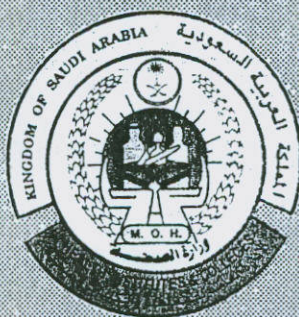


*Ministry of Health  
General Directorate of Health Colleges and Institutes*



*First Year Programme*

*Academic Year 1418-19 H. (1997-98 G.)*



المملكة العربية السعودية  
وزارة الصحة

الرقم \_\_\_\_\_  
التاريخ \_\_\_\_\_  
الشفوعات \_\_\_\_\_

الاطار العام للخطة الدراسية للسنة الاولى للعام الدراسي ١٤١٩/١٨ هـ  
(وفق توصيات اللجنة الثانية للاجتماع الثامن للجنة تطوير خطط ومناهج السنة الاولى بالكلية  
الصحية المعتمدة بتاريخ ١٤١٧/١١/٢٢ هـ الموافق ١٩٩٧/٣/٣١ م)

الفصل الاول				الفصل الثاني			
الساعات المعتمدة		الساعات		عدد الساعات المعتمد		ملاحظات	
مسمي المقرر	نظري	عملي	ملاحظات	مسمي المقرر	نظري	عملي	ملاحظات
دراسات اسلامية (سلم ١)	١	-		دراسات اسلامية (سلم ٢)	١	-	
دراسات عربية (عرب ١)	١	-		دراسات عربية (عرب ٢)	١	-	
لغة انجليزية نجل (١ ، ٢)	١٤	-		لغة انجليزية نجل (٣ ، ٤)	١٢	-	
الرياضيات الاساسية (رياض ١)	٢	-		الرياضيات البيانية (رياض ٢)	٢	-	
كيمياء عامة (كيم ١)	٢	١		اسعافات اولية (سعف ١)	-	١	يدرس نظري - عملي
علم الاحياء العام (حيا ١)	٢	١		علم التشريح (شرح ١)	٢	١	
				علم وظائف الاعضاء (وظف ١)	٢	١	
اجمالي معتمد	٢٢	٢	٢٤	اجمالي معتمد	٢٠	٣	٢٣
اجمالي فعلي	٢٢	٤	٢٦	اجمالي فعلي	٢٠	٦	٢٦

مقررات اختيارية:			
المقرر	الساعات	ملاحظات	
حاسب آلي (حاس ١)	ساعة عملي	يدرس خلال اليوم الدراسي	

\* الساعة العملي المعتمدة تعادل ساعتان فعلي (١ عملي معتمد = ٢ عملي فعلي).



Ministry of Health  
General Directorate of Health Colleges and Institutes

*First Year Programme 1418-19 H. (1997-98 G.)*

*Educational Philosophy*

*The primary focus of the First Year Programme is on :-*

*Raising the level of the Students English Language Skills and to  
Improve their Study Skills and ability to understand, and remember principles  
relevant to the Health Care Professions*

*The First year programme will form a basis of knowledge for the student for those  
study activities involved in the vocational course - Which eventually will be undertaken  
as an Integrated Teaching Syllabus with Cross Curriculum Teaching.*

*Ministry of Health*  
*General Directorate of Health Colleges and Institutes*  
*Academic Year 1418-19 H. (1997-98)*

## Course Content

### FIRST SEMESTER

COURSE	HOURS			COMMENTS
	L.	P.	T.	
Islamic Studies	1	0	1	Total Actual Hours. 1
Arabic Studies	1	0	1	1
English (level 1+2)	14	0	14	14
Maths ①	2	-	2	2
General Biology	2	1	3	4
Chemistry	2	1	3	4
<i>Total (Credit Hours) —————→</i>			<b>24</b>	<b>26 Actual Hours</b>

### SECOND SEMESTER

COURSE	HOURS			COMMENTS
	L.	P.	T.	
Islamic Studies	1	0	1	Total Actual Hours 1
Arabic Studies	1	0	1	1
English (level 3+4)	12	0	12	12 (to include ESP)
Basic First Aid			1	2
Maths ②	2	-	2	2
Anatomy	2	1	3	4
Physiology	2	1	3	4
<i>Total (Credit Hours) —————→</i>			<b>23</b>	<b>26 Actual Hours</b>

☆ Computer Studies  
 (Not-Examinable)  
 (Not-Compulsory)

0 1 2

#### Key Credits

1 Credit Theory= 1 Hour

1 Credit Practical =2 Hours



*Ministry of Health*  
*General Directorate of Health Colleges and Institutes*

**THE BASIC AIMS OF THE FIRST YEAR PROGRAMMES**

- ① To raise the Students' English Language levels of both spoken, written English to the minimum levels necessary for them to be able to study their chosen specialist subjects in the second, and third year of the vocational course.
  - ② To Improve the study skills and motivation of the students. To encourage the students to be **self motivated** in their attitudes to both their academic training and their training profession. The course is structured to encourage the transition of the highly theoretical, teacher-centered learning patterns of the typical High School Graduate to the more **practical, skills based, student-centered** learning required for them to become competent Health Care Professionals.
  - ③ To provide an introductory overview and revision, through the medium of the English language of the basic **mathematics and sciences** required by all categories of Health Care Professionals. The focus will be topics relevant to the Health Care Professions, on the development of **practical skills**, and on the understanding of basic principles rather than rote learning of large volumes of theoretical factual materials.
-



*Ministry of Health*  
*General Directorate of Health Colleges and Institutes*

**FIRST SEMESTER**

***FIRST YEAR PROGRAMME***

*Academic year 1418-19 H. (1997-98)*



*Ministry of Health*  
*General Directorate of Health Science Colleges and Institutes*

**FIRST YEAR PROGRAMME 1418-19 H. (1997-98)**

<b>COURSE TITLE</b>	Biology
<b>DURATION</b>	15 Weeks (2 hours per week) =30 hours.
<b>LEVEL</b>	Semester One of the first year
<b>TEACHING STAFF REQUIRED</b>	Biology/Anatomy/Physiology Tutor.
<b>OBJECTIVES</b>	<ul style="list-style-type: none"> <li>• To develop knowledge and understanding of fundamental biological concepts and principles.</li> <li>• To provide a worthwhile educational experience for all health professionals.</li> <li>• To provide a suitable foundation for further studies in biology and related disciplines.</li> </ul>
<b>LEARNING OUTCOMES</b>	<p><u>Students should be able to:</u></p> <ul style="list-style-type: none"> <li>• Demonstrate knowledge and understanding of biological facts and principles.</li> <li>• Use appropriate terminology in demonstrating this knowledge.</li> </ul>
<b>CONTENTS</b>	<ul style="list-style-type: none"> <li>• See Attached Curriculum.</li> </ul>
<b>PREPARATION INTEGRATION OF OTHER ACADEMICS SUBJECTS</b>	<ul style="list-style-type: none"> <li>• Chemistry</li> <li>• English Level 1 and 2.</li> </ul>
<b>MAIN SUBJECTS</b>	<ul style="list-style-type: none"> <li>• / Cell Structure</li> <li>• Prokaryotic and Eukaryotic cells.</li> <li>• Body Tissues.</li> <li>• Movement of molecules via cell membrane.</li> <li>• Virus, fungi and Algae.</li> <li>• Cell energy and metabolism</li> <li>• Ovulation/Embryology</li> <li>• Genetics</li> </ul>
<b>PRECEDING COURSE</b>	<ul style="list-style-type: none"> <li>• Secondary School</li> </ul>
<b>SUCCEEDING COURSE</b>	<ul style="list-style-type: none"> <li>• Anatomy + Physiology</li> <li>• Microbiology in 2nd and 3rd years of the vocational course.</li> </ul>
<b>MAIN TEACHING STRATEGIES</b>	<ul style="list-style-type: none"> <li>• Mainly theoretical/didactic</li> <li>• Use of slides/videos</li> </ul>
<b>METHODS OF ASSESSMENT</b>	<ul style="list-style-type: none"> <li>• Short Questions /Answers</li> <li>• Labelling diagrams.</li> </ul>



BIBLIOGRAPHY REFERENCE	
TITLE	• Zinsser Microbiology
AUTHOR	• Walggan K. Jolik.
PUBLISHER	• Premise Hall International Inc.
ISB. No.	• 0-8385-9983-4
TITLE	• Medical Microbiology
AUTHOR	• Kenneth J. Ryan.
PUBLISHERS	• Appleton and Lange
ISB No.	• 0-8385-8541-8
TITLE	• Medical Microbiology
AUTHOR	• Edward K. Markell
PUBLISHER	• W.B. Saunders
ISB No.	• 0-7216-3411-7.
TITLE	• Biology
AUTHORS	• Solomon. Berg. Marten. Villee
ISBN.	• 0-03-0103533
TITLE	• Biology
AUTHORS	• Philips and Chilton
PUBLISHER	• Oxford University Press
ISB No.	• 0-1991-4584-9
TITLE	• Biology
AUTHOR	• Campbel
PUBLISHER	• Benjamin Cumming Publishing
ISB No.	• 0-8053-1940-91



*Ministry of Health*  
*General Directorate of Health Science Colleges and Institutes*

**FIRST YEAR PROGRAMME 1418-19 H. (1997-98)**

<b>COURSE TITLE</b>	<b>Biology</b>
<b>DURATION</b>	<b>15 Teaching Weeks (2 hrs. per week) = 30 hrs.</b>
<b>LEVEL</b>	<b>Semester One of the first year.</b>
<b>Week 1,2,&amp;3. (6 Hours)</b>	<u><b>Cell Structure</b></u> <ul style="list-style-type: none"> <li>Cells = the basic unit.</li> <li>Microscopical observation of the cells (cell organelle)</li> <li>Comparison of green plant cells and animal cells.</li> </ul>
<b>Week 4. (2 Hours)</b>	<ul style="list-style-type: none"> <li>Differences between the prokaryotic and eukaryotic cell with example.</li> </ul>
<b>Week 5,6.&amp;7 (6 Hours)</b>	<ul style="list-style-type: none"> <li><b>Structural organisation of the body</b></li> <li>Cells = tissues = organs = systems</li> <li>Distinction between cells, tissues and organs.</li> <li><b>Cell types</b> = epithelial cells. connective tissue cells muscle cells nerve cells</li> <li><b>Tissue types</b> = epithelial tissue connective tissue muscular tissue nerve tissue blood lymph</li> </ul>
<b>Week 8. (2 Hours)</b>	<u><b>Movement of molecules across the cell membranes.</b></u> <ul style="list-style-type: none"> <li>Diffusion.</li> <li>Facilitated diffusion.</li> <li>Osmosis</li> <li>Active transport</li> </ul>
<b>Week 9&amp;10. (4 Hours.)</b>	<ul style="list-style-type: none"> <li>Cell structure, shapes and arrangement with emphasis on bacteria, viruses, fungi, algae and protozoa.</li> </ul>
<b>Week 11 (2 Hours)</b>	<ul style="list-style-type: none"> <li>Energy and cellular metabolism.</li> <li>Metabolism. (catabolism and anabolism).</li> <li>The importance of enzymes.</li> </ul>
<b>Week 12. (2 Hours)</b>	<ul style="list-style-type: none"> <li>Introduction</li> <li>Cell reproduction.</li> <li>Differences between animal and plant</li> <li>Mitosis and meiosis</li> </ul>
<b>Week 13.&amp;14. (4 Hours)</b>	<u><b>Development</b></u> <ul style="list-style-type: none"> <li>Ovulation, fertilization, implantation.</li> <li><b>Stages in the development of an embryo.</b></li> </ul>



Week.15, (2 Hours)	<u>Genetics</u> <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Mendel's First Law.</li> <li>• Sex determination</li> <li>• Sex linkage.</li> <li>• Chromosomes as carriers of hereditary factor - DNA</li> <li>• Problems</li> </ul>
	Week 16 Summative Examination.



