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جامعة العلوم التطبيقية الخاصة  
APPLIED SCIENCE PRIVATE UNIVERSITY



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جامعة كل العرب

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

<b>Course Title :</b>	Fundamentals of Nutrition
<b>Course No. :</b>	908124
<b>Prerequisite :</b>	1501141 (Biology for Pharmacy Students)
<b>Concurrent :</b>	----
<b>Department :</b>	Department of Clinical Nutrition and Dietetics
<b>Coordinator :</b>	Dr. Maysoun Qutob
<b>Mode of Instruction</b>	Face to face

**\* Instructor:**

Lecturer	Office Phone	Room No.	Office Hours	E-mail
Dr. Maysoun Qutob	Tel: 00962656099 57 Ext 1134	4218	TBA	<a href="mailto:m_alqutob@asu.edu.jo">m_alqutob@asu.edu.jo</a>

**Course Description**

This course introduces the concept of nutrition, nutritional terminologies and nutrition guidelines. The course also includes a detailed study of macronutrients: carbohydrates, fats, proteins, and micronutrients: vitamins, minerals, and their importance to the human body. This course also covers the study of energy sources, energy balance and their role in clinical nutrition.

**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. Learn the different nutritional terminologies and understand the different approaches to healthy diet and lifestyle.

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- A2. Evaluate diet components, quality, nutrient density and use of Food guide to assess healthy meals .
- A3. Understand the nutrients digestion and absorption process.
- A4. Develop understanding of the importance of food energy level in improving human health.
- A5. Understand the types of macro and micronutrients and their roles in healthy eating.
- A6. Correlate the essential nutrients and various health problems (chronic diseases).

#### B. Cognitive and Intellectual Skills (Student should):

- B1. The ability to communicate and translate nutrients terminologies .
- B2. Identify the role of nutrients in health and diseases.
- B3. Promotion of intrinsic motivation via encourage challenges in planning weight management and physical fitness.

#### C. Subject Specific Skills (Student should):

- C1. To correlate between nutrients, weight management and health status.
- C2. Knowledge of the importance of physical activity and its correlation to health
- C3. Identifying skills of food safety and nutrient stability

#### D. Transferable Skills (Student should):

- D1. Help students to transfer their skills to the community.
- D2. The ability to communicate with the nutritional informations.
- D3. Participation and learning nutrients management skills
- D4. The ability to commit and respect the regulations and instructions.

#### Program Learning Outcomes (PLOs):

<b>PLO.1:</b>	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

	<b>CLO. 1</b>	<b>CLO. 2</b>	<b>CLO. 3</b>	<b>CLO. 4</b>
<b>PLO.1:</b>	All ILOs			

#### Course Contents and Schedule

Week	Day and Date	Topics to be covered	Method of instruction	CLOs	PLOs
1	March 2022	Course outline, objectives, outcomes, references and grading system	1 (Face to face)	-----	All PLOs

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1, 2	March 2022	An overview to Nutrition	4 (Face to face)	A1, A2. B1. C3, D1-D3	All PLOs
3, 4	April 2022	Planning a healthy diet	5 (Face to face)	A1, A2. B1. C1, C3 D1-D3	All PLOs
4, 5	April 2022	Digestions absorption and transport	3 (Face to face)	A3, B1, B2, C3, D1, D2	All PLOs
6, 7	April & May 2022	Carbohydrates: 1. Nature of carbohydrates 2. Function of Carbohydrates 3. Food sources of carbohydrates Recommendations for Dietary carbohydrates	5 (Face to face)	A1-A6, B1, B2, C1, C3, D1-D3	All PLOs
8, 9	May 2022	Fats: 1. Nature and Functions of fat. 2. Food sources and digestion of fats. Recommendations for dietary fat.	5 (Face to face)	A1-A6, B1, B2, C1, C3, D1-D3	All PLOs
10, 11	May 2022	Proteins: 1. Nature, functions, and sources of proteins. 2. Digestions and recommendations of dietary protein.	5 (Face to face)	A1-A6, B1, B2, C1, C3, D1-D3	All PLOs
11, 12	May 2022	Vitamins: Water-soluble vitamins: Functions, deficiencies, sources.	2 (Face to face)	A1-A6, B1, B2, C1, C3, D1-D3	All PLOs
12	May 2022	Fat-soluble vitamins: Functions, deficiencies, sources.	2 (Face to face)	A1-A6, B1, B2, C1, C3, D1-D3	All PLOs
13	May 2022	Minerals: Functions, deficiencies, sources.	3 (Face to face)	A1-A6, B1, B2, C1, C3, D1-D3	All PLOs
14	June 2022	Water and electrolyte balance	2 (Face to face)	A1-A6, B1, B2, C2, D1-D3	All PLOs
15	June 2022	Energy Balance	2 (Face to face)	A4, B1- B3, C1, C2, D1-D4	All PLOs
Final Exam					



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**Grading Plan and Assessment Tools**

Assessment Tools	Weights	Due date
Mid-term	30	TBA
Assignments	---	---
Quizzes	20	TBA
Inter active lectures	---	---
Group Work	---	---
Presentation	---	---
Reports	---	---
Project	---	---
Case-Study	---	---
Final Exam	50	TBA

**Supplementary Reading**

**Textbook:**

1. Whitney, E. and Rolfes, S. R. Understanding Nutrition, 15th Edition, Wadsworth, Cengage Learning, USA. ISBN-13: 978-1-133-58752-1

**References:**

1. Williams' Basic Nutrition and Diet Therapy, by Staci Nix, 15th Edition. Elsevier Inc. USA. ISBN: 978-0-323-37731-7, 2017,
2. Mahan, L.K. and Rymond, J.L (2017). KRAUSE'S Food & The Nutrition Care Process, 14<sup>th</sup> Edition, Elsevier Inc. , USA. ISBN: 978-0-323-34075-5

Subject Coordinator

Dr. Maysoun Qutob

Signature:

Head of Curriculum Committee

Signature:

Department Head

د. فeras الطائي

Signature:

Faculty Dean

Dr. Feras F. Hajji

Signature:

**Copy to:**

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



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