



King Saud University

College of Applied Medical Sciences

Department of Community Health Sciences

First Semester 1433-1434 (2012-2013)

Course title and code:	CHS 214 Principles of Clinical Nutrition
Program in which the course is offered:	Clinical Nutrition program
Credit hours	3 hours (3+ 0)
Level at which this course is offered:	3 rd level
Course prerequisites:	CLS 221
Time:	Monday lecture: 1.00-3.00 am (group-1) Tuesday lecture: 10.00-1.00 am (group-2)
Location:	Class rooms : Monday Room Tuesday Room CHS 2
College member responsible for the course	Sara AL-Mosharruf
faculty information	
Office Number: 9 A1	
Phone :	Office: Tel #: 4355010 ex. 385
Email:	sara.almosharruf@gmail.com
Office hours:	Sunday 11:00-2:00 Monday 10:00-12:00

Course title and code:	CHS 214 Principles of Clinical Nutrition
Program in which the course is offered:	Clinical Nutrition program
Credit hours	3 hours (3+ 0)
Level at which this course is offered:	3 rd level
Course Description:	Course description: nutrition. Study of the basic composition of protein, fat, carbohydrates, vitamins and essential minerals. Highlight the basic digestion process of foods, their absorption and basic metabolism within the body. In addition, study of study these nutrients in relation with human growth and development and keeping it healthy including dental health, and highlight the main diseases related to deficiency of these nutrients. This course covers also the definition of the balance complete diet and the body requirements of nutrients.
Course prerequisites:	CHS 221
Time:	Monday Highlight: 10.00-1.00 am (group-1) Tuesday lecture: 10.00-1.00 am (group-2)
Location:	Class rooms

Course Objective:

At the end of the course the students should be able to:

- ✓ Understand the important of nutrients in health.
- ✓ List the main components of food
- ✓ Describe the process of digestion, absorption, and functions of main nutrients, and define some main diseases related to deficiency of these nutrients..

Grading Information

First Midterm	(20 Marks)
Second Midterm	(20 Marks)
Quizzes& Course work	(20 Marks)
Final Exam	(40 Marks)

Letter grades for the course will be as follows:

A = 90-94%	A+ = 95-100%
B = 80-84%	B+ = 85-89%
C= 70-74%	C+ = 75-79%
D = 60-64%	D+ = 65-69%
F = less than 60%	

Exams Dates

First Midterm Tuesday 11/10/2012

Second Midterm Tuesday 11/12/2012

Text Books:

- Krause's Food, Nutrition, & Diet Therapy by L.Kathleen Mahan, Sylvia Escott-Stump
- Understanding Normal & Clinical Nutrition, By,Eleanor Noss Whitney

[CHS 214 COURSE SYLLABUS]

Course Outline

Week #	Date	Lecture
Week 1	4/9/2012	syllabus
Week 2	10-11/9/2012	Introduction to clinical nutrition, Energy Balance, Food, nutrition and health, requirements and dietary guidelines
Week 3	12-13/9/2012	Carbohydrates and health-1
Week 4	24-25/9/2012	Carbohydrates and health-2
Week 5	1-2/10/2012	Lipids and health-1
Week 6	8-9/10/2012	Lipids and health-2
Week 7	10-11/10/2012	Exam1
Week 8	22-23/10/2012	Vacation ☺
Week 9	29-30/10/2012	vacation☺
Week 10	5-6/11/2012	Protein and health-1
Week 11	12-13/11/2012	Protein and health-2
Week 12	20-21/11/2012	Fluids and electrolytes
Week 13	27-28/11/2012	Vitamins-1
Week 14	4-5/12/2012	Vitamins-2
Week15	10-11/12/2012	Exam 2
Week 16	17-18/12/2012	Minerals-1
Week 17	24-25/12/2012	Minerals-2
Week 18	/12/2012	Finals

Note: the schedule can be changed adapting to different circumstances.

Course requirement

a. Attendance & Participation

Students are expected to attend all classes in order to perform quality work for this course. Information provided during class time will be critical to successful completion of all assignments.

b. Assignments

All assignments are due on time.

c. Class rules

Students are required to arrive on time to the class.

Water is allowed during class, no food is allowed.

Mobile phones have to be kept silent.