*Ministry of Health*  
*General Directorate of Health Science Colleges and Institutes*

**FIRST YEAR PROGRAMME 1418-19 H. (1997-98)**

<b>COURSE TITLE</b>	Biology Practicals
<b>DURATION</b>	15 Weeks (2 hours per week) =30 hours.
<b>LEVEL</b>	Semester One of the first year
<b>TEACHING STAFF REQUIRED</b>	Biology and Physiology Teacher
<b>OBJECTIVES</b>	<ul style="list-style-type: none"> <li>• To introduce the students to basic principles of Biology in the science laboratory.</li> </ul>
<b>LEARNING OUTCOMES</b>	<ul style="list-style-type: none"> <li>• The student be aware of basic cell structures and comparison with animal and plant cells.</li> <li>• Use of microscope in the science laboratory.</li> </ul>
<b>CONTENTS</b>	<ul style="list-style-type: none"> <li>• Histological examination of normal tissues with cytological examination of normal cells.</li> </ul>
<b>PREPARATION INTEGRATION OF OTHER ACADEMICS SUBJECTS</b>	<ul style="list-style-type: none"> <li>• English level 1 and 2.</li> <li>• Chemistry.</li> </ul>
<b>MAIN SUBJECTS</b>	<ul style="list-style-type: none"> <li>• Cells</li> </ul>
<b>PRECEDING COURSE</b>	<ul style="list-style-type: none"> <li>• Secondary School</li> </ul>
<b>SUCCEEDING COURSE</b>	<ul style="list-style-type: none"> <li>• Anatomy + Physiology</li> <li>• Microbiology in 2nd and 3rd years of the vocational course.</li> </ul>
<b>MAIN TEACHING STRATEGIES</b>	<ul style="list-style-type: none"> <li>• Practical Demonstrations.</li> </ul>
<b>METHODS OF ASSESSMENT</b>	<ul style="list-style-type: none"> <li>• Short Questions /Answers</li> <li>• Labelling diagrams.</li> </ul>
<b>BIBLIOGRAPHY REFERENCE</b>	
<b>TITLE</b>	<ul style="list-style-type: none"> <li>• Zinsser Microbiology</li> </ul>
<b>AUTHOR</b>	<ul style="list-style-type: none"> <li>• Walggan K. Jolik.</li> </ul>
<b>PUBLISHER</b>	<ul style="list-style-type: none"> <li>• Premise Hall International Inc.</li> </ul>
<b>ISB. No.</b>	<ul style="list-style-type: none"> <li>• 0-8385-9983-4</li> </ul>



TITLE	• Medical Microbiology
AUTHOR	• Kenneth J. Ryan.
PUBLISHERS	• Appleton and Lange
ISB No.	• 0-8385-8541-8
TITLE	• Medical Microbiology
AUTHOR	• Edward K. Markell
PUBLISHER	• W.B. Saunders
ISB No.	• 0-7216-3411-7.
TITLE	• Biology
AUTHORS	• Solomon. Berg. Marten. Villee
ISBN.	• 0-03-0103533
TITLE	• Biology
AUTHORS	• Philips and Chilton
PUBLISHER	• Oxford University Press
ISB No.	• 0-1991-4584-9
TITLE	• Biology
AUTHOR	• Campbel
PUBLISHER	• Benjamin Cumming Publishing
ISB No.	• 0-8053-1940-91



*Ministry of Health*  
*General Directorate of Health Science Colleges and Institutes*

**FIRST YEAR PROGRAMME 1418-19 H. (1997-98)**

COURSE TITLE	Biology Practicals
DURATION	15 Weeks (2 hours per week) = 30 hours.
LEVEL	Semester One of the first year.
Section 1. 2-Weeks. (4 hours)	<u>The Microscope</u> <ul style="list-style-type: none"> <li>Structures of the microscope</li> <li>Uses of the microscope.</li> </ul>
Section 2. 8-Weeks (16 hours)	<u>Type of Cells and Histological Examination of Normal Tissues</u> <ul style="list-style-type: none"> <li>Simple epithelium <ul style="list-style-type: none"> <li>* squamous (blood vessels)</li> <li>* cuboidal (ovary)</li> <li>* columnar (intestine)</li> </ul> </li> <li>Stratified epithelium. <ul style="list-style-type: none"> <li>* stratified squamous (skin)</li> <li>* stratified columnar (ducts of large glands)</li> </ul> </li> <li>Transitional epithelium <ul style="list-style-type: none"> <li>* urinary bladder, ureter.</li> </ul> </li> <li>Using models to show muscle cells, nerve cells.</li> <li>Microscopical examination of:- <ul style="list-style-type: none"> <li>* muscular tissues</li> <li>* nervous tissues</li> <li>* connective tissues</li> </ul> </li> </ul>
Section 3. 5-Weeks. (10 hours)	<u>Demonstration of Culture and Lab. Techniques</u> <ul style="list-style-type: none"> <li>Uses of lab tools.</li> <li>Collection of specimen.</li> <li>Culture, types (demonstration)</li> </ul>



Ministry of Health  
General Directorate of Health Colleges and Institutes

**FIRST YEAR PROGRAMME 1418—19H  
(1997—98G)**

<b>COURSE TITLE</b>	<b>ENGLISH</b>
<b>DURATION</b>	15 Weeks 210 Hours
<b>LEVEL</b>	1st Year 1st Semester
<b>TEACHING STAFF REQUIRED</b>	English Language Lecturers (preferably qualified native speakers with experience in teaching Arabic-speaking students)
<b>AIMS &amp; GENERAL OBJECTIVES</b>	<p>① To build on the linguistic skills acquired in the students' previous education;</p> <p>② To prepare the students for the study of Health Science subjects which will be taught largely in English.</p>
<b>LEARNING OUTCOMES</b>	<p>Students should be able to do the following:</p> <ul style="list-style-type: none"> <li>① understand basic spoken and written instructions in English;</li> <li>② be able to spell simple words unambiguously;</li> <li>③ form basic statements and questions;</li> <li>④ explain successful results and problems to their lecturers;</li> <li>⑤ read and understand an extended passage of connected English</li> <li>⑥ be capable of communicating adequately in simple written English</li> </ul>
<b>CONTENTS</b>	See attached syllabus.
<b>PREPARATION FOR, AND INTEGRATION WITH, OTHER ACADEMIC SUBJECTS</b>	Essential for all concurrent and subsequent studies, in particular English with ESP in the following semester.



<b>MAIN SUBJECTS</b>	An integrated programme consisting of listening, reading, speaking and writing, to facilitate language learning
<b>PRECEDING COURSE</b>	Six years in secondary school
<b>SUCCEEDING COURSE(S)</b>	Pharmacy, Clinical Laboratory Sciences, Physiotherapy, Public Health, Radiology, Nursing.
<b>MAIN TEACHING STRATEGIES</b>	Interactive modern classroom methods, with use of the audio-lingual and audio-visual facilities and materials as available in the laboratory
<b>METHODS OF ASSESSMENT</b>	<ul style="list-style-type: none"> <li>● Homework assignments, classroom quizzes and a mid-semester test (Level 1)</li> <li>● End-of-semester written examination, with oral and listening components as staffing and facilities may permit.</li> </ul>
<b>BIBLIOGRAPHY REFERENCE</b>	
<b>TITLE</b>	Advance with English (book 1)
<b>AUTHOR</b>	D.H. Howe, T.A. & D.L. Kirkpatrick
<b>PUBLISHER</b>	Oxford University Press
<b>ISB No.</b>	0-19-426000-3
<b>TITLE</b>	Advance with English (book 2)
<b>AUTHOR</b>	D.H. Howe, T.A. & D.L. Kirkpatrick
<b>PUBLISHER</b>	Oxford University Press
<b>ISB No.</b>	0-19-426004-3
<b>TITLE</b>	Keep Writing (book 1)
<b>AUTHOR</b>	Richard Harrison
<b>PUBLISHER</b>	Longman
<b>ISB No.</b>	0-582-03022-6



# ENGLISH SYLLABUS: FIRST YEAR, SEMESTER ONE

Advance with English (books 1 & 2) and Keep Writing (book 1) [14 hours per week]

## Week 1

Book 1

Units 1 & 2

Reading:	tangrams (shapes and spatial reasoning; what is it (identifying objects)
Pronunciation:	practising distinction of the front vowels
Grammar:	indefinite article; possessives <i>my</i> and <i>your</i> , demonstratives; questions using simple inversion with <i>be</i> ; questions using <i>what</i> ; basic sentence-building; present simple (third person) and its negative form
Conversation:	greetings and introductions; telephoning; descriptions, location and routine
Use of English:	presenting people and places
Reading:	simple instructions
Writing study:	plurals of nouns in -y and -f; sentence boundaries; contractions
Composition:	writing about oneself; a simple letter

## Week 2

Units 3 & 4

Reading:	"the Golden Touch"; writing letters
Pronunciation:	practising distinction of the front palatal consonants
Grammar:	phrases of place; basic adjectives; questions using <i>where</i> ; numbers and time; the definite article
Conversation:	the time; going places
Reading:	a map
Writing study:	more irregular plurals; more punctuation; further use of the apostrophe
Composition:	description of a room; a letter

## Week 3

Units 5 & 6

Reading:	Hurricane Flora; learning to swim
Pronunciation:	practising distinction of the front vowels
Grammar:	personal pronouns; present continuous; <i>I am</i> ; adverbs and adverbial particles
Conversation:	polite expressions; presenting people and places
Reading:	further directions
Composition:	giving personal details

