هيئة تقويم التعليم والتدريب
Education & Training Evaluation Commission

2023
TP-153

Course Specification
(Bachelor)

Course Title:	Clinical Nutrition
Course Code:	NUR26328
Program:	Bachelor of Nursing Sciences
Department:	Nursing
College:	Applied Medical Sciences
Institution:	University of Bisha
Version:	6
Last Revision Date:	20-8-2023

وزارة التعليم - جامعة بيشة
Ministry Of Education - University Of Bisha
وكالة الجامعة للشؤون التعليمية

Table of Contents

A. General information about the course:

1. Course Identification

1. Credit hours: (2+0)					
2+0					
2. Course type					
A.	☐ University	☐ College	☒ Department	☐ Track	☐ Others
B.	☒ Required		☐ Elective		
3. Level/year at which this course is offered: (level 5 , 3rd year)					
4. Course general Description:					
This course focuses on clarifying the nutritional requirements for individuals in different stage of life in case of health and disease.					
5. Pre-requirements for this course (if any)**:**					
NA					
6. Co-requirements for this course (if any)**:**					
NA					
7. Course Main Objective(s):					
To provide undergraduate nursing students with knowledge and skills regarding nutritional health and enable students to identify the sources and components of food, importance of each element and the consequent health problems dealt with food, and describe the nutritional requirements for person in different stages of life and in case of health and disease.					

2. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom	25	83.3%
2	E-learning	5	16.7%
3	Hybrid ● Traditional classroom ● E-learning		
4	Distance learning		

3. Contact Hours (based on the academic semester)

No	Activity	Contact Hours
1.	**Lectures**	25
2.	**Laboratory/Studio**	
3.	**Field**	

4.	**E-learning**	5
5.	**Self-directed learning**	45
Total		75

B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
1.0	**Knowledge and understanding**			
1.1	Differentiate between various scientific terms related to the nutrition science.	K1	Interactive lectures, Pre lecture assignments	Written test Oral test Electronic quiz & Quiz E-Individual Assignment Oral presentation-Group
1.2	Recognize the nutritional elements, sources, importance of each element and the consequent health problems related to its deficiency or increase (e.g., Carbohydrates, proteins, fats, vitamins, minerals, & water).	K1	Interactive lectures, Pre lecture assignments NCLEX questions	Written test Oral test Electronic quiz & Quiz E-Individual Assignment Oral presentation-Group
1.3	Identify the nutritional instructions for individuals with various diseases (e.g., cardiovascular diseases, renal or hepatic diseases, malnutritional diseases, & cancer), and for those vulnerable groups (e.g., adolescents, children, adults, & pregnant and lactating mothers).	K1	Interactive lectures, Pre lecture assignment	Written test Oral test Electronic quiz & Quiz E-Individual Assignment Oral presentation-Group
2.0	**Skills**			

Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
2.1	Design a dietary plan illustrating individual's needs from each nutritional element (e.g., Carbohydrates, proteins, fats, & water).	S1	Interactive lectures, Pre lecture assignments NCLEX questions	Written test Oral test Electronic quiz & Quiz E-Individual Assignment Oral presentation-Group
2.2	Relate between associated signs and symptoms with certain vitamin or mineral deficiency or toxicity, in addition to its proper care.	S2	Interactive lectures, NCLEX questions	Written test Oral test Electronic quiz & Quiz E-Individual Assignment Oral presentation-Group
2.3	Instruct a patient with malnutrition diseases such as rickets, beriberi, pellagra, or anemia.	S2	Interactive lectures, Pre lecture assignment	Written test Oral test Electronic quiz & Quiz E-Individual Assignment Oral presentation-Group
3.0	**Values, autonomy, and responsibility**			
3.1	Take responsibility for lifelong learning, reflective practice and professional development	**V1**	Group Discussion Self-directed learning Team based learning	Oral presentation - Group Individual assignment
3.2	Committed to promote health and nursing care for patients and families regardless of age, gender, race, disability, creed or culture.	**V2**	Group Discussion Team based learning Self-directed learning	Oral presentation - Group Individual assignment

