

T6. Course Specification (CS) توصيف المقرر

Institution / NAJRAN UNIVERSITY المؤسسة	Date of Report/ 23/8/1438 التاريخ
College/Department /NURSING COLLEGE الكلية/ القسم	

A. Course Identification and General Information: التعريف بالمقرر الدراسي ومعلومات عامة عنه:

1. Course title and code اسم ورمز المقرر الدراسي Nutrition - 251 NUT-2
2. Credit hours عدد الساعات المعتمدة 2 HS / WEEK
3. Program(s) in which the course is offered. Nursing Program (If general elective available in many programs indicate this rather than list programs)
4. Name of faculty member responsible for the course اسم عضو هيئة التدريس المسؤول عن المقرر الدراسي Aziza Yousif Hama
5. Level/year at which this course is offered المستوى أو السنة التي يقدم فيها المقرر الدراسي 4 th level 2 nd year
6. Pre-requisites for this course (if any) المتطلبات السابقة لهذا المقرر (إن وجدت) Anatomy & Physiology 1 & 2 (ANT 112 & ANT 213)
7. Co-requisites for this course (if any) المتطلبات المصاحبة لهذا المقرر (إن وجدت) Biochemistry(249 BIO-2)
8. Location if not on main campus موقع تقديم المقرر إن لم يكن داخل المقر الرئيس للجامعة female medical science campus
9. Mode of Instruction (mark all that apply) نمط التدريس (ضع علامة على كل ما ينطبق)
a. Traditional classroom الفصل الدراسي التقليدي <input checked="" type="checkbox"/> What percentage النسبة المئوية 90%
b. Blended (traditional and online) التعليم المدمج (التقليدي + عبر الإنترنت) <input checked="" type="checkbox"/> What percentage النسبة المئوية 10%
c. e-learning التعليم الإلكتروني <input type="checkbox"/> What percentage النسبة المئوية
d. Correspondence التعليم بالمراسلة (عن بعد) <input type="checkbox"/> What percentage النسبة المئوية
f. Other طرق أخرى <input type="checkbox"/> What percentage النسبة المئوية
Comments التعليق: Group discussion & assignments are used to encourage self- learning

B. Objectives الأهداف

1. What is the main purpose for this course <i>ما هو الهدف الأساسي من هذا المقرر</i> This course is aimed to provide knowledge & skills of nutrition based on fundamental biochemistry science help to develop understanding of dynamic nature & complex biochemical factors influencing health status ,obesity & chronic illness related to nutrition
2. Briefly describe any plans for developing and improving the course that are being implemented. (e.g. increased use of IT or web based reference material, changes in content as a result of new research in the field) <ul style="list-style-type: none"> • <i>Continuous updating the course contents through available references, web, and latest researches.</i> • Increased use of IT or web-based reference material. • Increase discussion group • Include e-books.

C. Course Description (Note: General description in the form used in the Bulletin or handbook should be attached). وصف المقرر الدراسي (ملاحظة: ينبغي إرفاق وصف عام كما يظهر في النشرة التعريفية أو الدليل).

Course Description وصف المقرر :

1. Topics to be Covered :الموضوعات التي ينبغي تغطيتها :		
List of Topics قائمة الموضوعات	No. of Weeks عدد الأسابيع	Contact Hours الساعات الفعلية للتدريس
<u>Introduction</u> <ul style="list-style-type: none"> - Importance of food and nutrition - Related definition - Signs of good nutrition Healthy weight determination	1	2
Nutritional elements <u>Macronutrients</u> 1- Carbohydrate Classes – function – food sources -digestion – recommended intake	2	4

2- Lipid Classes – function – food sources -digestion – recommended intake Cholesterol and lipoproteins	1	2
3- Protein Classes - quality – function – food sources -digestion – recommended intake	1	2
Energy requirements determination according to weight and activity Caloric value of foods determination Fitness	1	2
<u>Micronutrients</u> 1- Vitamins Fat soluble & water soluble Importance – deficiency symptoms – food sources	1	2
2-Minerals Major & trace minerals Importance – deficiency symptoms – food sources	1	2
<u>Water</u> Function – water balance – requirements - Nutritional status - malnutrition	2	4
Nutritional needs and guidance - food groups - recommended tables - adult needs and life cycle vulnerable needs (pregnant – lactate -child)	2	4
Diet therapy - nutritional care process as a component of patient care team - mode of feeding - Type of diets - Some condition (digestive disorders – diabetes – cardiovascular - renal disorders)	3	6

