**King Saud University**

**Applied Medical Sciences College**

**Quality and Development Unit**

Course Syllabus CHS 265

Vision of Clinical Nutrition Program:

Leadership and excellence in the field of Clinical Nutrition.

Mission of Clinical Nutrition Program:

Graduating qualified Clinical Nutrition specialists provided with sufficient knowledge and skills and armed with values required for professional practices and leadership in the field of Clinical Nutrition that meet the aspirations of the community at national and international levels.

Goals of Clinical Nutrition Program:

* Provide the students with outstanding educational experiences in the field of Clinical Nutrition according to international standards that develop their professional practices.
* Build the students' competencies of critical thinking, problem solving and effective communication that help them deal with various nutritional problems in collaboration with the health care team and other nutrition- related sectors.
* Integrate community service activities into the program to adopt healthy nutrition attitudes and behaviors and instill values of compassion, loyalty and belonging among students.
* Foster the principles of life-long learning to empower students' professional self-development, and encourage their participation in conferences, workshops and Clinical Nutrition related scientific research activities.

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| Course title and code: | | | Nutrition through Life Cycle  (CHS 265) | | | | |
| Department : | | | Community Health Sciences | | | | |
| Program in which the course is offered: | | | Clinical Nutrition Program | | | | |
| Credit hours: | | | 4 credit hours (3+1) | | | | |
| Total contact hours per semester | | | 75 hours | | | | |
| Level at which this course is offered: | | | Level 4 | | | | |
| Course prerequisites: | | | CHS 214 | | | | |
| Time: | | | **Lecture** (Thursday 8 - 11 (9978) **Practical** Thursday 11 – 1 (9979) | | | | |
| Location: | | | S10 Building 11 | | | | |
| College member responsible for the course | | | Dr. Sara Almusharaf  Mrs. May Alshahwan | | | | |
| Contact information: | | |  | | | | |
| Office Number: | | | **Dr. Sara Almusharaf** (186)  **Mrs. May Alshahwan** (210) | | | | |
| Phone : | | | 011-8056704 | | | | |
|  | | |  | | | | |
| Email: | | | [mayalshahwan@ksu.edu.sa](mailto:mayalshahwan@ksu.edu.sa), | | | | |
| Website: | | | http://fac.ksu.edu.sa/mayalshahwan/home | | | | |
| Office hours: | | | **Dr. Sara Almusharaf** (Monday 11 - 2/ Tuesday 11 - 2)  **Mrs. May Alshahwan** (Sunday 10 – 11/ Tuesday 10 – 11) | | | | |
| Course Description | | | Learning nutrition feeding styles during the different stages of human growth and daily nutritional requirements, and the physiological changes in each stage from gestation period until elderly. | | | | |
| Course Objectives | | | By the end of this course, students should be able to:   * Identify and describe the nutritional needs of persons in the various life-cycle stages i.e. pregnant, lactating, infants, toddler, childhood, adult and elderly. * Illustrate the dietary intake of Calories & nutrients needs using appropriate methodologies for specified circumstances. * Identify the changes in dietary intake standards based on the physiological state of each stage during the life cycle.   Recognize the nutrition principles to plan one day meal menu for a healthy individual in each life stage. | | | | |
| Teaching strategies | | | * Interactive lectures using class discussion and brain storming   Reading from scientific journals, textbooks and other sources. | | | | |
| Learning Resources Required Text (s) | | | **Required Text Books and Readings**   1. Nutrition through the life cycle BY Judith E.Brown 2. Understanding Normal and Clinical Nutrition sixth editionBy Whitney.Cataldo.Rolfes | | | | |
| Topics to be covered | | |  | | | | |
| List of topics | | | | Week due | | Contact hours |
| **Course Introduction** | | | | **1st (1/1/1439)** | | 5 |
| **Preconception Nutrition + Pregnancy 1** | | | | **2nd (8/1/1439)** | | 5 |
| **Pregnancy 2** | | | | **3rd (15/1/1439)** | | 5 |
| **Lactation** | | | | **4th (22/1/1439)** | | 5 |
| **Adulthood** | | | | **5th (29/1/1439)** | | 5 |
| **Elderly** | | | | **7th (13/2/1439)** | | 5 |
| **Infant1** | | | | **8th (20/2/1439)** | | 5 |
| **Infant 2** | | | | **9th (27/2/1439)** | | 5 |
| Toddler and preschooler | | | | **10th (5/3/1439)** | | 5 |
| **Child and preadolescent** | | | | **12th (19/3/1439)** | | 5 |
| **Adolescent** | | | | **13th (26/3/1439)** | | 5 |
| **Revision** | | | | **14th (3/4/1439)** | | 5 |
| Schedule of Assessment Tasks for Students During the Semester | | | | | | |
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| Assessment task | | Week due | | | Proportion of Final Assessment | |
| **Midterm I** | | **6th** (6/2/1439- 26 Oct.) | | | 20 % | |
| **Midterm II** | | **11th** (12/3/1439- 30 Nov.) | | | 20 % | |
| **Class discussion and participation** Practical | | 2nd-14th | | | 20 % | |
| **Assignment and Quizzes**  Practical | | 2nd -14th | | |
| **End Semester Exam** | |  | | | 40 % | |
| Required Assignments: |  | | | | | |
| |  |  |  |  | | --- | --- | --- | --- | | Week | Assignments | Evaluation | Week due | | 2 - 4 | Pregnancy and lactation cases | 6 | 3rd - 5th | | 5 -7 | Adult and elderly cases | 4 | 6th – 8th | | 8-12 | Pediatric cases | 8 | 9th - 13th | | 13 | Adolescent case | 2 | 14th | | | | | | | |
| Criteria for evaluation : | Attendance, participation and assignment submission | | | | | |
| Course rules : |  | | | | | |
| * **Class Leader:** | Name: Nora Alarfaj | | | | | |
| * **Duties of the Class leader:** | * Inform students about changes in due dates or classes. * Open podium every lecture morning | | | | | |
| More comments for instructor : |  | | | | | |
| * Students are expected to attend classes on time, a 15 minutes delay will be considered as absence. * Mobile phone is to be switched to silence mood and placed inside students bag during practical and discussion classes, texting is not allowed during class. * Students are expected to attend the exams; however, absence in any will count as a total mark of zero. Second chance is not permitted unless official medical excuse is presented within a week from the missed exam date. * This syllabus may be able to change. | | | | | | |
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