



## Course Specifications

<b>Course Title:</b>	Nutrition
<b>Course Code:</b>	NTN368
<b>Program:</b>	Bachelor of Medicine, Bachelor of Surgery (MBBS)
<b>Department:</b>	NA
<b>College:</b>	College of Medicine
<b>Institution:</b>	Alfaisal University

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## A. Course Identification

<b>1. Credit hours:</b> 2 (2+0+0)
<b>2. Course type</b>
a. University <input type="checkbox"/> College <input checked="" type="checkbox"/> Department <input type="checkbox"/> Others <input type="checkbox"/>
b. Required <input checked="" type="checkbox"/> Elective <input type="checkbox"/>
<b>3. Level/year at which this course is offered:</b> Sem 6, Year 3
<b>4. Pre-requisites for this course (if any):</b> Sem 3 and 4
<b>5. Co-requisites for this course (if any):</b> None

### 6. Mode of Instruction (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom – including projects and assignments	28	100%

### 7. Contact Hours (based on academic semester)

No	Activity	Contact Hours
1	Lecture	28
2	Laboratory/Studio	
3	Tutorial	
4	Others (specify)	
	<b>Total</b>	28

## B. Course Objectives and Learning Outcomes

### 1. Course Description

The Nutrition course is a comprehensive course that provides a thorough overview of the major biochemical compounds in our diets, including proteins, carbohydrates, and lipids, as well as vitamins and minerals. The focus is on the body's physiological requirements, the many functions of these compounds, and the diseases associated with dietary imbalances.

### 2. Course Main Objective

To provide a thorough overview of the major biochemical compounds in our diets, including proteins, carbohydrates, and lipids, as well as vitamins and minerals.

### 3. Course Learning Outcomes

CLOs		Aligned PLOs
1	<b>Knowledge and Understanding</b>	
1.1	Recognize the major macro and micronutrients relevant to human health, and understand their roles and importance.	PLO23

CLOs		Aligned PLOs
1.2	Discuss major nutrients: their dietary sources, Recommended Daily Allowances "RDA", and physiological importance to the human body.	PLO23
1.3	Understand the scientific grounds of determining the nutritional requirements of healthy individuals and communities, as well as specific populations, such as children, elderly, and pregnant and lactating women.	
1.4	Relate the role of diet to the development of chronic diseases, such as cardiovascular disease, cancer, diabetes, and kidney disorders, etc.	PLO23
1.5	Identify how nutrition relates to preventing or causing various illnesses, particularly chronic diseases.	
1.6	Discuss the role of diet in sport, weight management and eating disorders.	PLO23
1.7	Discuss the role that nutrition plays in health and throughout the body's growth and life cycle.	PLO23
1.8	Discuss the role of diet in sport, weight management, and eating disorders.	PLO23
1.9	Discuss and suggest a community-based nutritional awareness plan.	PLO23
<b>2</b>	<b>Skills :</b>	
2.1		
2.2		
<b>3</b>	<b>Values:</b>	
3.1	Adhere to the attendance policy.	
3.2	Maintain professional conduct with colleagues, faculty, and staff.	

### C. Course Content

No	List of Topics	Contact Hours
1	Introduction to Nutrition Digestion, absorption & excretion of nutrient Energy & RDA	2
2	Minerals	2
3	Pediatrics nutrition	2
4	Macronutrients Food Groups Balanced Diet	2
5	Vitamins	2
6	Weight management & eating disorders	2
7	Diabetes & hypoglycemia	2
8	Nutrition in metabolic stress & wasting disorders Nutrition & sport	2
9	Nutrition during pregnancy & lactation	2
10	Nutrition & disorders of the GI tract, liver & biliary tract	2
11	Nutrition in cardiovascular diseases Nutrition in food allergy & intolerance	2
12	Nutrition & disorders of the kidneys Nutrition in elderly Nutrition in the community	2

13	Enteral Nutrition Parental Nutrition	2
14	Projects/Assignment	2
<b>Total</b>		28

## D. Teaching and Assessment

### 1. Alignment of Course Learning Outcomes with Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Teaching Strategies	Assessment Methods
<b>1.0</b>	<b>Knowledge and Understanding</b>		
1.1	Recognize the major macro and micronutrients relevant to human health, and understand their roles and importance.	Lectures	Summative assessment
1.2	Discuss major nutrients: their dietary sources, Recommended Daily Allowances "RDA", and physiological importance to the human body.	Lectures	Summative assessment
1.3	Understand the scientific grounds of determining the nutritional requirements of healthy individuals and communities, as well as specific populations, such as children, elderly, and pregnant and lactating women.	Lectures	Summative assessment
1.4	Relate the role of diet to the development of chronic diseases, such as cardiovascular disease, cancer, diabetes, and kidney disorders, etc.	Lectures	Summative assessment
1.5	Identify how nutrition relates to preventing or causing various illnesses, particularly chronic diseases.	Lectures	Summative assessment
1.6	Discuss the role of diet in sport, weight management and eating disorders.	Lectures	Summative assessment
1.7	Discuss the role that nutrition plays in health and throughout the body's growth and life cycle.	Lectures	Summative assessment
1.8	Discuss the role of diet in sport, weight management, and eating disorders.	Lectures	Summative assessment
1.9	Discuss and suggest a community-based nutritional awareness plan.	Lectures	Summative assessment
<b>2.0</b>	<b>Skills</b>		
2.1			
2.2			
<b>3.0</b>	<b>Values</b>		