## Week 4

Units 7 & 8

Reading:	"what makes me angry"; the Loch Ness Monster
Pronunciation:	practising the dental, interdental and labio-dental consonants
Grammar:	<i>have</i> ; <i>how many</i> ; <i>something</i> , <i>anything</i> , <i>nothing</i>
Conversation:	at the shops; making arrangements
Reading:	swimming awards and records; the sights of London
Composition:	a picture story; a visit to the zoo

## Week 5

Units 9 & 10

Reading:	1001 Nights; Robbers Arrested
Pronunciation:	sibilants; more back vowels
Grammar:	<i>there is/are</i> ; more possessives; ordinal numbers; present perfect
Reading:	revision of common prepositions; indirect objects; <i>is</i> and <i>are</i> in the negative
Writing study:	extracting information from a graph
Composition:	more nouns in -y; the possessive apostrophe; words with <i>all</i> and <i>full</i>

## Week 6

Units 11 & 12

Reading:	be prepared; strange journeys
Pronunciation:	practising distinction of [v] and [w]; voiced and unvoiced sibilants
Grammar:	uncountable nouns; <i>made of</i> ; more possessives
Conversation:	at the restaurant
Use of English:	asking questions in the classroom
Reading:	another graph
Writing study:	<i>its</i> and <i>it's</i>
Composition:	dialogue in a restaurant; guided paragraph writing

## Week 7

Unit 13

Reading:	first aid
Pronunciation:	practising distinction of [t] and [d]
Grammar:	<i>one(s)</i> ; <i>going to</i>
Conversation:	at the doctor's
Use of English:	answering questions about oneself
Reading:	another graph
Composition:	picture description

mid-semester test



## Week 8

Book 2

Units 1 & 2	Reading:	bird-men, flying saucers
	Pronunciation:	practising distinction of final [l] and [r]; back-palatal plosives
	Grammar:	the simple past tense
	Conversation:	simple questions in the past
	Use of English:	asking questions about people
	Reading:	inventions
	Writing study:	changes in past tense forms
	Composition:	modern bird-men; a narrative

## Week 9

Units 3 & 4	Reading:	good manners; a new colour
	Pronunciation:	contrast between simple [e] vowel and diphthong, e.g. <i>pen/pain</i>
	Grammar:	the simple present tense; adverbials of frequency; indirect object
	Conversation:	habits and occupations; asking for something
	Use of English:	asking questions about times
	Reading:	extracting information from a table
	Writing study:	dropping of silent -e
	Composition:	picture composition; a narrative

## Week 10

Units 5 & 6	Reading:	the greatest inventor; spidermen
	Pronunciation:	the front vowels; the front fricative consonants
	Grammar:	the simple present tense; adverbials of frequency; indirect object
	Conversation:	habits and occupations; asking for something
	Use of English:	asking questions about times
	Reading:	extracting information from a table
	Writing study:	dropping of silent -e
	Composition:	picture composition; a narrative

## Week 11

Units 7 & 8	Reading:	the Lady with the Lamp; crossing the road
	Pronunciation:	more practice on the contrast between simple [e] vowel and diphthong
	Grammar:	<i>too</i> and <i>enough</i> ; orders and requests; use of <i>make</i> and <i>let</i> with <i>to</i>
	Reading:	making notes from text
	Composition:	picture composition

## Week 12

Units 9 & 10	Reading:	the fastest boy in the world; stamp-collecting
	Pronunciation:	the middle and back vowels and diphthongs
	Grammar:	indirect question forms; present and past perfect forms using <i>just</i> , <i>already</i> , <i>yet</i>
	Use of English:	asking questions about times
	Reading:	extracting information from a table
	Writing study:	some further rules of spelling
	Composition:	note-taking; a narrative

## Week 13

Units 11 & 12	Reading:	stop those hiccups; scouting
	Pronunciation:	further practice of palatal fricatives; distinction between stressed middle vowel and unstressed neutral vowel
	Grammar:	use of the -ing form in various ways; making purpose questions ( <i>What for?</i> )
	Conversation:	development of polite questions and replies; expressing feelings

## Week 14

Unit 13	Reading:	making rain
	Pronunciation:	consonant clusters
	Grammar:	<i>because</i> , <i>as</i> and <i>since</i> ; comparisons with <i>as</i> . . . <i>as</i>
	Conversation:	using <i>because</i> to explain reasons
	Use of English:	asking questions about times
	Reading:	more use of comparisons
	Writing study:	practice with commas
	Composition:	safety rules

## Week 15: overall revision and final examination



*Ministry of Health*  
*General Directorate of Health Science Colleges and Institutes*

FIRST YEAR PROGRAMME 1418-19 H. (1997-98)

COURSE TITLE	MATHEMATICS 1
DURATION	15 Weeks. (2 hours per week) = 30 Hrs.
LEVEL	Semester One
TEACHING STAFF REQUIRED	Maths Teacher
OBJECTIVES	<ul style="list-style-type: none"> <li>• To enable the students to perform the types of Mathematical operations; they will encounter in their vocational studies.</li> </ul>
LEARNING OUTCOMES	<ul style="list-style-type: none"> <li>• Demonstrate the correct use of pocket calculator when making simple calculations.</li> <li>• Calculate concentrations in terms of weight/volume and volume to volume.</li> <li>• Measure the length, areas volume and weight of regular and irregular geometrical objects.</li> </ul>
CONTENTS	<ul style="list-style-type: none"> <li>• Numbers.</li> <li>• Logs.</li> <li>• Fractions.</li> <li>• Graphs.</li> </ul>
PREPARATION INTEGRATION OF OTHER ACADEMIC COURSES	<ul style="list-style-type: none"> <li>• Chemistry.</li> <li>• English Language.</li> <li>• Vocational Studies.</li> </ul>
MAIN SUBJECTS	<ul style="list-style-type: none"> <li>• Real Numbers.</li> <li>• Logarithms.</li> <li>• Pythagorus Theorem.</li> <li>• Linear equations.</li> <li>• Graphs.</li> </ul>
PRECEDING COURSE	• None
SUCCEEDING COURSE	• Mathematics Two
MAIN TEACHING STRATEGIES	<ul style="list-style-type: none"> <li>• Lecture discussion.</li> <li>• Practical exercises.</li> </ul>
METHODS OF ASSESSMENT	<ul style="list-style-type: none"> <li>• Written Examination.</li> <li>• Multiple Choice.</li> <li>• Practical exercise.</li> </ul>



*Ministry of Health*  
*General Directorate of Health Science Colleges and Institutes*  
**FIRST YEAR PROGRAMME 1418-19 H. (1997-98)**

<u>Weeks</u>	<u>TOPIC</u> <b>Mathematics 1.</b>	<u>Including</u>
Week 1.	<b>The Real Numbers:</b> natural numbers, whole numbers, integers and rational numbers and irrational numbers. The four algebraic operations and their properties.	Sign rules decimals distributivity.
Week 2.	<b>Exponents :</b> positive/negative exponents, rational exponents: powers of 10; standard or scientific form of real numbers.	The square root and its properties
Week 3.	Exercises on Week 1 and Week 2 topics.	
Week 4.	<b>Logarithms:</b> of base $a > 0$ and their properties. The change of base formula. Logarithms of Base 10 Exponential E, and its applications. Worked examples of pH of solution, growth,...	
Week 5.	<b>Fractions:</b> Equality of fractions, operations on fractions. Fraction of a number, percentage and ratios.	Several examples on percentages.
Week 6.	<b>Revision.</b>	
Week 7.	<b>Mid Term Examination.</b>	
Week 8.	<b>Measurement and Units:</b> Units of length, area, volume, time , mass,(weight), speed, temperature, pressure,... Some geometrical figures and their perimeters, areas and volumes.	Triangles, rectangles Circles, spheres..
Week 9.	<b>Linear equations.</b> Simultaneous linear equations. Quadratic equations. Problems leading to and solved by linear/quadratic equations.	
Week 10.	<b>Collecting and Organising Data:</b> The mean, the mode, the median, the frequency..	Worked practical examples.
Week 11.	<b>Revision of Previous Exercises.</b>	
Week 12.	<b>Presentation of data.</b> Statistical diagrams: Bar charts, Pie charts, Pictograms, Histograms.	Worked practical examples,
Week 13.	<b>The Coordinate Plane.</b> The distance and mid-point formulae.	
Week 14.	<b>Revision and Practical Exercises.</b>	
Week 15.	<b>The Graph of an equation</b> in x and y. Lines, slope (or gradient) - rate of change.	Relation between 2 physical quantities.
	<b>WEEK 16 SUMMATIVE EXAMINATION</b>	



BIBLIOGRAPHY REFERENCE	
TITLE	<i>" Work Out Mathematics GCSE "</i>
AUTHOR	G. D. Buckwell
PUBLISHER	Macmillan Education Ltd.
ISBN.	0-333-43450-1 or 0-333-44013-7
TITLE	<i>"Algebra and Trigonometry"</i>
AUTHORS	Margaret L. Lial, Charles D. Miller, David I Schneider.
PUBLISHERS	Harper Collins Publishers, (6th Edition)
ISBN.	0-673-38576-0
TITLE	<i>"Mathematics for Health Colleges "</i>
AUTHOR	Dr. Amar Sadi.
PUBLISHER	Health Science College, Dammam, Saudi Ministry of Health.



Ministry of Health  
General Directorate of Health Colleges and Institutes  
FIRST YEAR PROGRAMME 1418—19 H. (1997—98)

COURSE TITLE	GENERAL CHEMISTRY
DURATION	15 Weeks 30 Hours
LEVEL	1st Year 1st Semester
TEACHING STAFF REQUIRED	Chemistry Tutor
OBJECTIVES	<p>① Understand basic chemical concepts and their application to chemical sciences.</p> <p>② Appreciate the importance of chemistry to Health Sciences and provide a sound background for further studies.</p>
LEARNING OUTCOMES	<p>Students should be able to:</p> <p>① Differentiate between the terms atomic number, mass number and isotope and explain arrangement of elements in the periodic table, and periodicity of certain properties.</p> <p>② Identify different types of chemical bonds and relate those to predicted/observed physical and chemical properties.</p> <p>③ Balance chemical equations and perform quantitative calculations on molar concentrations.</p> <p>④ Define acids, bases and salts and measure pH values.</p> <p>⑤ Explain the effect of structure and functional groups in organic reactions.</p>
CONTENTS	See attached curriculum.
PREPARATION/INTEGRATION OF OTHER ACADEMIC SUBJECTS	Biology, Biochemistry, Analytical Chemistry.



