

جامعة كل العرب

**Faculty : Pharmacy**  
**Department : Clinical Pharmacy & Therapeutics**  
**Academic Year : 2020-2021**  
**Semester : First**

( Course Syllabus )

Subject Name	Credit Hours	Course No.	Prerequisite	Concurrent course
Fundamentals of Nutrition	3	908124	1501141 Biology for Pharmacy Students	-----

Coordinator Name	Lecturer/s	Room No.	E-mail	Course website	Office Hours
Dr. Sofyan Maghaydah	Dr. Sofyan Maghaydah		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 course introduces the concept of nutrition, which is suitable for students enrolled in the nutrition program. The course includes a detailed study of carbohydrates, fats, proteins, 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.

#### Course Objectives

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

1. Evaluate diet components, quality, nutrient density and use of Food guide to assess healthy meals.
2. Understand the types of macro and micronutrients and their roles in healthy eating.
3. Develop understanding of the importance of food energy level in improving human health.
4. Understand the nutrients digestion and absorption process.
4. Correlate the essential nutrients and various health problems (chronic 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 nutrients.
- A2. Describe digestion and absorption mechanisms.
- A3. Describe abnormal weight management
- A4. Describe nutrients types.

### **B. Subject specific skills:**

- B1. To correlate between nutrients, weight management and health status.
- B2. Knowledge of physical activity and health
- B3. Identifying skills of food safety and nutrient stability

### **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 .
- 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 nutrtrional 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 course (1-3 marks).

**Course Content:**

Week	Date	Lecture number	Topic's Details	Exams/ /quizes / holiday s	Main Reference (chapter)	ILOs achieved
1	18/10/20	3	Food Nutrition and Health 1. Health promotion 2. Function of nutrients in food 3. Nutritional States 4. Nutrient and food guides for health promotion		Ref1: Ch.1	A1, B1, C1
2	25/10/20	3	Digestions absorption and metabolism		Ref1: Ch.2	A3,A4, B2, B3, C.1-C.4
3	1/11/20	3	Carbohydrates:  1. Nature of carbohydrates 2. Function of Carbohydrates 3. Food sources of carbohydrates Recommendations for Dietary carbohydrates		Ref1: Ch.3	A2, B2, C.1, , C.2

4&5	22/11/20	3	Fats: 1. Nature and Functions of fat. 2. Food sources and digestion of fats. Recommendations for dietary fat.	Ref1: Ch.4	A2, B2, C.1, , C.2
6 &7	1/12/20	2	Proteins: 1. Nature , functions, and sources of proteins. Digestions and recommendations of dietary protein.	Ref1: Ch.5	A3,A4, B2, B3,C.1- C.4
8			<b>FIRST EXAM</b>		
9&10	10/12/20	3	Water soluble vitamins: 1. Nature, source, requirements, deficiency, toxicity and stability.	Ref1: Ch.6	A3,A4, B2, B3,C.1- C.4
11	20/12/20	3	Energy Balance: 2. Human Energy Balance Recommendations for dietary Energy	Ref1: Ch.7	A3,A4, B2, B3,C.1- C.4
12	27/12/20	3	Vitamins: 1. The nature of vitamins 2. Fat soluble vitamins	Ref1: Ch.7	A3,A4, B2, B3,C.1- C.4
13			<b>SECOND EXAM</b>		
14	3/01/21	4	Planning a healthy Diet	Ref1: Ch.8	A3,A4, B2, B3,C.1- C.4
15	12/01/21	3	Water and electrolyte balance	Ref1: Ch.9	A3,A4, B2, B3,C.1- C.4
16	19/01/21	2	Nutrition and physical fitness	Ref1: 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	80	To be announced by Examination committee
Student activities : assignments , Class participation; Attendance; responsibilities	20	To be announced by the course coordinator

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

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## 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
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.

First Exam: \_\_\_\_\_ 20 \_\_\_\_\_ points

Second Exam \_\_\_\_\_ 20 \_\_\_\_\_ points

Assignments/activities/attendance : \_\_\_\_\_ 10 \_\_\_\_\_ points

Final Exam: \_\_\_\_\_ 50 \_\_\_\_\_ points

Total: \_\_\_\_\_ 100 \_\_\_\_\_ points

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

## Required equipment:

Data show, internet connection, and whiteboard.

## 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. Williams' Basic Nutrition and Diet Therapy, by Staci Nix, 15th Edition. ISBN: 978-0-323-37731-7, 2017, Elsevier Inc. USA.

Other References:

3. Whitney, E. and Rolfes, S. R. Understanding Nutrition, 15th Edition, ISBN-13: 978-1-133-58752-1 Wadsworth, Cengage Learning, USA.
4. Mahan, L.K. and Raymond, J.L.(2017). KRAUSE'S Food & The Nutrition Care Process. 14<sup>th</sup> Edition, Elsevier Inc. , USA. ISBN: 978-0-323-34075-5


**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.

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: **7-10-2020**

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

**د. ريم ابوتايه**

Head of Department:   
رئيس قسم  
التغذية السريرية والحمية

Dean: **7/10/2020** Signature: 

Copy to:

Head of Department  
Head of curriculum committee  
Course File

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