



ASU
جامعة العلوم التطبيقية الخاصة
APPLIED SCIENCE PRIVATE UNIVERSITY



AMMAN - JORDAN

المستوى الذهبي

جامعة كل العرب

Course Syllabus
Faculty of Pharmacy
Academic Department: Department of Clinical Nutrition and Dietetics
Academic Year 2021 / 2022 Semester: Second Semester

Course Title :	Nutrition and metabolism
Course No. :	908217
Prerequisite :	908124, 908128, 908216
Concurrent :	----
Department :	Department of Clinical Nutrition and Dietetics
Coordinator :	Dr. Ahmad Sundookah
Mode of Instruction	<u>On-Campus Learning</u> 3 hours in-class (Synonym) learning

* Instructor:

Lecturer	Office Phone	Room No.	Office Hours	E-mail
Dr. Maysoun Qutob	1134	4218	TBA	a_sundookah@asu.edu.jo

Course Description

This course is designed to provide the student with information about cells and their nourishment, macronutrients and their metabolism, and regulatory nutrients.

Intended Learning Outcomes

Upon the completion of the course, this module should lead to the following learning outcomes:

A. Knowledge and Understanding (Student should):

- A1. Describe the mechanism for nourishing the body.
- A2. Describe metabolism of macronutrients and the role of regulatory nutrients.
- A3. Describe the integration of metabolism
- A4. Describe energy expenditure, body composition and healthy body Weight

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تاريخ الاعتماد 2021/10/18



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B. Cognitive and Intellectual Skills (Student should):

- B.1. **Lecture notes:** based on the course textbook and latest scientific references in nutrition.
- B.2. **Problem solving** based on a constructive method of thinking: The ability understand nutrition terms.
- B.3. **Critical thinking:** identify the role of nutrition to achieve ideal body weight.

C. Subject Specific Skills (Student should):

- C1. Identifying the principles of healthy diet.
- C2. Achieve principles of ideal body weight.
- C3. To correlate between well-balanced diet and health

D. Transferable Skills (Student should):

- D1. Knowledge and thinking: Help students to transfer their skills in nutrition.
- D2. Oral communication skills: The ability to correlate between nutrition and health.
- D3. Promotion of intrinsic motivation: Participation and learning nutrition and metabolism.
- D4. Administrative skills: The ability to commit and respect the regulations and instructions . (e.g., Attendance , Online Exam, online assignments, report design, online team communication).

Program Learning Outcomes (PLOs):

PLO.1:	Acquired a broad and comprehensive and in-depth body of knowledge and skills in nutrition and continue to be self-learner.
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Course Learning Outcomes Alignment Matrix				
	CLO. 1	CLO. 2	CLO. 3	CLO. 4
PLO.1:	All ILOs			



Course Contents and Schedule

Week	Day and Date	Topics to be covered	Method of instruction	CLOs	PLOs
1, 2	March 2022	The digestive system / Mechanisms for nourishing the body.	In class lecture	A1, B1, C1	All PLOs
3, 4	March 2022	Carbohydrate metabolism	In class lecture	A2, B1, B2, C2	All PLOs
5, 6	April 2022	Carbohydrate metabolism (cont.)	In class lecture	A2, B1, B2, C2	All PLOs
7, 8	April 2022	Protein metabolism	In class lecture	A2, B1, B2, C2	All PLOs
9	April 2022	Protein metabolism (cont.)	In class lecture	A3,A4, B1-B4, C2, C3	All PLOs
9	April 2022	Fat metabolism	In class lecture	A3,A4, B1-B4, C2, C3	All PLOs
10	April 2022	Fat metabolism (cont.)	In class lecture	A3,A4, B1-B4, C2, C3	All PLOs
10	April 2022	Integration and regulation of metabolism	In class lecture	A3,A4, B1-B4, C2, C3	All PLOs
Midterm EXAM					
11	May 2022	Energy expenditure and healthy body weight	In class lecture	A3,A4, B1-B4, C2, C3, D1-D4	All PLOs
12	May 2022	Regulatory nutrients / Fat soluble vitamins	In class lecture	B2, B3, C1-C3, D1-D4	All PLOs
12, 13	May 2022	Regulatory nutrients / Fat soluble vitamins (cont.)	In class lecture	A3,A4, B1-B4, C2, C3, D1-D4	All PLOs
13	May 2022	Regulatory nutrients / Water soluble vitamins	In class lecture	A3,A4, B1-B4, C2, C3, D1-D4	All PLOs
14	May 2022	Regulatory nutrients / Water soluble vitamins (cont.)	In class lecture	A3,A4, B1-B4,	All PLOs



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15	June 2022	Minerals	In class lecture	A3,A4, B1-B4, C2, C3, D1-D4	
15	June 2022	Minerals (cont.)	In class lecture	A3,A4, B1-B4, C2, C3, D1-D4	
16	Final Exam				

Grading Plan and Assessment Tools

Assessment Tools	Weights	Due date
Mid-term	30	TBA
Assignments	10	---
Quizzes	10	---
Inter active lectures	---	---
Group Work	---	---
Presentation	---	---
Reports	---	---
Project	---	---
Case-Study	---	---
Final Exam	50	TBA

Supplementary Reading

Textbook:

1. Gropper, Smith, Catt . Advanced nutrition and human metabolism. Eighth edition, 2022.

References:

1. Mahan LK, Escott-stump S & Raymond JL. Food and the Nutrition Care Process. Philadelphia: W.B. Saunders, 2018.
2. Whitney E. & Rolfes SR Understanding Nutrition. USA: Thomson-Wadsworth, 2016.
3. Selected Web Sites:
 01. www.nutrition.org
 02. www.faseb.org/ascn
 03. www.bda.uk.com



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Subject Coordinator

Dr. Ahmad
Sundookah

Signature:

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Dr. Reem Aby Tayeh

Signature:

Department Head

Prof. Dr. Wamidh Taha

Signature:

Faculty Dean

Dr. Feris D. El-Hajj

Signature:

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كلية الصيدلة

Copy to:

- Department Head.
- Head of Curriculum Committee.
- Course File.

رئيس قسم
التغذية السريرية والحميات

د. وميض الطائي

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