<b>MAIN SUBJECTS</b>	<ol style="list-style-type: none"> <li>① General Characteristics of Matter</li> <li>② Atomic Structure &amp; The Periodic Table</li> <li>③ Chemical Bonding</li> <li>④ Chemical Reactions</li> <li>⑤ Oxidation-Reduction ("Redox") reactions</li> <li>⑥ Acids, Bases &amp; Salts</li> <li>⑦ Organic Chemistry</li> <li>⑧ Environmental Chemistry</li> </ol>
<b>PRECEDING COURSE</b>	NONE
<b>SUCCEEDING COURSE(S)</b>	Pharmacy, Clinical Laboratory Sciences, Public Health, Radiology, Nursing.
<b>MAIN TEACHING STRATEGIES</b>	Mainly theoretical/didactic with as many demonstration practical sessions to facilitate and enhance theoretical understanding.
<b>METHODS OF ASSESSMENT</b>	<ul style="list-style-type: none"> <li>⊕ Continuous assessment by means of short questions and answers, homework questions, classroom quizzes and multiple choice questions.</li> <li>⊕ End of semester written examination.</li> </ul>
<b>BIBLIOGRAPHY REFERENCE</b>	
<b>TITLE</b> <b>AUTHOR</b> <b>PUBLISHER</b> <b>ISB No.</b>	General Chemistry, Principles and Structure. JAMES E. BRADY JOHN WILEY & SONS, Inc. 0-471-51784-4
<b>TITLE</b> <b>AUTHOR</b> <b>PUBLISHER</b> <b>ISB No.</b>	General Chemistry with Qualitative Analysis WHITTEN, GAILEY & DAVIS SAUNDERS COLLEGE PUBLISHING 0-03-075402-X
<b>TITLE</b> <b>AUTHOR</b> <b>PUBLISHER</b> <b>ISB No.</b>	UNDERSTANDING CHEMISTRY FOR ADVANCED LEVEL LISTER & RENSHAW STANLEY THORNS 0 - 7487 - 0216 - 4



# DETAILED GENERAL CHEMISTRY CURRICULUM PROPOSAL

## **Week 1: General Characteristics of Matter (2 Hours)**

States of matter (solid, liquid, gas), change of state, melting point, boiling point, condensation, sublimation etc. Elements, compounds, mixtures, atoms, molecules, chemical formula and equation. Homogeneous and Heterogeneous mixtures.

## **Weeks 2 & 3: Atomic Structure & Periodic Table (4 Hours)**

Nucleus and subatomic particles (protons, electrons, neutrons), mass number or nucleon number, atomic number, isotopes, electronic structures or formulae (arrangements of electrons in shells only) of the first 20 elements of the Periodic table.

Brief outline of the construction of the Periodic Table for the first 20 elements, groups and periods. Hydrogen, alkali metals, alkaline earth metals, halogens, noble gases. Periodicity of some important physical and chemical properties such as ionization energy, metallic character, electropositivity, electronegativity, reduction, oxidation, etc.

## **Week 4: Chemical Bonding (2 Hours)**

Ions (cations, anions), Ionic or Electrovalent bonding (e.g. NaCl), Covalent bonding (e.g. H<sub>2</sub>O), Coordinate or Dative covalent bonding (e.g. NH<sub>4</sub><sup>+</sup>), properties of ionic and covalent compounds.

## **Weeks 5, 6 & 7: Chemical Reactions (6 Hours)**

Relative Atomic mass ( $A_r$ ) and Molecular Mass ( $M_r$ ), mole, conversion of moles to grams and vice versa, percentage composition, molecular formula. Simple calculations of molecular formula determination from percentage compositions.

Chemical reactions, chemical equations, reactants and products. Definitions of exothermic and endothermic reactions, balancing simple chemical equations, chemical equivalences, simple calculations based on chemical equations (e.g. % yield of a product).

Reactions in aqueous solutions, terminology applied to solutions (solvent, solute, precipitate), concentrated and dilute solutions, Molar concentration or Molarity (M), simple calculations of Molarity.

## **Week 8: Oxidation-Reduction ("Redox") reactions (2 Hours)**

Definitions of valency, oxidation No., radicals, oxidation, and reduction. Molecular and Ionic equations, redox reactions (in acidic solutions), oxidising and reducing agents, balancing simple redox reactions by means of the ion-electron method.



### **Weeks 9 & 10: Acids, Bases & Salts (4 Hours)**

Definitions of an acid, base and salt. Strong acids and bases, weak acid and bases, ionization in water. Neutralization, general properties of acids and bases. Definition of pH, the pH scale, measurement of pH (indicators, pH meter etc.) and simple theoretical pH calculations of strong acidic or basic solutions.

Buffer solutions, classes of buffer solutions, standard buffers. Applications of buffer solutions.

### **Organic chemistry (8 hours)**

#### **Week 11: Introduction to organic chemistry (2 hours)**

Petroleum cracking, carbon bonding (excluding hybridization) and the unique nature of carbon, homologous series, molecular and structural formulae. IUPAC nomenclature of simple organic compounds, Isomerism and isomers, structural, geometrical and optical isomers.

#### **Weeks 12 & 13: Classes of organic compounds (4 hours)**

Hydrocarbons, alkanes, alkenes, alkynes and their typical reactions (substitution, addition with examples), aliphatic and alicyclic compounds.

Functional groups, alcohols and ethers, alkyl halides, aldehydes and ketones, carboxylic acids, amines, amides (No reactions of these families of compounds) .

#### **Week 14: Aromatic compounds (2 hours)**

Brief outline of structure of benzene, physical properties, nitration, halogenation and alkylation of benzene (excluding mechanisms), other important aromatic compounds, e.g. methylbenzene (toluene), phenol, aniline, arenes, nomenclature of simple aromatic compounds.

Macromolecules & Biomolecules: Definitions of the terms monomer, polymer and polymerisation, lipids (fats and steroids), carbohydrates, aminoacids and proteins.

#### **Week 15: Environmental Chemistry (2 Hours)**

##### Water:

Water cycle, Atmospheric water (humidity, hygroscopic, deliquescent, water of crystallization), distilled water, desalination. Hard water(temporary and permanent hardness), water softening (ion exchange, washing soda) and purification.

##### Pollution:

Pollutants ( $\text{CO}_2$ ,  $\text{CO}$ ,  $\text{SO}_2$ , chlorofluorocarbons, oxides of Nitrogen etc.), Biodegradable substances, Smog, Acid rain, Greenhouse effect, Thermal pollution, Toxic (poisonous) heavy metals such as mercury, radioactive waste, petroleum spills.



Ministry of Health  
General Directorate of Health Colleges and Institutes  
**FIRST YEAR PROGRAMME 1418—19 H. (1997—98)**

<b>COURSE TITLE</b>	GENERAL PRACTICAL CHEMISTRY
<b>DURATION</b>	15 Weeks 30 Hours
<b>LEVEL</b>	1st Year 1st Semester
<b>TEACHING STAFF REQUIRED</b>	Chemistry Tutor
<b>OBJECTIVES</b>	<ol style="list-style-type: none"> <li>① Follow instructions, plan, record observations and draw conclusions.</li> <li>② Develop specific manipulative skills and ability to communicate and cooperate.</li> <li>③ Develop self-reliance and confidence.</li> <li>④ Raise awareness of hazards and safety procedures.</li> </ol>
<b>LEARNING OUTCOMES</b>	<p>Students should be able to learn how to:</p> <ol style="list-style-type: none"> <li>① Assemble apparatus and handle chemicals safely.</li> <li>② Determine mass, volume, melting &amp; boiling points &amp; pH values.</li> <li>③ Prepare standard solutions, carry out titrations &amp; stoichiometric calculations.</li> <li>④ Purify substances through filtration, distillation &amp; drying operations.</li> </ol>
<b>CONTENTS</b>	See attached list of experiments.
<b>PREPARATION/INTEGRATION OF OTHER ACADEMIC SUBJECTS</b>	Biology, Biochemistry, Analytical Chemistry.



MAIN SUBJECTS	<ol style="list-style-type: none"> <li>1. Measurements of mass &amp; volume.</li> <li>2. Preparation &amp; standardisation of solutions.</li> <li>3. Titration methods. <ul style="list-style-type: none"> <li>• Acid-Base</li> <li>• Redox</li> <li>• Complex formations</li> </ul> </li> <li>4. Gravimetric determinations.</li> <li>5. Spectrophotometric measurements.</li> <li>6. Purification techniques.</li> </ol>
PRECEDING COURSE	NONE
SUCCEEDING COURSE(S)	Pharmacy, Clinical Laboratory Sciences, Public Health, Radiology, Nursing.
MAIN TEACHING STRATEGIES	Continuous assessment (practical exercises, homework, lab oral contribution, execution of experiment – results, observations, estimates).
METHODS OF ASSESSMENT	Demonstration and Laboratory work.
BIBLIOGRAPHY REFERENCE	
<b>TITLE</b>  <b>AUTHOR</b>  <b>PUBLISHER</b>  <b>ISB No.</b>	EXPERIMENTAL CHEMISTRY  RENDLEY, VOKINS & DAVIS  EDWARD ARNOLD Ltd LONDON  0 – 7131 – 2343 – 5
<b>TITLE</b>  <b>AUTHOR</b>  <b>PUBLISHER</b>  <b>ISB No.</b>	ANALYTICAL CHEMISTRY AN INTRODUCTION  SKOOG, WEST & HOLLER  SAUNDERS COLLEGE PUBLISHING  0 – 03 – 098982 – 5



# GENERAL PRACTICAL CHEMISTRY CONTENTS

## SUGGESTED EXPERIMENTS

1. The use of a graduated (blow-out) pipette/  
Determination of the density of  $\text{H}_2\text{O}$ .
2. Preparation of a standard solution of oxalic acid & Dilutions.
3. Acid-Base Indicators.
4. Titration of NaOH solution with the standard solution of oxalic acid prepared in experiment 2.
5. Determination of the weight of an unknown sample of  $\text{Na}_2\text{CO}_3$  by titration with a standard HCl solution.
6. Determination of the Molarity (M) of NaOH solution by titration with a standard HCl solution.
7. Determination of the purity of commercial aspirin tablets.
8. Calorimetry — Verification of Beer's & Lambert's Law.
9. Titration curves by pH meter.
10. Standardisation of  $\text{KMnO}_4$  solution with a standard solution of oxalic acid.
11. Determination of the concentration of iodine solution by reaction with a standard sodium thiosulphate solution.
12. Estimation of  $\text{Zn}^{2+}$  ions in zinc sulphate by reaction with EDTA.
13. Determination of NaCl by precipitation with silver nitrate solution.
14. Purification of benzoic acid by recrystallization and determination of its melting point.
15. Distillation of aniline and determination its boiling point.



