



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 through the life cycle (1)
Course No. :	908227
Prerequisite :	908217
Concurrent :	----
Department :	Department of Clinical Nutrition and Dietetics
Coordinator :	Dr. Ahmad Sundookah
Mode of Instruction	On-Campus Learning 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 nutrition through the life cycle including preconception nutrition, nutrition during pregnancy, lactation, infancy, childhood, adolescence, adulthood and elderly.

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 principles of preconception nutrition.
- A2. Describe the principles of nutrition during pregnancy and lactation.
- A3. Describe the principles of nutrition during infancy, childhood, adolescence, adulthood and elderly.

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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 and principles.
- B.3 **Critical thinking:** identify the role of nutrition to achieve health.

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.
- 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	Preconception nutrition	In class lecture	A1, B1, C1	All PLOs
3, 4	March 2022	Preconception nutrition (cont.)	In class lecture	A2, B1, B2, C2	All PLOs
5, 6	April 2022	Nutrition during pregnancy	In class lecture	A2, B1, B2, C2	All PLOs
7, 8	April 2022	Nutrition during pregnancy (cont.)	In class lecture	A2, B1, B2, C2	All PLOs
9	April 2022	Nutrition during lactation	In class lecture	A3,A4, B1-B4, C2, C3	All PLOs
9	April 2022	Nutrition during lactation (cont.)	In class lecture	A3,A4, B1-B4, C2, C3	All PLOs
10	April 2022	Nutrition during infancy	In class lecture	A3,A4, B1-B4, C2, C3	All PLOs
10	April 2022	Nutrition during infancy (cont.)	In class lecture	A3,A4, B1-B4, C2, C3	All PLOs
Midterm EXAM					
11	May 2022	Nutrition during childhood	In class lecture	A3,A4, B1-B4, C2, C3, D1-D4	All PLOs
12	May 2022	Nutrition during childhood (cont.)	In class lecture	B2, B3, C1-C3, D1-D4	All PLOs
12, 13	May 2022	Nutrition during adolescence	In class lecture	A3,A4, B1-B4, C2, C3, D1-D4	All PLOs
13	May 2022	Nutrition during adolescence (cont.)	In class lecture	A3,A4, B1-B4, C2, C3, D1-D4	All PLOs
14	May 2022	Nutrition during adulthood	In class lecture	A3,A4, B1-B4,	All PLOs



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15	June 2022	Nutrition during adulthood (cont.)	In class lecture	A3,A4, B1-B4, C2, C3, D1-D4	
16	June 2022	Nutrition during elderly	In class lecture	A3,A4, B1-B4, C2, C3, D1-D4	
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:

Judith Brown, Nutrition through the life cycle, seventh edition, 2020.

References: (Internet sites).

www.nap.edu, www.iom.edu, www.who.org.

Subject Coordinator

Dr. Ahmad Sundookah

Signature:

Head of Curriculum Committee

Dr. Reem Aby Tayan

Signature:

Department Head

Prof. Dr. Wamidh Talib

Signature:

Faculty Dean

Dr. Feris D. El-Hadi

Signature:

Copy to:

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



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