



King Saud University

College of Applied Medical Sciences

Department of Community Health Sciences

First Semester 1432-1433

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:	4 th level
Course prerequisites:	CLS 221
Time:	Sunday lecture: 8.00-9.00 am Tuesday lecture: 8.00-10.00 am
Location:	Class rooms : Sunday Room 1/2 Tuesday Room 1/4
College member responsible for the course	Nouf A.Aljawini

<u>faculty information</u>	
Office Number:	9 A1
Phone :	Office: Tel #: 4355010 ex. 130
Email:	naljawini@ksu.edu.sa
Office hours:	Sunday - Monday -Tuesday (10am -12pm)

Course Description:

Definition of clinical 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 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 **Sunday 30/10/2011 -3/12/1432**

Second Midterm **Sunday 12/11/2011-16/1/1433**

Text Books:

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

Course Outline

weeks	List of Topics
1	Introduction to clinical nutrition, Energy Balance, Food, nutrition and health, requirements and dietary guidelines.
2-3	Carbohydrates and health
4-5	Protein and health
6-7	Lipids and health
8	Fluids and electrolytes
9-10	Vitamins
11-12	Minerals
13	Digestion and Absorption

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.