Code	Course Learning Outcomes	Teaching Strategies	Assessment Methods
3.1	Adhere to the attendance policy.		Continuous assessment
3.2	Maintain professional conduct with colleagues, faculty, and staff.		Continuous assessment

## 2. Assessment Tasks for Students

#	Assessment task*	Week Due	Percentage of Total Assessment Score
1	Assignments	5,10	10%
2	Project	18	10%
3	Mid-term	8	15%
4	Final Exam	18	65%

\*Assessment task (i.e., written test, oral test, oral presentation, group project, essay, etc.)

## E. Student Academic Counseling and Support

### Arrangements for availability of faculty and teaching staff for individual student consultations and academic advice:

The CoM program established its own mentorship program that employs all full-time faculty as mentors. Through this program, every medical student in the program is assigned a mentor at the beginning of their first semester of studies. The program has a broad scope covering academic advising and counseling. The mentors handle all aspects related to academic advising, including academic planning, academic performance review, advice on course drop or withdrawal, study skills, and time management.

## F. Learning Resources and Facilities

### 1. Learning Resources

<b>Required Textbooks</b>	<ul style="list-style-type: none"> <li>• Understanding Normal And Clinical Nutrition" eighth edition. S. Rolfes, K. Pinna &amp; E Whitney</li> <li>• Krause's Food &amp; Nutrition Therapy" 12 edition. L. K. Mahan &amp; S. Escott-stump</li> </ul>
<b>Essential References Materials</b>	
<b>Electronic Materials</b>	<p>PowerPoint presentations uploaded on Alfaisal E-learning Portal</p> <ul style="list-style-type: none"> <li>• The American Journal of Clinical Nutrition. <a href="http://www.ajcn.org">www.ajcn.org</a></li> <li>• Nutrition Journal <a href="http://www.nutritionj.com">www.nutritionj.com</a></li> <li>• American Society for Nutrition home page: <a href="http://www.nutrition.org">www.nutrition.org</a></li> <li>• European Journal of Clinical Nutrition <a href="http://www.nature.com/ejcn/">www.nature.com/ejcn/</a></li> <li>• Journal of the International Society of Sports Nutrition <a href="http://www.jissn.com/">www.jissn.com/</a></li> <li>• Journal of the American College of Nutrition <a href="http://www.jacn.org">www.jacn.org</a></li> </ul>
<b>Other Learning Materials</b>	<ul style="list-style-type: none"> <li>• PubMed: <a href="http://www.PubMed.gov">www.PubMed.gov</a></li> <li>• American Dietetic Associaton: <a href="http://www.eatright.org">www.eatright.org</a></li> <li>• <a href="http://www.healthierus.gov/dietaryguidelines">www.healthierus.gov/dietaryguidelines</a></li> </ul>

	<ul style="list-style-type: none"> <li>• <a href="http://www.diabetes.org">www.diabetes.org</a></li> <li>• <a href="http://Mypyramid.gov">Mypyramid.gov</a></li> <li>• <a href="http://www.fda.gov/medwatch">www.fda.gov/medwatch</a></li> </ul>
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## 2. Facilities Required

Item	Resources
<b>Accommodation</b> (Classrooms, laboratories, demonstration rooms/labs, etc.)	Classrooms
<b>Technology Resources</b> (AV, data show, Smart Board, software, etc.)	AV (Audio-Visual), Smartboard, Moodle (E-learning Management)
<b>Other Resources</b> (Specify, e.g. if specific laboratory equipment is required, list requirements or attach a list)	

## G. Course Quality Evaluation

Evaluation Areas/Issues	Evaluators	Evaluation Methods
Course and Faculty Evaluation Survey	Students	Survey

**Evaluation areas** (e.g., Effectiveness of teaching and assessment, Extent of achievement of course learning outcomes, Quality of learning resources, etc.)

**Evaluators** (Students, Faculty, Program Leaders, Peer Reviewer, Others (specify))

**Assessment Methods** (Direct, Indirect)

## H. Specification Approval Data

Council / Committee	
Reference No.	
Date	