

جامعة عمان للأرربة

**Faculty : Pharmacy**  
**Department : Clinical Nutrition and Dietetics**  
**Academic Year : 2020-2021**  
**Semester : Second**

( Course Syllabus )

Subject Name	Credit Hours	Course No.	Prerequisite	Concurrent course
Human Nutrition	3	908220	(908210) Biochemistry/ (908212) Anatomy and Physiology II	-----

Coordinator Name	Lecturer/s	Room No.	E-mail	Course website	Office Hours
Dr. Sofyan Maghaydah	Dr. Sofyan Maghaydah	4104	s_maghaydah@asu.edu.jo	<a href="http://bio.asu.edu.jo/bio/index.jsp">http://bio.asu.edu.jo/bio/index.jsp</a>	As shown on lecturer time table

**Course description:**

This introductory course is designed to discuss and introduce human nutrition students to macronutrients and micronutrients that influence health and disease at both cellular and molecular level. In addition, it will also introduce students to basic principles of nutrient metabolism and physiological pathways of the dietary components. Students will investigate how basic cellular and molecular processes are regulated by dietary components and how diet can influence overall human health and disease to improve human health and wellbeing.

**Course Objectives**

By the end of fundamentals of nutrition course, the students will be able to:

- 1) Build up knowledge and understanding of food sources, nutrition, food composition, energy balance and chronic diseases.
- 2) Discuss the importance of nutrition and individual eating lifestyle choices in disease prevention, toxicities and nutrient deficiencies on body composition.
- 3) Identify body requirements, essential nutrients, sources and their functions



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- 4) Discuss, AI, RDA, DRI, EAR, MyPlate, food pyramid, food exchange list as a food guide tools in determining nutrients adequacy of an individual.
- 5) Identify nutrients requirements of human body at different stages.
- 6) Understand how to evaluate nutrients intake from food labels and governmental recommendation.
- 7) Understand the process of analyzing nutrition-related information
- 8) Discuss major nutritional problems such as malnutrition, PKU, Marasmus, Kwashiorkor.
- 9) Demonstrate knowledge and understanding of diet formulation, food beliefs and their role in health and diseases.
- 10) Knowledge and understanding of the role of GI in digestion and absorption of nutrients and nutrition related diseases.

### Intended Learning Outcomes

Following the successful completion of this course, the student should be able to:

#### A. Knowledge and understanding:

- A1. Describe the food quality and essential nutrients.
- A2. Describe digestion and absorption mechanisms.
- A3. Describe food selection guides and abnormal weight management
- A4. Describe eating disorders.

#### B. Subject specific skills:

- B1. To correlate between macro and micronutrients, and health status.
- B2. Knowledge of physical activity and health
- B3. Knowledge of Energy balance and weight management.

#### C. Cognitive and Intellectual skills:

- C.1. **Lecture notes:** based on the course textbook and latest scientific references in Nutrition.
- C.2. **Problem solving:** based on a constructivism method of thinking: The ability communicate and translate nutrients terminologies.
- C.3 **Critical thinking :** identify the role of nutrients in health and diseases .

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C.4 **Promotion of intrinsic motivation** via encourage challenges in planning weight mangement and physical fitness.

**D. Transferable Skills:**

D1. **To have constructivism method of knowledge and thinking** : Help students to transfer their skills to the community.

D2. **Writing skills** : The ability to communicate information in different assignment forms.

D3. **Oral commuication skills** : The ability to communicate with the nutrtnal informations.

D4 **Promotion of intrinsic motivation** : participation and learning nutrients management skills

D5. **Team work**: involved in group discussions related to basic knowledge of nutrients and life.

D6. **IT skills**: The ability to apply and use softwares in food concepts evaluation

D7. **Administrative skills**: The ability to commit and respect the regulations and instructions .

(e.g., Attendance , Online Exam, online assignmints, report design , online team communication .. )

**Teaching and Learning Methods:**

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

ILOs	Learning Methods	Evaluation Methods
A1-A4	1. Lecture notes based on data show slides and animations.	Electronic online exam / paper work exam (Multiple-choice questions).
B1-B3	1. Assignments 2. Class discussion 3. Team work and group discussion 4. Promotion of intrinsic motivation	Provided assignment form (1-5 marks) 1 mark for each participation Discussion committee (1-5) Scientific materials to develop the course (1-3 marks).
C1-C4 D1-D7	1. Lecture notes based on data show slides and PowerPoint presentation and white board illustration. 2. Assignments 3. Class discussion 4. Team work and group discussion 5. Promotion of intrinsic motivation	Electronic online exam /paper work exam (Multiple choice questions) Provided assignment form (1-5 marks) 1 mark for each participation Discussion committee (1-5) Scientific materials to develop the



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course (1-3 marks).

