

Course Syllabus

1	Course title	Nutrition Extension and Eating Habits
2	Course number	0603430
3	Credit hours (theory, practical)	3 hrs (2, 1)
	Contact hours (theory, practical)	2, 3 hrs per class
4	Prerequisites/corequisites	Human Nutrition and Metabolism
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	3rd or 4th year
11	Year of study and semester (s)	Spring and Fall semesters
12	Final Qualification	BSc
13	Other department (s) involved in teaching the course	None
14	Language of Instruction	English
15	Date of production/revision	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:

As stated in the approved study plan.

Study of concepts of nutrition education & extension, importance & techniques, as well as its applications.

Uses of audiovisual aids & food advertisement. Role of extension programs in healthy & ill persons

concerning their diet & nutritional knowledge & evaluation. Development trends, assessment &

interrelationship of food habits with social, economical, cultural, physiological, psychological, political, &

environmental & food advertisement.

19. Course aims and outcomes:

<p>A- Aims: Upon completion of this course, the student will be able to:</p> <ol style="list-style-type: none"> 1-Know the relevant background knowledge in behavior modification, food choices, eating habits & their development as well as nutrition extension for individuals & communities. 2-Underst& the factors influencing the food consumption pattern, eating practices & food choices. 3-Translate the science of nutrition into clear concepts, with health significant, taking into consideration the normal & abnormal nutrition & health status of different groups in the community. 4- Characterize, assess & monitoring the changes in: eating behavior, eating practices & food choices. 5-Use the various communication & extension methods as well as audio-visual aids in nutrition extension in order to promote good eating habits & to avoid unhealthy practices. 6-Help the community avoid the malpractices such as the acceptance & adoption of new foods, eating practices & food choices into positive trends. 7-Develop a professional philosophy & a value system that determine the personal approach to applied nutrition. 8-To develop skills required to apply the above mentioned concepts & measures.
<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>
<ol style="list-style-type: none"> A1- Learn & underst& the theoretical basics of nutrition extension. A2- Underst& the fundamentals of nutrition counseling methods. A3- Have information about the communication channels & audio-visual aids.
<p>B. Intellectual Analytical and Cognitive Skills: Student is expected to</p>
<ol style="list-style-type: none"> B1- Realize the role of nutritionist in the national health & nutrition campaigns. B2-Acquire the concepts of behavior modification,communication & extension methods. B3- Master the educational,extensional & consulting programs suitable for community.
<p>C. Subject- Specific Skills: Students is expected to</p>
<ol style="list-style-type: none"> C1- Know how to develop, implement & maintain nutrition extension action. C2- Learn by doing how to manage nutrition education interventions in the community. C3- Develop a personal-philosophy & value system to the community participation.
<p>D. Transferable Key Skills: Students is expected to</p>
<ol style="list-style-type: none"> D1- Be enabled to diagnose the nutritional targeted problems & groups in community. D2- Participate & carry out the national strategies in nutrition education campaigns. D3- Identify the appropriate action for prevention & treatment of nutritional problems.

20. Topic Outline and Schedule:

Topic	Week	Instructor	Achieved ILOs	Evaluation Methods	Reference
Introduction; Definitions, community system, eating habits development, factors influencing the eating habits	1	Tamara Mousa	A1-A3	Exams, assignments, presentation, and a report	M. Boyle & D. Holben. (2017). Community Nutrition in Action: An Entrepreneurial Approach. Wadsworth, Cengage Learning. 7 th edition.
Motivational Interviewing &	2-3	Tamara Mousa	A1-A3 B1-B3	Exams, assignments,	Boyle & Holben, 2017

Audio-visual aids (AV-aids): advantages, required conditions, types, interviewing process, documentation of traditional nutrition.			C1-C3 D1-D3	presentation, and a report	
Introduction to theories of health behavior	4	Tamara Mousa	A1-A3 B1-B3 C1-C3 D1-D3	Exams, assignments, presentation, and a report	Boyle & Holben, 2017
Nutrition extension programs; Enrichment and fortification of foods; Combating misinformation & fad diets, GMOs, Vegetarianism	5-6	Tamara Mousa	D1-D3 C1-C3 B1-B3	Exams, assignments, presentation, and a report	Boyle & Holben, 2017
Eating practices & related nutrition extension for nutritional groups: infancy	7	Tamara Mousa	1-B3 C1-C3	Exams, assignments, presentation, and a report	Boyle & Holben, 2017
Eating practices & related nutrition extension for nutritional groups: pregnancy & lactating women	8	Tamara Mousa	B1-B3 C1-C3 D3	Exams, assignments, presentation, and a report	Boyle & Holben, 2017
Eating practices & related nutrition extension for nutritional groups: childhood	9	Tamara Mousa	B1-B3 C1-C3 D3	Exams, assignments, presentation, and a report	Boyle & Holben, 2017
Eating practices & related nutrition extension for nutritional groups: adolescence	10	Tamara Mousa	B1-B3 C1-C3 D3	Exams, assignments, presentation, and a report	Boyle & Holben, 2017
Eating practices & related nutrition extension for nutritional	11	Tamara Mousa	A1-A3 B1-B3 C1-C3	Exams, assignments, presentation, and a report	Boyle & Holben, 2017

groups: adulthood					
Eating practices & related nutrition extension for nutritional groups: elderly	12	Tamara Mousa	D1-D3 C1-C3 B1-B3	Exams, assignments, presentation, and a report	Boyle & Holben, 2017
Food Security	13	Tamara Mousa	A1-A3 B1-B3	Exams, assignments, presentation, and a report	Boyle & Holben, 2017
Obesity	14	Tamara Mousa	D1-D3 C1-C3 B1-B3	Exams, assignments, presentation, and a report	Boyle & Holben, 2017

21. Teaching Methods and Assignments:

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

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 conducting presentations in the form counselling sessions about nutrition or health problems in which the student can display the counselling skills learnt in the class.

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, 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:
M. Boyle & D. Holben. (2013). Community Nutrition in Action: An Entrepreneurial Approach. Wadsworth, Cengage Learning, 6th edition.
Snetselaar L. (2009). Nutrition Counseling Skills for the Nutrition Care Process. Jones and Bartlett Publishers. Fourth Edition

Recommended books, materials, and media:
1. Bauer K & C Sokolik (2002). Basic Nutrition Counseling. Wadsworth. UK.
2. El Masri, Khader (2007). Eating Habits & Nutrition Extension in the Community. Dar Hunain-Amman.
3. Boaks R.A., D.A. Popplewel l& M.J.Burton (1987) Eating Habits. Food, Physiology & learned behavior. J.Wiley.
4. Thomson, D.M.H. (1989) Food Acceptability. Elsevier Applied Science. London – New York.
5. Somogyi J.C.& G. Varela (1985) Influence of Moderns of Life on Food Habits of Man. Karger. Basel.
6. Turner, M. (1979) Nutrition & life styles. Applied Science Publisher LTD. London.
7. Barker L., M. (1982) The Psychobiology of Human Food Selection. AVI Publishing Company.
8. Kanarek, R.B. & I Marks-Kaufman (1991) Nutrition & Behavior. AVI New York.
9. Walker, AF & BA Rolls (1992) Nutrition & the Consumer. Elsevier. London.

26. Additional information:

None

Name of Course Coordinator: Dr. Tamara Y. Mousa Signature: ----- Date: 22/10/2019

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

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

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

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