

Vision, mission and goals of Clinical Nutrition program

Vision:

Leadership and excellence in the field of clinical nutrition.

Mission:

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 the national and international levels.

Goals

- Providing the students with outstanding educational experiences in the field of clinical nutrition according to international standards that develop their professional practices.
- Building the students' competencies of critical thinking, problem solving and effective communication that help them dealing with various nutritional problems in collaboration with the health care team and other nutrition- related sectors.
- Integrating community service activities into the program to adopt healthy nutrition attitudes and behaviors and instill values of compassion, loyalty and belonging among students.
- Fostering 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.

Timetable

Syllabus
CHS 269 - 30259

Nutrition Epidemiology

2 hours (theoretical) / Level 6

1st Semester of the Academic Year 1438-1439

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Office Hours: Sunday, 12:00 PM – 12:50 PM or by appointment
Class Hours: Sunday, 10:00 AM – 11:50 AM at A 027
Announcements: Please check regularly the following:
The instructor KSU's website: <http://fac.ksu.edu.sa/kaldubayan>
Blackboard: <https://lms.ksu.edu.sa/>
Students KSU's email: <http://ksu.edu.sa/ar/students>

Course Description

Nutrition epidemiological studies, measurements of disease, risk, and diet, nutrition surveillance and monitoring, and epidemiology of cardiovascular diseases, diabetes, and obesity.

Course Purpose

The purpose of this course is to help undergraduate students gain essential knowledge regarding research process, design, and measurements and acquire skills in calculating error and descriptive statistics and critically analyze nutritional epidemiology research.

Students Learning Outcomes and Objectives

- Identify various designs of nutrition epidemiological studies
- Recognize criteria used to evaluate whether an association between exposure and outcome is causal
- Recognize risk factors, analytical and descriptive epidemiology as well as preventive measures of cardiovascular diseases, diabetes, and obesity
- Understand dietary assessment methods, their validity, reliability, sensitivity, and specificity, and possible biases and confounding factors
- Critically evaluate articles related to nutritional epidemiology
- Calculate the association between exposure and outcome in nutrition epidemiological studies and interpret the results

Readings

Required readings

- **Willet, W.** (2013). *Nutritional Epidemiology*. 3rd ed. Oxford University Press, USA
- **Webb, P., & Bain, C.** (2011). *Essential epidemiology: an introduction for students and health professionals*. Cambridge University Press.

Essential readings

- **Monsen, E. R., & Van Horn, L.** (2008). *Research: successful approaches*. American Dietetic Association.
- **Langseth, L.** (1996). *Nutritional Epidemiology: Possibilities and Limitations*. International Life Sciences Institute (ILSI) Press. Washington DC, USA.
- **Spark, A.** (2007). *Nutrition in public health: principles, policies, and practice*. CRC Press, Taylor & Francis Group.

Recommended readings

- American Journal of Epidemiology. Available at <http://aje.oxfordjournals.org/>
- International Journal of Epidemiology. Available at <http://ije.oxfordjournals.org/>
- Public Health Nutrition, Available at <http://journals.cambridge.org/action/displayJournal?jid=PHN>
- Journal of epidemiology. Available at <http://www.jstage.jst.go.jp/browse/jea>
- American Journal for Clinical Nutrition. Available at <http://www.ajcn.org/>

Topics to be covered

List of topics	Week due	Contact hours
Introduction to Nutritional epidemiology	1 st , 2 nd	4
Studies in nutritional epidemiology	3 rd till 5 th	6
Measurement of diet in epidemiologic studies	6 th till 8 th	6
Nutritional surveillance and monitoring	9 th	2
Epidemiology of cardiovascular disease	10 th , 11 th	4
Epidemiology of diabetes	12 th , 13 th	4
Epidemiology of obesity	14 th , 15 th	4

Schedule of Assessment Tasks for Students During the Semester

Assessment task	Week due	Proportion of Final Assessment
Midterm I	5 th - 7 th week	15 %
Midterm II	10 th -12 th week	15 %
Class discussion and participation	1 st -15 th week	10 %
Assignment and Presentation	4 th - 15 th week	20 %
End Semester Exam	16 th - 18 th week	40 %

المادة الثامنة والعشرون :

تحسب التقديرات التي يحصل عليها الطالب في كل مقرر كما يلي :