C. Course Content

No	List of Topics	Contact Hours
1.	**Importance of food and nutrition in relation to human beings** Definition of food and nutrition terminology Function of food and nutrition in relation to human beings Indication of food nutrition signals	2
2.	**Nutritional elements** **Carbohydrates** Function of carbohydrates Food sources of carbohydrates	2
3.	Recommended amount of dietary carbohydrates Classes of carbohydrates	2
4.	**Proteins** Function of protein Essential and non-essential amino acids Food sources of protein Protein requirements	2
5.	**Fats** Function of fats Types of fats Food sources of fats Fat requirements Cholesterol	2
6.	**Vitamins** Importance of vitamins Causes of vitamin deficiency in the body Fat-soluble vitamins-functions, sources, signs of deficiency, dietary treatment	2
7.	Water-soluble vitamins-functions, sources, and signs of deficiency, dietary treatments	2
8.	**Minerals** General functions of minerals Major minerals (**calcium, phosphorous, magnesium, sodium, potassium, chlorides)** **Functions, signs of deficiency, sources .** Trace minerals **(Iron, Iodine, copper... ect)** Functions, signs of deficiency, sources .	2
9.	**Water balance**	2

	Body water function and requirements The human water balance system Acid base balance Digestion and absorption of food	
10.	Basic nutritional groups Nutritional needs for adults and adolescent Nutritional of vulnerable groups **(children, pregnant and lactating mothers, old age)**	2
11.	**Malnutrition** Definition-division Management of obesity & under weight	2
12.	Management of anaemia Management of some malnutritional disease (Rickets, Beriberi, Pellagra, Anemia)	2
13.	**Nutrition of patient with different condition** Nutrition for patients with cardiovascular	2
14.	Nutrition for patients with kidney diseases Nutrition for patients with cancer	2
15.	Nutrition for patients with liver diseases	2
Total		30

D. Students Assessment Activities

No	Assessment Activities *	Assessment timing (in week no)	Percentage of Total Assessment Score
1.	Continuous assessment		30%
1.1	Electronic quiz	3rd	10
1.2	Quiz	5th	5
1.3	**E-** Individual assignment	9th	5
1.4	Oral presentation - Group	11th	5
1.5	Oral test	13th	5
2	Mid exam (written test)	7th	20%
3	Final exam (written test)	16th	50%
	Total		100%

E. Learning Resources and Facilities

1. References and Learning Resources

Essential References	➢ Staci Nix, (2017) Williams' Basic Nutrition & Diet Therapy. Mosby. ➢ -Elson M. Haas, Buck Levin, PhD, RD. (2006).Staying Healthy with Nutrition, rev: The Complete Guide to Diet and Nutritional Medicine. 21st century edition, Berkeley Calofornia,94707. -Dzislaw E S. (2020) Chemical and Functional Properties of Food Lipids., Anna Kolakowska., CRC Press.
Supportive References	**Robert D Lee, (2019) Nutritional Assessment.McGraw-Hill Education**
Electronic Materials	Blackboard materials
Other Learning Materials	• E- books electronic • Online US Library

2. Required Facilities and equipment

Items	Resources
facilities	Size of class room appropriate Number of lecturer room should be large enough with good ventilation E- learning lab
Technology equipment	Data show Blackboard Laptop computer Computer based simulator Project system
Other equipment	E- books electronic Online US Library

F. Assessment of Course Quality

Assessment Areas/Issues	Assessor	Assessment Methods
Effectiveness of teaching	Program Leaders Peer Reviewer Students Faculty Academic performance follows up committee. Students GPA	Direct / indirect Direct
Effectiveness of Students assessment	Program Leaders Peer Reviewer	Direct / indirect

Assessment Areas/Issues	Assessor	Assessment Methods
	Students Faculty Academic performance follows up committee. Examination committee	
Quality of learning resources	Program Leaders Peer Reviewer Students Faculty PLOs assessment committee	Direct / indirect
The extent to which CLOs have been achieved	Program Leaders Peer Reviewer Students Faculty Academic performance follows up committee. Examination committee Students Results	Direct / Indirect
Other		

G. Specification Approval

COUNCIL /COMMITTEE	**DEPARTMENT COUNCIL**
REFERENCE NO.	**1/44/45**
DATE	**21-8-2023**