

**Kingdom of Saudi Arabia**

**TRAINING PLAN SPECIFICATION**

**2011**

## Training Plan Specification

Institution: King Saud University
College/Department : College of Applied Medical Sciences , Community Health Sciences

### A Training Specification Identification and General Information

1. Course title and code : Nutritional Assessment (CHS 435)
2. Credit hours: 3 hrs ( 2hrs theory + 1 hr practical)
3. Program in which this training activity is offered: Clinical Nutrition program (bachelor)
4. Name of faculty member responsible for administration of training: <b>Ms. Wa'ad AlFawaz</b> Phone : <b>01 4355010 ext.130</b> E mail: <a href="mailto:walfawaz@ksu.edu.sa">walfawaz@ksu.edu.sa</a>
5. Duration and time allocation of the training activity: 45 hrs
6. Level/year at which the training is offered : Level 8

## B Objectives

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| <p>1. Summary of the main learning outcomes for students enrolled in the course.</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Identify individuals at nutrition risk.</li> <li><input checked="" type="checkbox"/> Provide justification for the nutrition care plan.</li> <li><input checked="" type="checkbox"/> Forms the basis for evaluating the nutrition care plan.</li> <li><input checked="" type="checkbox"/> Demonstrate and practice most available, used assessment tools.</li> <li><input checked="" type="checkbox"/> To create an awareness of the advantages and limitations of different nutrition assessment methods</li> <li><input checked="" type="checkbox"/> To learn appropriate methods for specific applications and appropriate approaches to analysis and interpretation of nutritional assessment data</li> <li><input checked="" type="checkbox"/> Identify the recent, theoretical tools.</li> </ul> |
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## C Description of Training Activity (General description in the form to be used for the Bulletin or Handbook should be attached)

<p>1. At what stage or stages during the program does the training occur?          At level 8 after completing CHS 343, Nutrition therapy for Chronic Diseases, Level: 7          Usually a theory lecture will cover a topic &amp; to be followed by a practical session.</p>	
<p>2. <u>Organizational structure</u> (eg. single time block, distributed time blocks, recurrent schedule of XXX days per week)</p> <p><b>Wednesday 12-2pm</b></p>	
<p>3. <u>Student Activities</u> Describe the principal activities in which the students will be involved during the training.</p> <ul style="list-style-type: none"> <li>• Training on clinical assessment tools.</li> <li>• Nutrient Analysis by using Nuritrac software.</li> <li>• Training on interpret any information regarding Nutrition.</li> <li>• Training on interpret Labs &amp; plan healthy diet.</li> <li>• Training on Counseling.</li> </ul>	
4. Student assignments or reports (if any)	
a. Title or description	b. When are these assignments or reports required?
Food Balance Sheet, Dietary Methods.	5 <sup>th</sup> Oct 2011
Using Clinical Assessment Tools At the Clinic.	19 <sup>th</sup> Oct 2011
Clinical & Biochemical Assessment	24 <sup>th</sup> Oct 2011
Nutrient Analysis using Nuritrac software	21 <sup>st</sup> Dec 2011

5. Follow up with Students. What arrangements are made for follow up with students to reflect on their training and apply what they have learned to future situations? (eg. Seminars or tutorials, individual consultations, reference in subsequent courses, etc.)

Assignment, quizzes, oral discussion, Exercising using software for nutrient analysis & role play.

9. What facilities and support are required at the training location? (if any)

a. *Accommodation : class room & clinic*

b *Computer resources projector, Nutritrac software.*

c *Learning support materials :*

- *Nutritional Assessment, 3rd ed., R. Lee & D. Nieman, 2003, by C. Wheatley.*
- *Manual of Clinical Dietetics by American Dietetic Association.*
- *Mosby's Pocket Guide Series Nutritional Care, 4th ed, Moore M, 2001.*

d *Other clinical assessment tools, video demonstration.*

## **D Teaching Strategies**

1. List and describe the teaching strategies used in the training activity:

**Lectures ,role play ,group discussions and video CD**

## **E Student Assessment**

1. Basis for Assessments. List the major performance criteria or matters considered in deciding on student grades. These may include assessments of work performance and personal characteristics and written reports of assignments. If specified weightings are given for different tasks or criteria indicate the weighting given to each component

**Written exams, quizzes and written assignments**

## **F Evaluation of the Training Experience**

1. Arrangements for evaluation of training activity by:

a. Students

will be asked to fill an evaluation form on the course.

b. Supervising staff in the training setting: None

c. Supervising faculty from the institution: Not applicable

e. Others—(eg. graduates, independent evaluator, etc.): None

**Suggestion to allow the student to practice the skills obtained in nutrition assessment course in private clinics ,hospitals ,schools and other primary health centers. In addition, participation in e4hibitions arranged by the college or other educational institutions will allow the student to master the skills obtained and reinforce self confidence.**