



**Philadelphia University**  
**Faculty of Nursing**  
**First semester, 2009/2010**

**Course Syllabus**

<b>Course Title: <i>Nutrition</i></b>	<b>Course code: <i>910314</i></b>
<b>Course Level: <i>3rd year</i></b>	<b>Course prerequisite(s) and/or corequisite(s): <i>Biochemistry</i></b>
<b>Lecture Time: <i>3 hrs/weeks</i></b>	<b>Credit hours: <i>3 credit hours (Lecture )</i></b>

**Academic Staff Specifics**

<b>Name</b>	<b>Rank</b>	<b>Office Number and Location</b>	<b>Office Hours</b>	<b>E-mail Address</b>
<b>Dr. Amal Samir</b>	<b>Assistant professor of Nursing, Adult Nursing</b>	<b>15408</b>	<b>4 hours / week</b>	<b>Amal_abdmaqsoud@yahoo.com</b>

**Course Description:** This course introduce nursing students to the interrelationships among nutrition, food and the environment as they impact health status . Emphasis is placed on the multiple factors that influence food intake. The role and function of nutrients in health promotion and wellness throughout the life cycle (maternal and infant nutrition) will be discussed

**Course Objectives:** At the end of this course, students will be able to:

- \* Define scientific teams used in nutrition science.
- \* Identify the basic principles and concepts of nutritional science.
- \* Discuss the relationship between food, nutrition and health.
- \* Identify nutrients in food which are essential to health and well being.
- \* Discuss nutritional assessment.
- \* Identify nutrition throughout life cycle (pregnancy, infancy ).
- \* Discuss the problem of obesity ,under nutrition and eating disorders.
- \* Identify the therapeutic diet for certain diseases.

### **Course Components**

- Essential nutrients and their sources
- Digestion, absorption and metabolism of food  
Nutritional assessment
- Eating disorders  
Nutrition during life cycle  
Therapeutic diet

### **Textbook:**

Dudek, s. (2007). Nutrition essentials for Nursing practice.( 5<sup>th</sup> ed.).New York: Lippincott Williams& Wilkins.

*In addition to the above, the students will be provided with handouts by the lecturer.*

### **Module References**

Students will be expected to give the same attention to these references as given to the Module textbook(s)

1. Molly,s.& Geetha, N.(2000). A textbook of nutrition for nurses. New Delhi: Jaypee Brothers medical publishers.
2. Williams, Sue Rodwell and Schlenker, Eleanor (2003). Essentials of Nutrition and Diet Therapy.

### **Useful internet sites:**

1. <http://www.feedp.com>
2. <http://www.nutrition.gov>

### **Teaching Methods:**

- Interactive lecture, data show presentation and overhead transparencies will be used.
- Group work to develop a health education module.

### **Learning Outcomes:**

- **Knowledge and understanding**
  - Identify psychosocial and culture aspects of eating.
  - Identify the characteristics of essential nutrients.  
Identify the consequences of deficiency or toxicity of each vitamins and minerals
  - Identify the four component of nutritional assessment.  
Discuss the health risks of obesity.  
Discuss dietary needs during pregnancy and lactation.  
Describe different therapeutic diet.
- **Cognitive skills (thinking and analysis).**
  - Select the foods which the primary sources of CHO, fat and proteins
  - Identify the relationship between a health history and nutritional status.  
Recognize the components of the daily food guide.
  - interpret abnormal lab results which indicate nutritional problems
- **Communication skills (personal and academic).**
  - Communicate effectively with academic staff
- **Practical and subject specific skills (Transferable Skills).**
  - Select clinical signs which suggest malnourishment.  
Measure body weight ,height, triceps skin folds and mid arm circumference.  
Calculate BMI
  - Use computers for research & written case study.

