

فإنجعل من أردن جامعة للعرب

**Faculty : Pharmacy**  
**Department : Clinical Nutrition and Dietetics**  
**Academic Year : 2019-2020**  
**Semester : Fall**

( Course Syllabus )

Subject Name	Credit Hours	Course No.	Prerequisite	Concurrent course
Introduction in Nutrtrion	3	906505	906222 Biochemistry(2)	-----

Coordinator Name	Lecturer/s	Room No.	E-mail	Course website	Office Hours
Prof. S M Herzallah	Prof.S. Herzallah	4100	S_herzallah @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:

The course will discuss the basic principles of nutrients carbohydrates, fats, protein, water, minerals, vitamins, energy balance, physical activity and weight management. In addition, the course will explore the significance of food nutrients in health promotion and disease occurrence, as well as the interaction between food nutrients and drugs.

### Course Objectives

Upon successful completion of the course the student will be able to:

1. Describe nutrients and sources, functions, recommendations and toxicity and stability.
2. Describe the digestion and absorption process.
3. The students will be able to identify macro and micronutrients.
4. Apply all of the food choices and compare it with reference values.
5. Describe the use of the dietary data.
6. Identify how to handle and modify personal food profile.
7. Recognize the food risk characteristics and able to change eating lifestyle.
8. Discuss the consequences of food and drug interaction.

### Intended Learning Outcomes

Following the successful completion of this course, the student should be able to:

#### A. Knowledge and understanding:

- A1. Describe the general energy balance
- A2. Describe digestion and absorption mechanisms.
- A3. Describe abnormal weight management
- A4. Describe food drug interaction.

**B. Subject specific skills:**

- B1. To correlate between energy balance and weight management.
- 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 attempts 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 communication skills** : The ability to communicate with the nutrional 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 .. )

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**Teaching and Learning Methods:**

**Development of ILOs is promoted through the following teaching and learning methods:**

<b>ILOs</b>	<b>Learning Methods</b>	<b>Evaluation Methods</b>
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	1. Lecture notes based on data show slides and	Electronic online exam /paper work

D1-D7	PowerPoint presentation and white board illustration. 2. Assignments 3. Class discussion 4. Team work and group discussion 5. Promotion of intrinsic motivation	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).
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### **Course Content:**

Week	Date	Lecture number	Topic's Details	Exams/ /quizes / holiday s	Main Reference (chapter)	ILOs achieved
1		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		2	Carbohydrates: 1. Nature of carbohydrates 2. Function of Carbohydrates 3. Food sources of carbohydrates 4. Recommendations for Dietary carbohydrates.		Ref1: Ch.2	A2, B2, C.1, , C.2
3		2	Fats: 1. Nature and Functions of fat. 2. Food sources and digestion of fats. 3. Recommendations for dietary fat.		Ref1: Ch.3	A2, B2, C.1, , C.2
4		3	Proteins: 1. Nature , functions, and sources of proteins. 2. Digestions and recommendations of dietary protein.		Ref1: Ch.4	A3,A4, B2, B3,C.1- C.4
5		2	Digestions absorption and metabolism		Ref1: Ch.5	A3,A4, B2, B3,C.1- C.4
<b>FIRST EXAM</b>						
6		2	Energy Balance: 1. Human Energy Balance 2. Recommendations for dietary Energy		Ref1: Ch.6	A3,A4, B2, B3,C.1- C.4
7		3	Vitamins: 1. The nature of vitamins 2. Fat soluble vitamins		Ref1: Ch.7	A3,A4, B2, B3,C.1- C.4
8		3	Water soluble vitamins:		Ref1: Ch.7	A3,A4, B2,

			1. Nature, source, requirements, deficiency, toxicity and stability.			B3,C.1-C.4
<b>9</b>			<b>SECOND EXAM</b>			
<b>10</b>		2	Minerals		Ref1: Ch.8	A3,A4, B2, B3,C.1-C.4
<b>11</b>		2	Water and electrolyte balance		Ref1: Ch.9	A3,A4, B2, B3,C.1-C.4
<b>12</b>		2	Nutrition and physical fitness		Ref1: Ch.16	A3,A4, B2, B3,C.1-C.4
<b>13</b>		2	Food Habits and cultural Patterns		Ref1: Ch.39	A3,A4, B2, B3,C.1-C.4
<b>14</b>		2	Food and Drug interaction		Ref3: Ch.8	B1,B2,B3 C2-C3 D1-D7
<b>15&amp;16</b>			<b>FINAL EXAM</b>			

**Grade Distribution:**

Your course grade will be determined by the following:

Assessment Method	% of Final Grade	Due Date
Exams	90	To be announced by Examination committee
Student activities : assignments , Class participation; Attendance; responsibilities	10	To be announced by the course coordinator

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

**Course Policies:**

**A- Attendance policies:**

Attendance: Mandatory.

First warning – with \_\_\_\_\_5\_\_\_\_\_ absences

Last warning – with \_\_\_\_\_7\_\_\_\_\_ 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:**

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

**Other References:**

- Whitney, E. and Rolfes, S. R. (2013). Understanding Nutrition, Thirteenth Edition, ISBN-13: 978-1-133-58752-1 Wadsworth, Cengage Learning, USA.
- 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: Prof. Saqer M Herzallah Signature: *sagerherzallah* Date: 13-10-2019

Head of curriculum committee: \_\_\_\_\_ Signature:

Head of Department: *sagerherzallah*  
13/10/19 \_\_\_\_\_ Signature:

Dean: \_\_\_\_\_ Signature:

Copy to:

Head of Department  
Head of curriculum committee  
Course File

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Date:

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