1. Course components (total contact hours and credits per semester): مكونات المقرر (اجمالي عدد الساعات الفعلية والوحدات المعتمدة لكل فصل دراسي):						
	Lecture المحاضرة	Tutorial مجموعات صغيرة	Laboratory or studio المعمل أو الاستديو	Practical التطبيقي	Other: أخرى	Total الاجمالي
Contact Hours الساعات الفعلية	30 HS		-	-	Group discussion	30HS
Credit الوحدات المعتمدة	2		-	-		2

3-Additional private study/learning hours expected for students per week	4
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4. Course Learning Outcomes in NQF Domains of Learning and Alignment with Assessment Methods and Teaching Strategy.

On the table below are the five NQF Learning Domains, numbered in the left column.

First, insert the suitable and measurable course learning outcomes required in the appropriate learning domains (see suggestions below the table)

Second, insert supporting teaching strategies that fit and align with the assessment methods and intended learning outcomes.

Third, insert appropriate assessment methods that accurately measure and evaluate the learning outcome. Each course learning outcomes, assessment method, and teaching strategy ought to reasonably fit and flow together as an integrated learning and teaching process. (Courses are not required to include learning outcomes from each domain).

(التعلم).

Code # مسلسل	NQF Learning Domains And Course Learning Outcomes مجالات التعلم وفق الإطار الوطني للمؤهلات ومخرجات تعلم المقرر	Course Teaching Strategies استراتيجيات التدريس	Course Assessment Methods أساليب التقييم
1.0	Knowledge المعرفة		
1.2	Recognize the rich and best food sources of different nutrients & the digestion and absorption process of different food elements.	-Lectures by the faculty member. -Class discussion. -Seminars	Written exams. Class participation
1.3	Recognize the rich and best food sources of different nutrients & the digestion and absorption process of different food elements.		
1.4			
2.0	Cognitive Skills المهارات الإدراكية		
2.1	The ability to use international guidance standards,	-Lectures by the	Written

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	diagrams and tables to design nutritional requirements & to interpret the unhealthy pattern according to nutrient deficiency.	faculty member. -Class discussion. -Seminars	exams. Class participation
2.2	Application of nutritional care process for different medical cases & and efficiency of physical fitness		
3.0	Interpersonal Skills & Responsibility مهارات التعامل مع الآخرين وتحمل والمسئولية		
3.1	Manage time and work to deadlines	Brain storming . Group discussion. Self-learning	Assignment activities
3.2	Show attention and respect staff and colleagues		
4.0	Communication, Information Technology, Numerical مهارات الاتصال و تقنية المعلومات والمهارات العددية		
4.1	Find information using information technology to build up effective presentation.	Self-learning. Seminars	Group participation Presentation
4.2	Ability to calculate and evaluate: the caloric values for different food stuff or determine caloric and nutrients requirements for different cases.		
5.0	Psychomotor المهارات النفسحركية		
	Not applicable		

5. Schedule of Assessment Tasks for Students During the Semester			
الجدول الزمني للمهام التي يقيم من خلالها الطلبة أثناء الفصل الدراسي			
	Assessment task (e.g. essay, test, Quizzes, group project, examination, speech, oral presentation, etc.) مهام التقييم (مثل: كتابة مقال – اختبار – اختبارات قصيرة- مشروع جماعي – اختبار نهائي – خطبة، عرض تقديمي شفوي.....الخ)	Week Due أسبوع استحقاق التقييم	Proportion of Total Assessment النسبة من التقييم الكلي
1	Quiz	5	10 %
2	Mid-term exam	12	20 %
3	(participation & presentation)	Weekly	10 %
4	Final exam	17	60 %
	Total		100%

D. Student Academic Counseling and Support الإرشاد الأكاديمي والدعم الطلابي

1. Arrangements for availability of faculty and teaching staff for individual student consultations and academic advice. (include amount of time teaching staff are expected to be available each week)

- ترتيبات ضمان إتاحة أعضاء هيئة التدريس للاستشارات والإرشاد الأكاديمي الفردي للطلبة (أذكر قدر الوقت الذي يتوقع أن يتواجد خلاله أعضاء هيئة التدريس لهذا الغرض في كل أسبوع).
- Two office hours per week from 10-12 every Monday and Tuesday.
- Student encourage communicating on e-mail or at office.
- Exam feedback for students.