الدرجة المنوية	التقدير	رمز التقدير	وزن التقدير من (5)	وزن التقدير من (4)
100-95	ممتاز مرتفع	أ+	5.00	4.00
90 إلى أقل من 95	ممتاز	أ	4.75	3.75
85 إلى أقل من 90	جيد جداً مرتفع	ب +	4.50	3.50
80 إلى أقل من 85	جيد جداً	ب	4.00	3.00
75 إلى أقل من 80	جيد مرتفع	ج +	3.50	2.50
70 إلى أقل من 75	جيد	ج	3.00	2.00
65 إلى أقل من 70	مقبول مرتفع	د +	2.50	1.50
60 إلى أقل من 65	مقبول	د	2.00	1.00
أقل من 60	راسب	هـ	1.00	0

(Source: http://dar.ksu.edu.sa/sites/dar.ksu.edu.sa/files/imce_images/majlis4c.pdf)

Final & Midterm Exams

The exams will consist of true and false, multiple choice, and short answer questions. Some questions that require calculation may be included in the exam and only basic calculator will be permitted during the exam.

In-Class Activities (6%)

Some activities will be included during some classes and the instructor will explain the instructions.

Peer Review (2%)

All students will be assigned to review their peers who will present, therefore, attending all students' presentations is essential.

Assignments

Written assignment (10%)

Students will be stratified into one of the three groups and each group will be assigned to write a research proposal that consist of title, brief literature review (500-700 words with minimum 4 references), objectives and hypotheses, methodology (research design, target population, measurements, and statistical tests), and implications. The title, literature review, objectives and hypotheses (3%) are due at week 5, the methodology and implications (5%) are due at week 8, and full proposal (2%) is due at week 9. The written assignments must be submitted by blackboard.

Group A	434106085; 435100520; 435106172; 435106849
Group B	434100439; 435100481; 435102673; 435106671
Group C	434107337; 435100742; 435103274;

Presentation (10%)

Students are required to choose one nutritional article related to cardiovascular diseases, diabetes, or obesity and critically evaluate them based on CASP checklists (<http://www.casp-uk.net/#!casp-tools-checklists/c18f8>). Each student will then present a brief overview of the article and their critical work in class (strengths and limitations). Each presentation should not exceed 10 minutes. The article submission for all students is due at week 9. The presentations are due at week 11, 13, and 15. Rubrics for the written assignment and presentation will be distributed to students by the instructor. The articles and presentations must be submitted by blackboard.

Students ID	Topic	Presentation Week
434106085; 435100520 435106172; 435106671	Cardiovascular diseases	Week 11

434107337; 435100742 435102673; 435100481	Diabetes	Week 13
434100439; 435103274 435106849	Obesity	Week 15

Course Policies

Extra Credit

There will be no extra credit assignments in this course.

Attendance

Students are expected to attend all lectures. Should a situation occur where there is absence, the instructor needs to be notified prior to absence. Unexcused absence will mean a deduction from the 2% proportion for attendance credit. According to the KSU law, if the student exceeds a 25% unexcused absence, he will be exempted from the course and attending the final exam. Please refer to: (http://dar.ksu.edu.sa/sites/dar.ksu.edu.sa/files/imce_images/majlis4c.pdf).

Cheating and plagiarism

There is no tolerance to all forms of cheating. It is expected that all students put their efforts forward when performing in tests, assignments and any other course requirements.

It is expected that students produce original papers and assignments, and when referring to other sources (where they use as support to their original thoughts/theories) that they appropriately cite and provide a bibliography/reference for all information and citing from other sources.

If the instructor sees any form of cheating and/or plagiarism, he has the right to take any required action according to the Dean of Student Affairs Rules of Student Discipline. Please refer to: (https://sa.ksu.edu.sa/sites/sa.ksu.edu.sa/files/attach/lyh_tdyb_ltlb_ljdyd0001.pdf) & (https://sa.ksu.edu.sa/sites/sa.ksu.edu.sa/files/attach/wthyq_hqwq_wltzmt_ltlb_ljmy.pdf).

Problems associated with the course and/or instructor

When a problem with the course/instructor occurs, the students should follow the order of approaching their problem in order to preserve their rights professionally. First, discuss the matter with the instructor. If you feel that the problem remains unresolved, you can discuss the matter with the head department. If the problem still remains unresolved, you can refer to the Associate Dean of Academic Affairs. If the problem you have is still not resolved after all the aforementioned processes, you have the right to refer to the Unit of Student Rights. Please refer to: (https://sa.ksu.edu.sa/sites/sa.ksu.edu.sa/files/attach/lqwd_lmnzm_lwhd_hmy_lhqwq_ltlby_0.pdf).