*Ministry of Health*  
*General Directorate of Health Colleges and Institutes*

**SECOND SEMESTER**

***FIRST YEAR PROGRAMME***

*Academic year 1418-19 H. (1997-98)*



Ministry of Health  
General Directorate of Health Colleges and Institutes

**FIRST YEAR PROGRAMME 1418—19H  
(1997—98G)**

<b>COURSE TITLE</b>	<b>ENGLISH with ESP</b>
<b>DURATION</b>	15 Weeks @ 12 hours per week 180 Hours
<b>LEVEL</b>	1st Year 2nd Semester
<b>TEACHING STAFF REQUIRED</b>	English Language Lecturers (preferably qualified native speakers with experience in teaching Arabic-speaking students)
<b>AIMS &amp; GENERAL OBJECTIVES</b>	<p>① To build on the linguistic skills acquired in the previous semester's intensive programme</p> <p>② Further to prepare the students for the study of Health Science subjects which will be taught largely in English.</p>
<b>LEARNING OUTCOMES</b>	<p>Students should be able to do the following:</p> <ul style="list-style-type: none"> <li>① understand any spoken and written instructions in English;</li> <li>② be able to spell multi-syllabic words unambiguously;</li> <li>③ form everyday statements and questions;</li> <li>④ explain student-related problems to their lecturers;</li> <li>⑤ read and understand further extended passages of connected English and comprehend the purpose of paragraphing;</li> <li>⑥ be capable of communicating adequately in coherent written English, with some notion of sentence structure and punctuation</li> <li>⑦ be aware of English terms related to health care, as a basis for study in the specialist departments</li> </ul>
<b>CONTENTS</b>	See attached syllabus.
<b>PREPARATION FOR, AND INTEGRATION WITH, OTHER ACADEMIC SUBJECTS</b>	Essential for all concurrent and subsequent studies.



<b>MAIN SUBJECTS</b>	An integrated programme consisting of listening, reading, speaking and writing, to facilitate language learning
<b>PRECEDING COURSE</b>	The previous semester's English course
<b>SUCCEEDING COURSE(S)</b>	Pharmacy, Clinical Laboratory Sciences, Physiotherapy, Public Health, Radiology, Nursing.
<b>MAIN TEACHING STRATEGIES</b>	Interactive modern classroom methods, with use of the audio-lingual and audio-visual facilities and materials as available in the laboratory
<b>METHODS OF ASSESSMENT</b>	<ul style="list-style-type: none"> <li>● Homework assignments, classroom quizzes and a mid-semester test (Level 3)</li> <li>● End-of-semester written examination, with oral and listening components as staffing and facilities may permit.</li> </ul>
<b>BIBLIOGRAPHY REFERENCE</b>	English for Health Care Professionals (MOH Riyadh)
<b>TITLE</b>	Advance with English (book 3)
<b>AUTHOR</b>	D.H. Howe, G. McArthur, T.A. & D.L. Kirkpatrick
<b>PUBLISHER</b>	Oxford University Press
<b>ISB No.</b>	0-19-426008-9
<b>TITLE</b>	Advance with English (book 4)
<b>AUTHOR</b>	D.H. Howe, G. McArthur
<b>PUBLISHER</b>	Oxford University Press
<b>ISB No.</b>	0-19-426012-7
<b>TITLE</b>	Keep Writing (book 2)
<b>AUTHOR</b>	Richard Harrison
<b>PUBLISHER</b>	Longman
<b>ISB No.</b>	0-582-05973-9



# ENGLISH SYLLABUS: FIRST YEAR, SEMESTER TWO

Advance with English (books 3 & 4) and Keep Writing (book 2) [12 hours per week]

## Week 1

Book 3

Units 1 & 2	Reading:	noise; fire
	Grammar:	adverbs and adverbial phrases; sentence connectors; comparatives and superlatives; sentences using <i>it is</i> + adjective + infinitive
	Conversation:	agreeing and disagreeing
	Use of English:	complaints
	Composition:	describing a process; letter of complaint; report of past happenings
	Writing study:	punctuation of speech

## Week 2

Units 3 & 4

Reading:	emergency; we can't all be successful
Grammar:	expressing knowledge, lack of knowledge and doubt; making suggestions; reported speech; indirect questions
Conversation:	directions
Use of English:	emergency telephone calls
Composition:	a story; description of a place using notes
Comprehension:	interpretation of notices

## Week 3

Units 5 & 6

Reading:	animal intelligence; a hijack
Grammar:	ability and permission; infinitives of purpose; first conditional
Conversation:	directions
Composition:	picture description; writing based on lists; story completion; business letter
Writing study:	punctuation of a letter
Comprehension:	interpretation of notices

## Week 4

Units 7 & 8

Reading:	jump; the day the world blew up
Grammar:	<i>when</i> , <i>after</i> and <i>before</i> ; questions about time
Use of English:	parts of the body; pooling information
Conversation:	taking a telephone message
Composition:	picture stories using <i>after</i> and <i>before</i> with <i>-ing</i>
Writing study:	punctuation of a letter

## Week 5

Units 9 & 10

Reading:	traffic accident; football
Grammar:	expressions of duration; the passive
Composition:	writing a report using the passive; preparing a talk
Writing study:	punctuation using the comma and semi-colon
Comprehension:	reading tables; fare chart

## Week 6

Units 11 & 12

Reading:	life in the universe; Eastern medicine
Grammar:	adverbs as modifiers; defining and non-defining adjective clauses; relative pronouns; using the present simple to describe universal truths
Composition:	letters of invitation; summary
Conversation:	asking about problems and expressing sympathy; plans and intentions
Writing study:	punctuation using the colon; punctuation of non-defining clauses
Comprehension:	matching news headlines and articles

## Week 7

Overall revision and examination practice, leading to the mid-semester test



## Week 8

Book 4

Units 1 & 2

Reading:	don't think about failing; the Prince of Jokers
Pronunciation:	the front vowels; sibilants
Grammar:	giving advice using modal verbs; continuous and simple tenses in present and past
Use of English:	making arrangements
Comprehension:	a newspaper index
Conversation:	telephone conversation; sports meeting; likes and dislikes; a family at home
Composition:	narrative letters; a narrative based on notes; a report to arrange and present information

## Week 9

Units 3 & 4

Reading:	the office of the future; travel brochures
Pronunciation:	front vowels and diphthongs; final consonants
Grammar:	different ways of talking about the future; revision of present perfect, both simple and continuous
Conversation:	in a modern office; at the airport; descriptive writing as for a newspaper
Composition:	newspaper article; presenting both sides of an argument
Writing study:	punctuation of speech

## Week 10

Units 5 & 6

Reading:	silent witnesses; don't let them get away with it
Pronunciation:	silent letters; palatal fricatives
Grammar:	past perfect and past perfect continuous; direct and reported speech
Conversation:	describing a robbery; making complaints
Composition:	informative writing; letter of complaint; report of past happenings
Comprehension:	using the contents and index pages; skimming opening and closing paragraphs

## Week 11

Units 7 & 8

Reading:	word games and comprehension exercises; in the mud
Pronunciation:	[v] and [w]
Grammar:	revision of verb forms and pronouns; use of nouns with verbs and prepositions and with that followed by a clause; adjectives with infinitives, with prepositions and in exclamations
Use of English:	directions; suggestions; reasons; agreeing and disagreeing
Composition:	letter giving information requested; narrative based on pictures
Comprehension:	extracting information from a tourist guide

## Week 12

Unit 9

Reading:	two poems
Pronunciation:	front palatal voiced plosive and voiced interdental fricative
Grammar:	first conditional in question form
Use of English:	enquiries
Composition:	letter to a friend; descriptive writing; summary
Conversation:	comparisons; at the beach

## Week 13

Unit 10

Reading:	fast food
Pronunciation:	differentiating [l] and [r]
Grammar:	using two verbs together; further use of the -ing form; infinitive with and without to
Conversation:	in a restaurant
Comprehension:	scanning a text for information
Composition:	reporting the results of an investigation

## Week 14

Unit 11

Reading:	word games to revise vocabulary
Grammar:	might have
Use of English:	telephone message
Comprehension:	following instructions
Composition:	business letter; ordering sentences; answering an advertisement
Conversation:	reporting a previous conversation

## Week 15

Overall revision exercises and examination practice, leading to the  
end-of-year examination



*Ministry of Health*  
*General Directorate of Health Science Colleges and Institutes*

**FIRST YEAR PROGRAMME 1418-19 H. (1997-98)**

COURSE TITLE	Anatomy
DURATION	15 Weeks (2 hours per week) =30 hours.
LEVEL	Semester Two
TEACHING STAFF REQUIRED	Anatomy Teacher
OBJECTIVES	<ul style="list-style-type: none"> <li>To familiarise the students with Gross Anatomy of the human body and its structures.</li> </ul>
LEARNING OUTCOMES	<p><u>Students should be able to:</u></p> <ul style="list-style-type: none"> <li>Name and recognise Anatomical Structures</li> <li>Understand Anatomical Terminology.</li> <li>Briefly describe various Anatomical parts of the body.</li> </ul>
CONTENTS	<ul style="list-style-type: none"> <li>See Attached Curriculum.</li> </ul>
PREPARATION INTEGRATION OF OTHER ACADEMICS SUBJECTS	<ul style="list-style-type: none"> <li>Biology/Physiology.</li> <li>Vocational Course.</li> </ul>
MAIN SUBJECTS	<ul style="list-style-type: none"> <li>Human Skeleton.</li> <li>Body Systems.</li> <li>Anatomical Terminology.</li> </ul>
PRECEDING COURSE	<ul style="list-style-type: none"> <li>Biology</li> <li>English Language Level 1+2 (ESP)</li> </ul>
SUCCEEDING COURSE	<ul style="list-style-type: none"> <li>Vocational Course.</li> </ul>
MAIN TEACHING STRATEGIES	<ul style="list-style-type: none"> <li>Lecture discussions.</li> <li>Slides Video.</li> <li>Anatomical Models.</li> </ul>
METHODS OF ASSESSMENT	<ul style="list-style-type: none"> <li>Short Questions/Answers</li> <li>Quiz. Use of Anatomical Models.</li> <li>Labelling of diagrams.</li> </ul>
BIBLIOGRAPHY REFERENCE TITLE AUTHORS ISBN.	<ul style="list-style-type: none"> <li>"FOUNDATION OF ANATOMY AND PHYSIOLOGY"</li> <li>Ross and Wilson Revised by Kathleen J. Wilson.</li> <li>0 443 038120</li> </ul>



TITLE	• "CLINICAL ANATOMY FOR MEDICAL STUDENT"
AUTHORS	• (4TH Edition)
ISBN.	• Richard S. Snell.
	• 0316 802387



*Ministry of Health*  
*General Directorate of Health Science Colleges and Institutes*  
**FIRST YEAR PROGRAMME 1418-19 H. (1997-98)**

COURSE TITLE	Anatomy
DURATION	15 Teaching Weeks (2 hrs. per week) = 30 hrs.
LEVEL	Semester Two.
Week 1.	<u>Descriptive Anatomical terms.</u> <ul style="list-style-type: none"> <li>• Definition of Anatomy.</li> <li>• Terms related to position.</li> <li>• Terms related to movement.</li> </ul>
Week 2.	<ul style="list-style-type: none"> <li>• Some basic Anatomical Structures</li> <li>• Skin, hair, Sebaceous gland,</li> <li>• Sweat gland and fascial.</li> </ul>
Week 3-4.	<u>The Skeleton</u> <ul style="list-style-type: none"> <li>• The structure of the bones.</li> <li>• The skull and lower jaw.</li> <li>• the vertebral coloumn.</li> <li>• Bones of upper and lower limbs.</li> <li>• Ribs and sternum.</li> </ul>
Week 5.	<u>The Joints</u> <ul style="list-style-type: none"> <li>• Types and Structures</li> </ul>
Week 6.	<u>The Muscular system:</u> <ul style="list-style-type: none"> <li>• Types of muscles</li> <li>• Definition of origin and insertion.</li> <li>• Characteristics of voluntary muscle.</li> </ul>
Week 7.	<u>The vascular system:</u> <ul style="list-style-type: none"> <li>• Pericardium and heart.</li> <li>• Blood vessels.</li> <li>• Lymphatic system.</li> </ul>
Week 8.	<u>The Digestive System:</u> <ul style="list-style-type: none"> <li>• Main components.</li> <li>• Liver, biliary passages, pancreas.</li> <li>• Spleen.</li> </ul>
Week 9.	<u>The Respiratory System:</u> <ul style="list-style-type: none"> <li>• Trachea, main bronchi, pleura and lung.</li> </ul>
Week 10.	<u>The Urinary System:</u> <ul style="list-style-type: none"> <li>• Components.</li> <li>• Structure of the Kidney.</li> </ul>
Week 11-12.	<u>The Nervous System:</u> <ul style="list-style-type: none"> <li>• A Central nervous system.</li> <li>• Brain, cerebellum, meninges and ventricles - Mid-brain, pons and medulla oblongata-Spinal cord.</li> </ul>



Week 13.	<u>Female Genital System:</u> <ul style="list-style-type: none"> <li>• Components of female genitalia.</li> <li>• Structure of the ovary and breast.</li> </ul>
Week 14-15.	<u>Male Genital System:</u> <ul style="list-style-type: none"> <li>• Components of male genitalia.</li> <li>• Structure of the testes.</li> <li>• Seminal vesicles and prostate.</li> </ul>
	The practicals (2 hours per week) carried out after the theoretical teaching by using the skeleton model, charts and any available resources.
	<b>Week 16 SUMMATIVE EXAMINATION.</b>

Riyadh Dt. 24.11.17H. (2.4.97)

(A:10\Syed\Agenda doc.)



*Ministry of Health*  
*General Directorate of Health Science Colleges and Institutes*

**FIRST YEAR PROGRAMME 1418-19 H. (1997-98)**

COURSE TITLE	Physiology
DURATION	15 Weeks (2 hours per week) =30 hours.
LEVEL	Semester Two
TEACHING STAFF REQUIRED	Physiology Teacher
OBJECTIVES	<ul style="list-style-type: none"> <li>To provide teaching for students to acquire knowledge and understanding of the basic concepts of Human Physiology.</li> </ul>
LEARNING OUTCOMES	<p><u>The student should be aware of and understand:</u></p> <ul style="list-style-type: none"> <li>Basic Physiological principles of the human body.</li> <li>Basic Physiological Terminology and its meanings.</li> </ul>
CONTENTS	<ul style="list-style-type: none"> <li>See Attached Curriculum.</li> </ul>
PREPARATION INTEGRATION OF OTHER ACADEMICS SUBJECTS	<ul style="list-style-type: none"> <li>Biology</li> <li>Chemistry.</li> <li>Anatomy</li> <li>Pathology.</li> <li>Vocational Course</li> </ul>
MAIN SUBJECTS	<ul style="list-style-type: none"> <li>Human Physiology.</li> <li>Body Systems.</li> </ul>
PRECEDING COURSE	<ul style="list-style-type: none"> <li>Biology</li> <li>English Language level 1 and 2 (ESP)</li> </ul>
SUCCEEDING COURSE	<ul style="list-style-type: none"> <li>Vocational Courses.</li> <li>Integrated Academic Subjects.</li> </ul>
MAIN TEACHING STRATEGIES	<ul style="list-style-type: none"> <li>Lectures discussions.</li> <li>Slides, Videos.</li> </ul>
METHODS OF ASSESSMENT	<ul style="list-style-type: none"> <li>Short Questions/Answers</li> <li>Labelling of diagrams.</li> </ul>
BIBLIOGRAPHY REFERENCE	
TITLE	<ul style="list-style-type: none"> <li>"AN INTRODUCTION TO HUMAN PHYSIOLOGY"</li> </ul>
AUTHOR	<ul style="list-style-type: none"> <li>J.H.Green.</li> </ul>
ISBN.	<ul style="list-style-type: none"> <li>019 2633287</li> </ul>



TITLE	• <i>"LECTURE NOTES ON HUMAN PHYSIOLOGY"</i>
AUTHORS	• John J. Bray • Patricia A. Cragg • Anthony D.C. Macknight • Roland G Mills. • Douglas W. Taylor.
PUBLISHERS	• Blackwell Scientific Publication.
ISBN.	• 0632 023112.
TITLE	• <i>"PHYSIOLOGY" (2ND EDITION)</i>
AUTHORS	• John Bullock. • Joseph Boyle. • Michael B. Wang.
ISBN.	• 0683 062581
TITLE	• <i>"TEXTBOOK OF MEDICAL PHYSIOLOGY" (8TH EDITION)</i>
AUTHOR	• Arthur C. Guyton.
ISBN.	• 07216 30871.



*Ministry of Health*  
*General Directorate of Health Science Colleges and Institutes*  
**FIRST YEAR PROGRAMME 1418-19 H. (1997-98)**

COURSE TITLE	Physiology
DURATION	15 Teaching Weeks (2 hrs. per week) = 30 hrs.
LEVEL	Semester Two.
Week 1.	<u>Cellular homeostasis</u> <u>Including distribution of body fluids</u>
Week 2,3,& 4.	<u>Physiology of blood and spleen</u> <ul style="list-style-type: none"> <li>• Blood components and functions.</li> <li>• Erythrocytes, functions, life span, erthropoiesis and factors affecting it.</li> <li>• Anaemia and sedimentation rate</li> <li>Leucocytes, functions, leucopoiesis and life span.</li> <li>• Blood platelets, functions, life span and formation.</li> <li>• Plasma, components and functions of proteins.</li> <li>• Blood grouping.</li> <li>• Functions of the spleen.</li> </ul>
Week 5 & 6.	<u>Physiology of Cardiovascular system</u> <ul style="list-style-type: none"> <li>• Properties of the cardiac muscle.</li> <li>• Greater and lesser circulation</li> <li>• Cardiac cycle/Pulse cycle.</li> <li>• Heart rate and factors affecting it.</li> <li>• Arterialblood pressure and factors affecting it.</li> <li>• Cardiac output and venous return</li> <li>• ECG (normal waves and intervals)</li> </ul>
Week 7 & 8.	<u>Physiology of Digestion</u> <ul style="list-style-type: none"> <li>• Parts of digestive system.</li> <li>• Oral digestion, teeth, salivary glands.</li> <li>• Functions of saliva and mechanism of swallowing.</li> <li>• Stomach digestion.</li> <li>• Intestinal digestion, pancreatic secretion and its functions.</li> <li>• Bile secretion and its function.</li> <li>• Large intestine</li> <li>• Intestinal absorption.</li> <li>• Functions of respiration.</li> </ul>
Week 9 & 10.	<u>Physiology of respiration</u> <ul style="list-style-type: none"> <li>• Brief idea about anatomy of respiratory system.</li> <li>• External and internal respirations.</li> <li>• Respiratory cycle.</li> <li>• Respiratory volumes and capacities.</li> <li>• <b>Transport of O<sub>2</sub> and CO<sub>2</sub></b></li> <li>• Regulation of respiration.</li> </ul>



Week 11.	<u>Physiology of urinary system</u> <ul style="list-style-type: none"> <li>• Organs of the system and structure of the nephron.</li> <li>• Mechanism of urine formation</li> <li>• Micturation.</li> </ul>
Week 12 & 13.	<u>Physiology of Nervous system</u> <b>Structure of the CNS and the function in brief of :</b> <ul style="list-style-type: none"> <li>• Spinal cord, brain stem (medulla pons and midbrain)</li> <li>• Basal ganglia, cerebellum and hypothalamus.</li> <li>• Peripheral nerves.</li> <li>• Anatomic NS and chemical transmitters.</li> </ul>
Week 14 & 15.	<u>Physiology of endocrine glands and reproduction</u> <ul style="list-style-type: none"> <li>• Pituitary gland.</li> <li>• thyroid gland.</li> <li>• Parathyroid gland Suprarenal gland (cortex &amp; medulla pancreas and insulin.</li> <li>• Male reproduction : organs and structures and functions of testis (spermatogenesis/hormonal functions)</li> <li>• Female reproduction: organs of the reproductive system.  Structure of the ovary and ovulation  Hormonal functions of the ovary.  Female sex cycle.  Pregnancy and functions of the placenta.  Hormones affecting growth of the mammary glands.</li> </ul>
	<b>Week 16 SUMMATIVE EXAMINATION.</b>



*Ministry of Health*  
*General Directorate of Health Science Colleges and Institutes*

**FIRST YEAR PROGRAMME 1418-19 H. (1997-98)**

COURSE TITLE	Physiology Practicals
DURATION	15 Weeks (2 hours per week) =30 hours.
LEVEL	Semester Two
TEACHING STAFF REQUIRED	Physiology Teacher
OBJECTIVES	<ul style="list-style-type: none"> <li>To give students better understanding of human physiological process and functions of the body system.</li> </ul>
LEARNING OUTCOMES	<ul style="list-style-type: none"> <li>Plan and conduct simple Physiological experiments, analyse and interpret the results of specific physiological experiments, compare normal/abnormal values.</li> </ul>
CONTENTS	<ul style="list-style-type: none"> <li>See Attached Curriculum.</li> </ul>
PREPARATION INTEGRATION OF OTHER ACADEMICS SUBJECTS	<ul style="list-style-type: none"> <li>Biology/Physiology (Theory).</li> <li>Chemistry.</li> <li>Vocational Course Pathology.</li> </ul>
MAIN SUBJECTS	<ul style="list-style-type: none"> <li>Health and Safety in Laboratory.</li> <li>Vital Signs.</li> <li>Haematological Indices.</li> </ul>
PRECEDING COURSE	<ul style="list-style-type: none"> <li>Biology</li> <li>Chemistry</li> </ul>
SUCCEEDING COURSE	<ul style="list-style-type: none"> <li>Vocational Studies.</li> </ul>
MAIN TEACHING STRATEGIES	<ul style="list-style-type: none"> <li>Discussion Practicals/Demonstrations.</li> </ul>
METHODS OF ASSESSMENT	<ul style="list-style-type: none"> <li>Short Questions/Answers</li> <li>Practical Assessment in Laboratory.</li> </ul>
BIBLIOGRAPHY REFERENCE	
TITLE	<ul style="list-style-type: none"> <li>"AN INTRODUCTION TO HUMAN PHYSIOLOGY"</li> </ul>
AUTHOR	<ul style="list-style-type: none"> <li>J.H.Green.</li> </ul>
ISBN.	<ul style="list-style-type: none"> <li>019 2633287</li> </ul>



TITLE	• <i>"LECTURE NOTES ON HUMAN PHYSIOLOGY"</i>
AUTHORS	<ul style="list-style-type: none"> <li>• John J. Bray</li> <li>• Patricia A. Cragg</li> <li>• Anthony D.C. Macknight</li> <li>• Roland G Mills.</li> <li>• Douglas W. Taylor.</li> </ul>
PUBLISHERS	• Blackwell Scientific Publication.
ISBN.	• 0632 023112.
TITLE	• <i>"PHYSIOLOGY" (2ND EDITION)</i>
AUTHORS	<ul style="list-style-type: none"> <li>• John Bullock.</li> <li>• Joseph Boyle.</li> <li>• Michael B. Wang.</li> </ul>
ISBN.	• 0683 062581
TITLE	• <i>"TEXTBOOK OF MEDICAL PHYSIOLOGY" (8TH EDITION)</i>
AUTHOR	• Arthur C. Guyton.
ISBN.	• 07216 30871.



*Ministry of Health*  
*General Directorate of Health Science Colleges and Institutes*  
**FIRST YEAR PROGRAMME 1418-19 H. (1997-98)**

<b>COURSE TITLE</b>	<b>Physiology Practicals</b>
<b>DURATION</b>	<b>15 Teaching Weeks (2 hrs. per week) = 30 hrs.</b>
<b>LEVEL</b>	<b>Semester Two.</b>
<b>Week 1.</b>	<ul style="list-style-type: none"> <li>• Introduction to the lab. equipment.</li> <li>• Health and Safety.</li> <li>• Guide to writing a weekly report.</li> </ul>
<b>Week 2.</b>	<ul style="list-style-type: none"> <li>• Vital Signs and its importance</li> <li>• Temperature, Pulse Rate, Apical Heart Rate.</li> <li>• Skin.</li> <li>• Respiration.</li> </ul>
<b>Week 3.</b>	<ul style="list-style-type: none"> <li>• Determination of red blood cell count.</li> </ul>
<b>Week 4.</b>	<ul style="list-style-type: none"> <li>• Haemoglobin estimation</li> </ul>
<b>Week 5.</b>	<ul style="list-style-type: none"> <li>• Determination of haematocrit (PCU) and ESR.</li> </ul>
<b>Week 6.</b>	<ul style="list-style-type: none"> <li>• Determination of white blood cell count.</li> </ul>
<b>Week 7.</b>	<ul style="list-style-type: none"> <li>• Blood groups.</li> </ul>
<b>Week 8.</b>	<ul style="list-style-type: none"> <li>• Measurement of Blood pressure in man.</li> <li>• Palpation Method.</li> <li>• Auscultation.</li> <li>• Factors affecting Blood pressure.</li> </ul>
<b>Week 9-10-11.</b>	<u><b>Frog's Heart Experiment</b></u> <ul style="list-style-type: none"> <li>• Conduction System/cardiac cycle.</li> <li>• Effect of temperature</li> <li>• Effect of chemicals</li> </ul>
<b>Week 12.</b>	<ul style="list-style-type: none"> <li>• Electrocardiogram</li> <li>• Analysis</li> <li>• Effects of exercise.</li> </ul>
<b>Week 13-14.</b>	<u><b>Studies of Respiration in Man</b></u> <ol style="list-style-type: none"> <li>a) Measurement of the respiratory volumes by spirometer.</li> <li>b) Measurement of the Forced Vital capacity in second using the Vitalograph.</li> </ol>
<b>Week 15.</b>	<ul style="list-style-type: none"> <li>• Neurophysiology (reflexes) and sensation</li> <li>• Revision (calculation of blood indices)</li> </ul>
	<p>The above list of practices is proposed to be taught where possible in colleges that have the appropriate equipment.</p> <p>If college does not have necessary lab. equipment, they are encouraged to improvise or modify the practical according to the present college resources ( eg. using videos, slides etc.)</p>
	<b>Week 16 SUMMATIVE EXAMINATION.</b>



*Ministry of Health*  
*General Directorate of Health Science Colleges and Institutes*

**FIRST YEAR PROGRAMME 1418-19 H. (1997-98)**

COURSE TITLE	MATHEMATICS 2
DURATION	15 Weeks (2 hours per week) =30 hours.
LEVEL	Semester Two
TEACHING STAFF REQUIRED	Maths Tutor
OBJECTIVES	<ul style="list-style-type: none"> <li>• To enable the students to extract/record information from/diagrams presented in graphical form.</li> <li>• To assist the student in acquiring the discipline and practical skills which will be useful for future vocational training.</li> </ul>
LEARNING OUTCOMES	<ul style="list-style-type: none"> <li>• Define and explain the meaning graphs</li> <li>• Plot value from a data table - x axes scale etc., on the x and axes of a graph.</li> <li>• Define and explain the term coordinate and Gradients</li> </ul>
CONTENTS	<ul style="list-style-type: none"> <li>• Graphs</li> <li>• Coordinates and Gradients</li> <li>• The x-axis.</li> <li>• Histograms</li> <li>• Pie charts</li> </ul>
PREPARATION INTEGRATION OF OTHER ACADEMICS SUBJECTS	<ul style="list-style-type: none"> <li>• Biology.</li> <li>• Computer Studies.</li> <li>• Vocational Studies.</li> </ul>
MAIN SUBJECTS	<ul style="list-style-type: none"> <li>• Graphs / Histograms. Pie charts etc..</li> <li>• The Three Ms. - Mean, Mode and Median.</li> </ul>
PRECEDING COURSE	• Mathematics One
SUCCEEDING COURSE	<ul style="list-style-type: none"> <li>• Computer Studies.</li> <li>• Vocational Course.</li> </ul>
MAIN TEACHING STRATEGIES	<ul style="list-style-type: none"> <li>• Lecture/discussion</li> <li>• practical exercise.</li> </ul>



METHODS OF ASSESSMENT	<ul style="list-style-type: none"> <li>• Multiple choice Question/Answer</li> <li>• Calculation/Graphs Plotting Interpretation.</li> <li>• Practical exercise.</li> </ul>
BIBLIOGRAPHY REFERENCE	
TITLE	<i>"Interpretation and uses of Medical Statistics "</i>
AUTHORS	Leslie E. Daly/Geoffrey 4th Ed., 1991
ISBN	-
TITLE	<i>"Basic of Clinical Biostatistics,"</i>
AUTHORS	Beth Dawson & Robert, 2nd Ed., 1994.
ISBN No.	-
TITLE	<i>"Mathematics for Health Colleges "</i>
AUTHOR	Dr. Amar Sadi.
PUBLISHER	Health Science College, Dammam, KSA.
ISBN No.	-

Mr. John McCabe

Training Advisor, MOH

Riyadh. Dt. 21.11.1417 H. (30.3.1997)

(A:10\Syed\Agenda doc.)



*Ministry of Health*  
*General Directorate of Health Science Colleges and Institutes*

**FIRST YEAR PROGRAMME 1418-19 H. (1997-98)**

<b>COURSE TITLE</b>	<b>Mathematics 2.</b>
<b>DURATION</b>	<b>15 Teaching Weeks (2 hrs. per week) = 30 hrs.</b>
<b>LEVEL</b>	<b>Semester Two.</b>
Week 1.	<ul style="list-style-type: none"> <li>• The X-y, axes.</li> <li>• Introducing Graphics.</li> </ul>
Week 2.	<ul style="list-style-type: none"> <li>• Drawing Simple Graphs.</li> </ul>
Week 3.	<ul style="list-style-type: none"> <li>• Reading Graphs</li> </ul>
Week 4.	<ul style="list-style-type: none"> <li>• Revision Lesson 1.</li> </ul>
Week 5.	<ul style="list-style-type: none"> <li>• Revision Lesson 2.</li> </ul>
Week 6.	<ul style="list-style-type: none"> <li>• Histograms.</li> </ul>
Week 7.	<ul style="list-style-type: none"> <li>• The Mean, Mode, and Median.</li> </ul>
Week 8.	<ul style="list-style-type: none"> <li>• Histograms Revision Practical.</li> </ul>
Week 9.	<ul style="list-style-type: none"> <li>• Bar Charts.</li> </ul>
Week 10.	<ul style="list-style-type: none"> <li>• Bar Charts Practical.</li> </ul>
Week 11.	<ul style="list-style-type: none"> <li>• Pictograms (pictographs)</li> </ul>
Week 12.	<ul style="list-style-type: none"> <li>• Pie Charts.</li> </ul>
Week 13.	<ul style="list-style-type: none"> <li>• Pie Charts (Practical and Assessments)</li> </ul>
Week 14.	<ul style="list-style-type: none"> <li>• Practical Assessments.</li> </ul>
Week 15.	Revision all Topics.
	<ul style="list-style-type: none"> <li>• Week 16 Summative Examination.</li> </ul>



*Ministry of Health*  
*General Directorate of Health Science Colleges and Institutes*

FIRST YEAR PROGRAMME 1418-19 H. (1997-98)

COURSE TITLE	BASIC FIRST AID AND CARDIOPULMONARY RESUSCITATION (CPR)
DURATION	15 Weeks. (2 hours per week) = 30 hrs.
LEVEL	1st Year. Semester Two.
TEACHING STAFF REQUIRED	Nurse Teacher. Medical Doctor.
OBJECTIVES	Understand the general Rules, Ethics and basis of First Aid/CPR. Examine and assess the casualty safely and effectively. Be able to deal with Common First Aid Emergencies.
LEARNING OUTCOMES	Effective assessment of casualties requiring basic First Aid. Be aware of Ethical/Legal issues in relation to First Aid Treatment of casualties. Effectively deal with Casualties suffering from shock, Hemorrhage and Fracture.
CONTENTS	Recognize Shock and Treatment of Hemorrhage. Diagnosis of Fractures and basic First Aid Treatment. Poisons, Heat stroke Burns and Scalds. Common Casualties.
PREPARATION INTEGRATION OF OTHER ACADEMICS SUBJECTS	English + E.S.P. Biology
MAIN SUBJECTS	Shock. Hemorrhage. Fractures. C.P.R.
PRECEDING COURSE	NONE



SUCCESSING COURSE	Advanced First Aid. Saudi Heart Foundation - B.C.L.S. - A.C.L.S.
MAIN TEACHING STRATEGIES	Lectures. Use of Audio Visual Aids including Anatomical Models. Practical Sessions CPR. Bandaging.
METHODS OF ASSESSMENT	Written Examination. (short question/answer) Oral Examination. Practical (CPR. Bandaging).
BIBLIOGRAPHY REFERENCE	<b>Red Crescent/Paramedical Manual Kingdom of Saudi Arabia. 1996.</b>
TITLE	Practical First Aid
AUTHOR	BRITISH RED CROSS 1984
ISBN.	ISBN 0 86318 - 0383
TITLE	Emergency Medical Treatment (1991) A Text for E.M.T. and E.M.T. Intermediate.
AUTHOR	<b>NANCY. L. CAROLINE M.D.</b>
PUBLISHER	Little, Brown and Company.
ISBN.	0 316 - 128864
TITLE	Immediate Medical Care. (1995)
AUTHOR	John Eaton.
PUBLISHER	<b>CHURCHILL LIVINGSTON.</b>
ISBN.	0.44 04575.5



*Ministry of Health*  
*General Directorate of Health Science Colleges and Institutes*  
**FIRST YEAR PROGRAMME 1418-19 H. (1997-98)**

COURSE TITLE	Basic First Aid and Cardiopulmonary Resuscitation (CPR)
DURATION	15 Teaching Weeks (2 hrs. per week) = 30 hrs.
LEVEL	Semester Two.
Week 1.	<u>INTRODUCTION</u> <ul style="list-style-type: none"> <li>• Definition of First Aid.</li> <li>• Equipment and Supplies required.</li> <li>• (First Aid Kit)</li> <li>• Medical, Legal and Ethical Issues.</li> </ul>
Week 2.	<u>PATIENT EXAMINATION AND ASSESSMENT</u> <ul style="list-style-type: none"> <li>• Priorities of Care.</li> <li>• Triages.</li> <li>• Primary Survey.</li> </ul>
Week 3.	<u>SHOCK</u> <ul style="list-style-type: none"> <li>• Definition.</li> <li>• Causes, Classification.</li> <li>• Primary and Secondary.</li> <li>• Signs and Symptoms</li> <li>• First Aid Treatment</li> </ul>
Week 4.	<u>WOUNDS AND HEMORRHAGE</u> <ul style="list-style-type: none"> <li>• Definition, Types, Complications.</li> <li>• and first Aid of Wounds.</li> <li>• Definition, Types, First Aid of Hemorrhage.</li> <li>• Epistaxis (Definition, Causes, First Aid).</li> </ul>
Week 5.	<u>FRACTURES AND DISLOCATIONS</u> <ul style="list-style-type: none"> <li>• Definition, Types, and Diagnosis of Fractures Open/Closed.</li> <li>• Basis of First Aid.</li> <li>• Spinal Cord Injury (Signs, Symptoms and First Aid)</li> </ul>
Week 6.	<u>SIMPLE BANDAGING -LIMBS/HEAD</u> <ul style="list-style-type: none"> <li>• Arrest of Hemorrhage.</li> <li>• Use of Triangular bandage, Roller Bandage.</li> <li>• (fracture clavicle, jaw, upper/lower arm and wrist)</li> </ul>
Week 7.	<u>BURNS AND SCALDS</u> <ul style="list-style-type: none"> <li>• Definition, Causes and Classification.</li> <li>• Complications.</li> <li>• First Aid</li> </ul>
Week 8.	<u>CAUSES OF UNCONSCIOUSNESS</u> <ul style="list-style-type: none"> <li>• First Aid Response - Semi prone or</li> <li>• Recovery position.</li> <li>• Care of the unconscious patient.</li> </ul>



Week 9.	<u><b>HEAT ILLNESS</b></u> <ul style="list-style-type: none"> <li>• Heat Exhaustion.</li> <li>• Heat Stroke.</li> <li>• Hypothermia.</li> </ul>
Week 10.	<u><b>POISONING</b></u> <ul style="list-style-type: none"> <li>• Includes Ingested Corrosive and</li> <li>• Non-Corrosive Substances.</li> </ul>
Week 11.	<u><b>SPECIAL EMERGENCIES</b></u> <ul style="list-style-type: none"> <li>• Foreign Body EYE EAR NOSE THROAT</li> </ul>
Week 12.	<u><b>SUDDEN ILLNESS</b></u> <ul style="list-style-type: none"> <li>• Hypoglycemia</li> <li>• Hyperglycemia</li> <li>• Epilepsy Grand Mal.</li> <li>• Drug Hypersensitivity.</li> <li>• Apoplexy</li> <li>• Febrile convulsions (children)</li> </ul>
Week 13.	<u><b>HEALTH EDUCATION</b></u> <ul style="list-style-type: none"> <li>• Healthy living - In prevention of Heart Attacks.</li> </ul>
Week 14.	<u><b>CPR</b></u> <ul style="list-style-type: none"> <li>• Adults - Practical</li> <li>• Choking - Heimlich Manouver.</li> </ul>
Week 15.	<u><b>CPR</b></u> <ul style="list-style-type: none"> <li>• Childrens - Practical</li> <li>• Choking.</li> </ul>
Week 16.	<u><b>EXAMINATIONS</b></u> <p>How to stop external Haemorrhage First Aid care to Fractures - Limbs. (not splinting) CPR-Adult CPR-Children.</p>



*Ministry of Health*  
*General Directorate of Health Science Colleges and Institutes*

**FIRST YEAR PROGRAMME 1418-19 H. (1997-98)**

<b>COURSE TITLE</b>	<b>COMPUTER STUDIES</b>
<b>DURATION</b>	<b>15 Weeks. (2 hours per week) = 30 hrs.</b>
<b>LEVEL</b>	<b>Semester Two.</b>
<b>TEACHING STAFF REQUIRED</b>	<b>Computer Orientated Staff.</b>
<b>OBJECTIVES</b>	<ul style="list-style-type: none"> <li>• Acquaint - Students with computers and their application in Information Technology and data processing.</li> </ul>
<b>LEARNING OUTCOMES</b>	<ul style="list-style-type: none"> <li>• Know the different components of a computer, start, load a programme, enter, store retrieve and print out data.</li> <li>• Write reports and documents in stylish presentation with imported tables and graphs, free of spelling and grammar errors.</li> </ul>
<b>CONTENTS</b>	<ul style="list-style-type: none"> <li>• <b>WORD for WINDOWS :</b> Naming and Saving of files, opening and closing files, typing in text, formatting, tabs and tables, editing and spell check, printing.</li> <li>• <b>EXCEL (SPREADSHEETS):</b> Date entry, cells rows, columns, math equation, copying formatting, Graphs, Exporting.</li> </ul>
<b>PREPARTION INTEGRATION OF OTHER ACADEMIC COURSES</b>	<ul style="list-style-type: none"> <li>• English.</li> <li>• Math.</li> </ul>
<b>PRECEDING COURSE</b>	<ul style="list-style-type: none"> <li>• NONE</li> </ul>
<b>SUCCEEDING COURSE</b>	<ul style="list-style-type: none"> <li>• Computer Studies in specialised Study Programme.</li> </ul>
<b>MAIN SECTIONS</b>	<ul style="list-style-type: none"> <li>• Word Processing</li> <li>• Spreadsheets</li> </ul>
<b>MAIN TEACHING STRATEGIES</b>	<ul style="list-style-type: none"> <li>• Laboratory Work</li> <li>• Self-Teaching Programmes</li> </ul>
<b>METHODS OF ASSESSMENTS</b>	<b>NON-EXAMINABLE</b>
<b>BIBLIOGRAPHY REFERENCE</b>	Word 6 Manual Excel Manual



*Ministry of Health*  
*General Directorate of Health Science Colleges and Institutes*  
**FIRST YEAR PROGRAMME 1418-19 H. (1997-98)**

COURSE TITLE	COMPUTER STUDIES
DURATION	15 Weeks (30 Hours).
Week 1.	<b>INTRODUCTION</b> <ul style="list-style-type: none"> <li>• Computer Architecture.</li> <li>• Hardware and Software.</li> <li>• Storage devices.</li> </ul>
Week 2.	<ul style="list-style-type: none"> <li>• Keyboard Skills</li> <li>• Mouse Movements</li> </ul>
Week 3-4.	<ul style="list-style-type: none"> <li>• Windows Operating System</li> <li>• Windows Applicaitons.</li> </ul>
Week 5-6.	<b>WORD PROCESSING</b> <ul style="list-style-type: none"> <li>• Starting up Windows, Starting up Word, Typing in text, Naming and Saving files, Opening and Closing files, leaving word.</li> </ul>
Week 7-8.	<ul style="list-style-type: none"> <li>• Character formatting, Indenting, Editing (moving, copying and deleting blocks of text) Spelling check, Grammar check, Thesaurus, Word count, adding Footnotes.</li> </ul>
Week 9.	<ul style="list-style-type: none"> <li>• Tabs and tables, entering text in tables, borders.</li> </ul>
Week 10.	<ul style="list-style-type: none"> <li>• Printing, Printer Setup, viewing and Print Preview, Zooming, Page Setup, Styles and font, Alignment and Spacing , page numbering.</li> </ul>
Week 11-12	<b>SPREADSHEETS</b> <ul style="list-style-type: none"> <li>• Data entry - Cells, Rows, and Columns.</li> <li>• Mathematical equations and Copying equations.</li> </ul>
Week 13.	<ul style="list-style-type: none"> <li>• Cell and Sheet formatting, Text and Numbers, Copying of Sheets.</li> </ul>
Week 14-15.	<ul style="list-style-type: none"> <li>• Representing Data in Graph Form, Printing, Exporting files into Word documents.</li> </ul>