

## Course Description Form

1. Course Name:	
Nutrition and Diet Therapy	
2. Course Code:	
305	
3. Semester / Year:	
First Semester / third Year	
4. Description Preparation Date:	
25/02/2024	
5. Available Attendance Forms:	
Attendance only	
6. Number of Credit Hours (Total) / Number of Units (Total)	
30 hours in the semester. 2 hours per week (3 hours theoretical + 2 hours practical)	
7. Course administrator's name (mention all, if more than one name)	
Name: Iman hadi Name: Marym Jawad abadaltef Email: Iman.auda@uobasrah.edu.iq Email: marym.abdaltef@uobasrah.edu.iq	
8. Course Objectives	
Course Objectives	2- Know the fundamental principles of human nutrition. 3- Identify the relationship between nutrition and body energy. 4- Recognize the specifications and functions of different nutritional elements. 5- Understand the importance of applied nutrition (curative) as essential to nursing care.
9. Teaching and Learning Strategies	
<b>Strategy</b>	Brain Storm, Group Discussion, , Group Projects, Presentations.
10. Course Structure	

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2	1- Teach the students the structures and roles of the fundamental compounds of biochemistry such as carbohydrates, lipids, proteins and enzymes.	Overview of nutrition	Lectures, Group Discussion, Group Projects, Presentations	Quizzes, monthly examinations, reports and final examinations.
2	2		Carbohydrates		
3	2		Proteins		
4	2		Lipids		
5	2		Vitamins		
6	2		Water & Minerals		
7	2		Food metabolism and energy balance		
8	2		Nutrition through the Life Span (Part 1)		
9	2		Nutrition through the Life Span (Part 2)		
10	2		Concepts of dietary pattern		
11	2		Therapeutic nutrition		
12	2		Diet Therapy (Part 1)		
13	2		Diet Therapy (Part 2)		
14	2		Diet Therapy (Part 3)		
15	2	2- Illustrate biochemical changes of nutrients and its metabolic pathways in human body. 3- Understanding the principles of therapeutic nutrition at different age stages. 4- Knowing the relationship of food to chronic diseases and learning how to measure body fat 3 5- Developing students' abilities to share ideas.	Midterm Examination		
11. Course Evaluation					

Distributing the score out of 100 to:

1- 30 score: for the tasks assigned to the student such as quizzes, monthly exams, and reports.

2- 70 score: for the final exam.

## 12. Learning and Teaching Resources

Required textbooks (curricular books, if any)	Biochemistry for Nursing.
Main references (sources)	1- Nutrition and Diet Therapy. Ruth A. Roth, 10th ed., 2011 2-DietTherapyin Advanced Practice Nursing. Katie Ferraro, 2014 3-The Nutrition for Healthy Living. Wendy J. Schiff, 2nd ed., 2011
Recommended books and references (scientific journals, reports...)	None
Electronic References, Websites	None