Body image and dieting practices of adolescents</p> <p>- Nutrition in the care of the low-birth infants</p> <p>- Community nutrition, monitoring and screening: Schools feeding program.</p> <p>- Developing health-nutrition awareness & promotion program</p> <p>- Guidelines for dietary planning: Nutrition value & how food fits into the total diet</p> <p>- Food and Nutrition Guidelines for Healthy Older People</p> <p>- Meal planning of a</p>				<p>guidelines provided . DAILY & SUMMARY reports to evaluate the performance and progress and assessment</p>		
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healthy diet for selected groups (children, adolescents, adults, older people)						
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21. Teaching Methods and Assignments:

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

Lectures, group discussion, assignments, and student critical reading. Teaching tools include the use of the board, transparencies, PowerPoint presentation and handouts.

22. Evaluation Methods and Course Requirements:

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

Exams, quizzes, homework, assignments, class discussions, and presentations about various community programs.

23. Course Policies:

A- Attendance policies: after 6 unjustified absences, the student is dismissed from the course.

B- Absences from exams and handing in assignments on time: late assignments are accepted with justified excuse but with losing one point of the total grade of the assignment.

In case of missing an exam, the student can do a make-up exam only if he had a justified excuse.

C- Health and safety procedures: phone, cigarettes and hot drinks are not allowed in the class.

D- Honesty policy regarding cheating, plagiarism, misbehaviour: the student is given a notice about his behaviour, if he did not behave then will have to leave the class and see the head of the department

E- Grading policy: each wrong answer will lose a point

F- Available university services that support achievement in the course: availability of smart boards to display information to the students.

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

Aside from the classroom (a board to display videos or powerpoint slides), this course requires a lab that contains tools to be displayed during the lab session such as food models, posters and measurement utensils.

25. References:

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

- Escott-Stump S, and Mahan K. Nutrition and Diet Therapy. Elsevier Health Sciences. 11th edition, 2004

- M. Boyle & D. Holben. (2017). Community Nutrition in Action: An Entrepreneurial Approach. Wadsworth,

Cengage Learning. 7th edition.

Recommended books, materials, and media:

- USDA (2010). Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010. Available form: <http://www.health.gov/PAGuidelines/guidelines/intro.aspx>.
- U.S. Department of Health and Human Services (2008). 2008 Physical Activity Guidelines for Americans. Available form: www.health.gov/paguidelines.
- U.S. Department of Health and Human Services (2008). 2008 Physical Activity Guidelines for Americans At-A-Glance: A Fact Sheet for Professionals. Available form: www.health.gov/paguidelines.

26. Additional information:

None

Name of Course Coordinator: Dr. Tamara Y. Mousa Signature: ----- Date: 24/12/2019

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

Head of Department: Dr. Maher Al-Dabbas Signature: -----

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

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