### **Course Evaluation**

<b><u>Allocation of Marks</u></b>	
<b>Assessment Instruments</b>	<b>Mark</b>
First examination	<b>20</b>
Second examination	<b>20</b>
Final Exam (written unseen exam)	<b>50</b>
Reports, Quizzes, Home works, .....est.	<b>10</b>
Total	<b>100%</b>

*\* Make-up exams will be offered for valid reasons only with consent of the Dean.  
Make-up exams may be different from regular exams in content and format.*

### Course Academic Calendar

Week	Content	Instruct
(1)	Introduction –nutrition and balanced diet	
(2)	Carbohydrates, fats, protein	
(3)	Vitamins, minerals and water balance.	
(4)	Digestion and absorption.	
(5)	Metabolism and Energy balance.	
(6)	Nutritional assessment	
(7) <b>First Exam</b>	Revision	
(8)	Obesity, under nutrition and eating disorders	
(9)	Nutrition during pregnancy and lactation.	
(10)	Nutrition in infancy, childhood	
(11) <b>Second Exam</b>	Diet therapy for cardiac and hypertensive patient.	
(12)	Diet therapy for patient with renal disorders.	
(13)	Diet therapy for patient with G.I.T. disorders. Diet therapy for diabetic patient	
(14)	Diet therapy for cancer patient.	
(15) <b>Final Examination</b>	Revision	

**Attendance Policy:****(Example to be adopted & modified.)**

Absence from lectures and/or tutorials shall not exceed 15%. Students who exceed the 15% limit without a medical or emergency excuse acceptable to and approved by the Dean of the relevant college/faculty shall not be allowed to take the final examination and shall receive a mark of zero for the course. If the excuse is approved by the Dean, the student shall be considered to have withdrawn from the course.

**Documentation and Academic Honesty****(Example to be adopted & modified.)**

Submit your home work covered with a sheet containing your name, number, course title and number, and type and number of the home work (e.g. tutorial, assignment, and project).

Any completed homework must be handed in to my office (room IT...) by 15:00 on the due date. After the deadline “zero” will be awarded. You must keep a duplicate copy of your work because it may be needed while the original is being marked.

You should hand in with your assignments:

- 1- A printed listing of your test programs (if any).
- 2- A brief report to explain your findings.
- 3- Your solution of questions.

**• Protection by Copyright (Example to be adopted & modified.)**

1. Coursework, laboratory exercises, reports, and essays submitted for assessment must be your own work, unless in the case of group projects a joint effort is expected and is indicated as such.
2. Use of quotations or data from the work of others is entirely acceptable, and is often very valuable provided that the source of the quotation or data is given. Failure to provide a source or put quotation marks around material that is taken from elsewhere gives the appearance that the comments are ostensibly your own. When quoting word-for-word from the work of another person quotation marks or indenting (setting the quotation in from the margin) must be used and the source of the quoted material must be acknowledged.
3. Sources of quotations used should be listed in full in a bibliography at the end of your piece of work.

**• Avoiding Plagiarism. (Example to be adopted & modified.)**

1. Unacknowledged direct copying from the work of another person, or the close paraphrasing of somebody else's work, is called plagiarism and is a serious offence, equated with cheating in examinations. This applies to copying both from other students' work and from published sources such as books, reports or journal articles.
2. Paraphrasing, when the original statement is still identifiable and has no acknowledgement, is plagiarism. A close paraphrase of another person's work must have an acknowledgement to the source. It is not acceptable for you to put together unacknowledged passages from the same or from different sources linking these together with a few words or sentences of your own and changing a few words from the original text: this is regarded as over-dependence on other sources, which is a form of plagiarism.

3. Direct quotations from an earlier piece of your own work, if not attributed, suggest that your work is original, when in fact it is not. The direct copying of one's own writings qualifies as plagiarism if the fact that the work has been or is to be presented elsewhere is not acknowledged.
4. Plagiarism is a serious offence and will always result in imposition of a penalty. In deciding upon the penalty the Department will take into account factors such as the year of study, the extent and proportion of the work that has been plagiarized, and the apparent intent of the student. The penalties that can be imposed range from a minimum of a zero mark for the work (without allowing resubmission) through caution to disciplinary measures (such as suspension or expulsion).