### Course Content:

Week	Date	Lecture number	Topic's Details	Exams/ /quizes / holiday s	Main Reference (chapter)	ILOs achieved
1		3	Digestion of Foods and Absorption of Nutrients		Ch.1	A1, B1, C1
2		3	Carbohydrates		Ch.2	A2, B2, C.1, , C.2
3		3	CHO Metabolism		Ref1: Ch.3	A2, B2, C.1, , C.2
4		3	Fibers		Ref1: Ch.4	A3,A4, B2, B3,C.1- C.4
5		2	Glycemic Index and Disases		Ref1: Ch.5	A3,A4, B2, B3,C.1- C.4
<b>FIRST EXAM</b>						
6		3	Energy Balance and regulation of Body Weight and Composition		Ch.5	A3,A4, B2, B3,C.1- C.4
7		3	Fats and Other Lipids		Ch.6	A3,A4, B2, B3,C.1- C.4
8		3	Fats Metabolisms		Ch.6	A3,A4, B2, B3,C.1- C.4
<b>SECOND EXAM</b>						
10		4	Proteins		Ch.7	A3,A4, B2, B3,C.1-



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					C.4
11		3	Protein Metabolsims	Ch.12	A3,A4, B2, B3,C.1- C.4
12		2	Water and Electrolytes	Ch.14	A3,A4, B2, B3,C.1- C.4
13		2	Integration and Regulation of Metabolsism and the Impact of Exercise and Sport	Ch.16	A3,A4, B2, B3,C.1- C.4
<b>FINAL EXAM</b>					

#### Grade Distribution:

Your course grade will be determined by the following:

Assessment Method	% of Final Grade	Due Date
Exams	85	To be annouced by Examination committe
Student activities : assignments , Class participation; Attendance; responsibilities	15	To be annouced by the course coordinator

**Distribution of examination material (may vary depending on material included)**

#### Course Policies:

##### A- Attendance policies:

Attendance: Mandatory.

First warning – with \_\_\_\_\_4\_\_\_\_ absences

Last warning – with \_\_\_\_\_6\_\_\_\_ absences

Failing in the subject – with \_\_\_\_\_8\_\_\_\_ absences

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

Will result in zero achievement unless health report or other significant excuse is documented.

##### C- Health and safety procedures: N/A

##### D- Honesty policy regarding cheating, plagiarism, misbehavior:

The participation, the commitment of cheating will lead to applying all following penalties together

1. Failing the subject he/she cheated at



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2. Failing the other subjects taken in the same course
3. Not allowed to register for the next semester.
4. The summer semester is not considered as a semester

### E- Grading policy:

Exams and Activities.

Drop Quizzes:	__15__	points
Mid-Term Exam	__ 35__	points
Final Exam:	__ 50__	points
Total:	__1 00__	points

### F- Available university services that support achievement in the course:

### Required equipment:

Distance learning using Teams program and PowerPoints presentation.

### Make-up Exam Policy:

Make-up exams will be offered for valid reasons. They may be different from regular exams, both in content and format.

### Textbooks information:

### Main Reference:

1. Adanced Nutrntion and Human Metabolism, by Sareen S. Gropper,
2. Williams' Basic Nutrition and Diet Therapy, by Staci Nix, 15th Edition. ISBN: 978-0-323-37731-7, 2017.Elsevier Inc. USA.
3. Anderson, J, Root, M. and Garner, S. 2014. Human Nutrition: Healthy options for life.Jones& Bartlett Learning, LLC. England.ISBN-10: 1449698743

Other References:

**No side talks during lecture**

**No mobile phones during lecture**

**Entering the lecture theatre on time as scheduled.**

**Homework should be done by students independently and will be asked at the exams**

### Course Material and Announcements

Students need to use the e-learning page at the ASU website in order to get all lecture handouts and guidelines that will be uploaded there.

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Form code: UF 130/1

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In addition, course related announcements and exam results will be posted on the e-learning page and is the responsibility of each student to check the site regularly.

Name of Course Coordinator: **Dr. Sofyan Maghaydah** Signature:

Date:

Head of curriculum committee: **Dr. Reem Abutayeh** Signature:

د. ريم ابوتايه

Head of Department: Sofyan Maghaydah \_\_\_\_\_

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Dean: \_\_\_\_\_ Signature:

Copy to  
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