E. Learning Resources مصادر التعلم

1. List Required Textbooks المقطرة المطلوبة :

Williams. Basic nutrition and diet therapy 2012. Mosby

2. List Essential References Materials (Journals, Reports, etc.)

قائمة المراجع الأساسية (الدوريات العلمية- والتقارير – وغيرها)

Dudek.2010 Nutrition essentials for nursing practice. Lippincott.

- Werbach 2009. **Nutritional influences on illness**. Third Line Press

- Michael J. 2014 Gibney. Introduction to human nutrition. Willey

3. List Electronic Materials Web Sites, Facebook, Twitter, etc.

- قائمة المصادر الإلكترونية، مواقع الإنترنت، فيس بوك، تويتر، ... الخ
- The new England journal of medicine (<http://www.nejm.org/medical-research/growth-and-development>)
- Wiley online library ([http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)1440-169X](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1440-169X))
- Elsevier journal (<http://www.journals.elsevier.com/early-human-development/>)

Japan journal of human growth and development journal) <https://www.jstage.jst.go.jp/browse/hatsuhatsu>

4. Other learning material such as computer-based programs/CD, professional standards or regulations and software.

مواد تعليمية أخرى مثل البرامج المعتمدة على الحاسب الآلي/الأسطوانات المدمجة، والمعايير المهنية أو اللوائح التنظيمية والبرمجيات.

Multimedia associated with the text books and the relevant websites

F. Facilities Required المرافق اللازمة

Indicate requirements for the course including size of classrooms and laboratories (i.e. number of seats in classrooms and laboratories, extent of computer access etc.)

حدد متطلبات المقرر الدراسي بما في ذلك حجم فصول الدراسة والمختبرات (أي: عدد المقاعد داخل الفصول الدراسية والمختبرات، وعدد أجهزة الحاسب الآلي المطلوب توفيرها... الخ).

1. Accommodation (Classrooms, laboratories, demonstration rooms/labs, etc.)

المرافق التعليمية (قاعات المحاضرات، المختبرات، حجرات / معامل العروض... الخ):

Accommodation (Classrooms, laboratories, demonstration rooms/labs, etc.)

- Lecture room suitable for 30 students.
- Suitable light and air condition.
- Internet facilities & projector.

2. Computing resources (AV, data show, Smart Board, software, etc.)

<i>Computers, projectors and smart board in lecture room.</i>
3. Other resources (specify, e.g. if specific laboratory equipment is required, list requirements or attach list) Library references and services

G. Course Evaluation and Improvement Processes **تقييم المقرر الدراسي وعمليات تحسينه**

1. Strategies for Obtaining Student Feedback on Effectiveness of Teaching استراتيجيات الحصول على التغذية الراجعة من الطلاب بخصوص فعالية التدريس - University questionnaire evaluation of the course.
2. Other Strategies for Evaluation of Teaching by the Instructor or by the department. استراتيجيات أخرى لتقييم عملية التدريس من قبل عضو هيئة التدريس أو القسم. - Peer observing teaching. - Evaluation of program coordinator. - Teacher portfolio
3. Processes for Improvement of Teaching عمليات تحسين التدريس : - Keeping a Teaching portfolio. - Integrating the remarks of the peer observer in the process of teaching. Workshops
4. Processes for Verifying Standards of Student Achievement (e.g. check marking by an independent member teaching staff of a sample of student work, periodic exchange and remarking of tests or a sample of assignments with staff at another institution) - Annual course review- report. - Student questionnaire
5. Describe the planning arrangements for periodically reviewing course effectiveness and planning for improvement : Studying of the questionnaires and staff remarks and student marks to obtain improvement plan. -Collecting all reports and evaluations at the end of the year for a reviewing purpose. - Monitoring of improvement plane application by program coordinator

Name of instructor **اسم استاذ المقرر**: _____ **Aziza Yousif Hama**

Signature: **التوقيع** *Aziza Yousif*

Date Report Completed **تاريخ إكمال التقرير** 23/8/1438h

Name of field experience teaching staff **اسم أعضاء هيئة تدريس الخبرة الميدانية**: _____

Program coordinator **منسق البرنامج**: _____

Signature **التوقيع**: _____ Date received **تاريخ الاستلام**:

