



AMMAN - JORDAN

المستوى الذهبي

جامعة كل العرب

Course Syllabus
Faculty of Arts and Science
Basic Science and Humanities Department
Academic Year 2021/2022 Semester: Second

Course Title :	Nutrition for Nursing
Course No. :	1501250
Prerequisite :	1501152, 1501157
Concurrent :
Department :	Basic Science and Humanities
Coordinator :	Dr. Ahmad Sundookah
Mode of Instruction	<u>On-Campus Learning</u> - 2 hours in-class (Synonym) learning

*** Instructor:**

Lecturer	Office Phone	Room No.	Office Hours	E-mail
Dr. Ahmad Sundookah	1577	213	11-2 Mon., Wedn.	a_sundookah@asu.edu.jo

Course Description

This course provides basic information about nutrition and diet therapy for most common diseases. Also it provides some information about assessment of nutritional status, nutrition of athletes, and nutrition during different life stages.

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 Understands principles of diet therapy for most common diseases.
- A2 . Understand the basic concepts of nutritional assessments.

B. Cognitive and Intellectual Skills (Student should):

- B1 Discuss the principles of diet therapy of most common diseases

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Course Contents and Schedule

Week	Day and Date	Topics to be covered	Method of instruction	CLOs	PLOs
1	Tues. 8 March	Macromolecules - Carbohydrates	In class lecture	A1, B1, C1	
2	Tues. 15 March	Macromolecules - Proteins	In class lecture	A1, B1, C1	
3	Tues. 22 March	Macromolecules - Fat	In class lecture	A1, B1, C1	
4	Tues. 29 March	Micronutrients - Vitamins	In class lecture	A1, B1, C1	
5	Tues. 5 April	Micronutrients - Minerals	In class lecture	A1, B1, C1	
6	Tues. 12 April	Factors Influencing Nutritional requirements	In class lecture	A1, B1	
7	Tues. 19 April	Principles of Diet Planning	In class lecture	A1, B1, C1	
8.	MID Term Exam				
9	Tues. 3 May	Principles of body weight management.	In class lecture	A1, B1, C1	
10	Tues. 10 May	Principles of body weight management (cont.)	In class lecture	A1, B1, C1	
11	Tues. 17 May	Dietary Management of Hyperuricemia and Gout	In class lecture	A1, B1, C1	
12	Tues. 24 May	Assessment of nutritional status	In class lecture	A2, B2, C2	
13	Tues. 31 May	Hospital diets	In class lecture	A2, B2, C2	
14	Tues. 7 June	Tube feeding and intravenous feeding	In class lecture	A2, B2, C2	
15	Wedn. 14 June	Nutrition during different life stages	In class lecture	B3, C3	
16.	Final Exam				



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Grading Plan and Assessment Tools

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

Supplementary Reading

Textbook:

Ruth and Roth, nutrition and diet therapy 11th edition, 2013, Thomson Delmar Learning.

References:

Whitney, E. N., Cataldo, C. B., & Rolfs, S. R. (2014) Understanding Normal and Clinical Nutrition. 10th ed. West Publishing Company, San Francisco.

2) Williams, S. R. (2017). Basics of Nutrition & Diet Therapy. 15th ed. Mosby CO., St. Louis.



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APPLIED SCIENCE PRIVATE UNIVERSITY

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Subject Coordinator **Dr. Ahmad Sundookah** **Signature:** -----

Head of Curriculum Committee **Dr. Husam Miqdad** **Signature:** -----

Department Head **Dr. Husam Miqdad** **Signature:** -----

Faculty Dean **Dr. Hadeel Ali Saed** **Signature:** -----

Copy to:

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

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رمز النموذج: UF 28 / 2

رقم القرار 24 / 233

تاريخ الاعتماد 2021/10/18