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| **Description: Picture1** | King Saud University  Applied Medical Science College  Community Health Sciences Department  **Principles of Nutrition (CHS 226)** |  |

**Program in which the course is offered:** nursing

**Dates:** Tuesday 12:00 am – 3:00 pm

**Location:** nursing college

**Credit Hours:** 3 credit hours

**Instructor Contact Information and Office Hours:**

**Ms. Leena al freeh**

Email: [lalfreeh@ksu.edu.sa](mailto:lalfreeh@ksu.edu.sa)

Office Hours: tuesday from 10:00 am- 12:00 pm

**COURSE DESCRIPTION**

This course focuses on the study of the basic composition of protein, fat, carbohydrates, vitamins, essential minerals, fluid and electrolytes. Highlight the basic digestion process of foods, their absorption, and basic metabolism within the body. It highlights the main diseases related to deficiency to these nutrients.

This course also covers the definition of the balanced complete diet and body requirements of nutrients.

**COURSE OBJECTIVES**

By the end of this course, students will be able to:

* Recognize the importance of nutrition for a healthy life.
* Describe healthy foods
* Compare the difference between healthy and junk foods.
* Recognize the importance of nutrition in diseased conditions.
* Communicate the nutritional knowledge to community/family and friends.

**ATTENDANCE POLICY**

Full attendance and participation are essential to the successful completion of this course and the material being offered. With this in mind, it is also understood that situations do come up that make it necessary to miss classes occasionally. Students must make arrangements with the instructor prior to the class if they know they need to be gone during part or all of one of the classes. In case of an emergency, students must notify the instructor and/or their academic advisor as soon as possible once they know they will not be attending .

**COURSE REQUIERMENTS**

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| **Assessment** | **Proportion of final assessment** |
| **Midterms** | 50% |
| **Quiz** | 10% |
| **Final Exam** | 40% |

Exams will **not be repeated** for students who did not attend the exam on time

**NOTE: This course outline is flexible and may change as deemed necessary or appropriate by the instructor or as other relevant information and opportunities arise.**

**COURSE OUTLINE**

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| **Date** | **Week #** | **List of Topics** |
| 2/9/2014 | 1st | Course Introduction  Basic definitions and concepts in human nutrition |
| 9/9/2014 | 2nd | Dietary guidelines and food guide pyramid |
| 16/9/2014 | 3rd | Carbohydrate & related diseases (DM, Galactocemia , lactose intolerance) |
| 23/9/2014 | 4th | National day |
| 28/9/2014  Sunday | 5th | First Midterm | 6th | First Midterm |
| 30/9/2014 |  | **Vacation ☺** |
| 7/10/2014 |  | **Vacation ☺** |
| 14/10/2014 | 6th | Lipids & related diseases (CHD, abnormal blood lipid profile) |
| 21/10/2014 | 7th | Protein metabolism |
| 28/10/2014 | 8th | Protein related diseases |
| 4/11/2014 | 9th | Energy requirements and calculations |
| 11/11/2014 | 10th | Minerals & related toxicity or deficiencies |
| 18/11/2014 | 11th | **Second Midterm** |
| 25/11/2014 | 12th | Fluids and electrolytes |
| 2/12/2014 | 13th | vitamins |
| 9/12/2014 | 14th | Quiz |
| 4/1/2014 |  | **Final Exam** |