اعتماد
NCAAA

T4

2020

Course Specifications

Course Title:	**Therapeutic Nutrition (2)**
Course Code:	**2064105-2**
Program:	**Bachelor in Food Science and Nutrition**
Department:	**Food Sciences and Nutrition Department**
College:	**College of Science**
Institution:	**Taif University**

Table of Contents

A. Course Identification

1. Credit hours: **2 Hours**	

2. Course type

a.   University ☐   College ☐   Department ☑   Others ☐

b.   Required ☑   Elective ☐

3. Level/year at which this course is offered: **11th Level / 4rd year**

4. Pre-requisites for this course (if any)**: Therapeutic Nutrition (1) (2063105-2)**

5. Co-requisites for this course (if any)**: None**

6. Mode of Instruction (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	**Traditional classroom**	3 h/ Week	100%
2	**Blended**	---	---
3	**E-learning**	---	---
4	**Distance learning**	---	---
5	**Other**	---	---

7. Contact Hours (based on academic semester)

No	Activity	Contact Hours
1	**Lecture**	30
2	**Laboratory/Studio**	---
3	**Tutorial**	---
4	**Others** (specify)	---
	Total	**30**

B. Course Objectives and Learning Outcomes:

1. Course Description

     This course will cover the chronic diseases that are affected by certain types of nutrition such as renal and liver, bone, gout, cancer, Alzheimer diseases symptoms and methods of optimal nutrition for patients of these diseases. Diseases related to certain types of food such as food allergies and food and psychological state. Some objective related to therapeutic nutrition such as food and drug interactions and interpretation of the results of biochemical analyzes.

2. Course Main Objective:

***At the end of this course the student must be able to:

1) Identify the medical nutrition therapy for renal, liver, cancer, bone, gout and Alzheimer diseases, food allergies and food and psychological state.
2) Plan and design daily meals to complete the patient's treatment regimen.

3. Course Learning Outcomes:

CLOs		Aligned PLOs
1.0	**Knowledge and understanding**	
1.1	Student describes the diseases, their causes, methods of diagnosis, treatment, and indications.	**K1**
1.2	Student recalls the nutrition care process for patients with chronic diseases.	**K1**
2.0	**Skills:**	
2.1	Student calculates the nutritional needs for patients with chronic diseases.	**S1**
2.2	Student designs diets by food exchange list to improve the patient state.	**S5**
3	**Values:**	
3.1	Student participates in teamwork responsibilities and skills by carrying out term papers from books and internet research.	**V 1**
3.2	Student reacts with computer software and nutrition software based on food exchange list to calculate, design and plan daily meals for patients.	**V 2**

C. Course Content:

No	List of Topics	Contact Hours
1	Course specification introduction and revision on food exchange list. Liver diseases: Liver function, liver diseases: hepatitis, cirrhosis, hepatic coma.	3
2	Follow-up Liver diseases: The nutritional needs and therapeutic nutrition of liver disease and planning a balanced diet for them and cases study of patients.	3
3	Kidney diseases: Kidney functions, Acute Renal Failure diseases, Chronic renal failure diseases, therapeutic nutrition of cases study.	3
4	Follow-up Kidney diseases: The nutritional needs and therapeutic nutrition during renal dialysis and Kidney stones.	3
5	Bone diseases: osteoporosis, Osteomalacia, rickets and fractures. Therapeutic nutrition and case study for patients with bone diseases.	3
6	Gout symptoms and diagnosis and the nutritional needs and therapeutic nutrition for gout patients.	3
7	Factors related to cancer, cancer and diet, nutritional problems with cancer patients, nutritional needs therapeutic nutrition and cases study for cancer patients.	3
8	Alzheimers disease, complications, treatment, diagnosis and therapeutic nutrition for Alzheimer's patients. Food and psychological state, nutritional psychology, chronic psychological stress, the mechanism of the effect of food on mental health.	3
9	Food allergies, immune cells, antibodies, the body's response to certain foods and therapeutic nutrition for allergic patients.	3
10	1-Food and drug interactions: Mechanism of drug interaction with food, Effects of food and nutritional status on absorption, distribution, metabolism of drug, the effect of drugs on food intake, body weight, nutrient requirements and growth, Effects of non-medicinal drug ingredients and non-food ingredients and Positive interaction of food with medication. 2-Interpretation of the results of biochemical analyzes.	3
	Total	**30**

D. Teaching and Assessment

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

Code	Course Learning Outcomes	Teaching Strategies	Assessment Methods
1.0	**Knowledge and Understanding**		
1.1	Student describes the diseases, their causes, methods of diagnosis, treatment, and indications.	• Lectures	• Written exams
1.2	Student recalls the nutrition care process for patients with chronic diseases.		
2.0	**Skills**		
2.1	Student calculates the nutritional needs for patients with chronic diseases.	• Case study • Brainstorming	• Assess the individual case study sheet
2.2	Student designs diets by food exchange list to improve the patient state.		
3.0	**Values**		
3.1	Student participates in teamwork responsibilities and skills by carrying out term papers from books and internet research.	• Term paper • Case studies	• Assess the group work
3.2	Student adheres to using computer software and nutrition software based on food exchange list to calculate, design and plan daily meals for patients..		

2. Assessment Tasks for Students

#	Assessment task*	Week Due	Percentage of Total Assessment Score
1	Assignments, term paper, oral presentations, and interaction during lectures.	Continues	10%
2	Midterm exam	5-6	30%
3	Periodical short exams	8	10%
4	Final exam	12	50%

*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 :
- There are 6 h per week for this purpose and the students know these hours according to the time of professor who teach the course.
- Student satisfaction surveys are conducted for academic guidance.
- Develop an improvement plan for academic guidance based on the results of the questionnaire analysis.
- Communicate with students 24 hours in 7 days through social media such as Whats App, University Mail, and Blackboard.

F. Learning Resources and Facilities

1. Learning Resources:

Required Textbooks	- Mahan K. L. and Raymond L. J (2016). Krause's Food & the Nutrition Care Process (Krause's Food & Nutrition Therapy). 14th. Ed. Pub. by Saunders Elsevier. ISBN-13: 978-0323340755. - Nelms M. and Sucher P. K (2019). Nutrition Therapy and Pathophysiology 4th Ed Pub. by Cengage Learning. ISBN-13: 978-0357041710. - Rolfes, S.R. Pinna K. and Whitney, E (2017). Understanding Normal and Clinical Nutrition. 11th ed. Pub. by Cengage Learning. ISBN-13: 978-0357447512.
Essential References Materials	- Owaidah, Essam (2015): Clinical Nutrition. 1st Edition, Pub. by Obeikan Library. ISBN: 603-978–503–9-543.
Electronic Materials	• The Journal of Nutrition • The American Journal of Clinical Nutrition • www.eatright.org (American Dietetic Association) • www.dietitians.ca (Dietitians of Canada) • www.choosemyplate.gov (MyPlate) • Saudi Digital Library (SDL) • www.cdc.gov • https://www.nal.usda.gov/fnic/dri-tables-and-application-reports • www.pubmed.com
Other Learning Materials	• Nutritional electronic programs

2. Facilities Required:

Item	Resources
Accommodation (Classrooms, laboratories, demonstration rooms/labs, etc.)	• A lecture room equipped with the latest modern technology and air-conditioner, with good lighting and contains at least 50 chairs.
Technology Resources (AV, data show, Smart Board, software, etc.)	• Data show • Computer • The use of the electronic food analysis table by computer. • The use of electronic subjects and computer programs that support the curriculum lecture subject
Other Resources (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
Effectiveness of teaching and assessment	Students, faculty, program leaders and Peer Reviewer	• Continuous monitoring by directors of program and quality assurance unit (Direct). • Applying Questionnaires received from the Deanship of Academic Development for Student evaluation (indirect). • Evaluation of course report (indirect).
Extent of achievement of course learning outcomes	Students, faculty, program leaders and Peer Reviewer	• Applying Questionnaires for Student evaluation (indirect). • Evaluation of course report (indirect).
Quality of learning resources	Faculty, program leaders, administrative staff, independent reviewers.	• Continuous monitoring by directors of program and quality assurance unit (Direct). • Applying Questionnaires for Student evaluation (indirect). • Evaluation of course report (indirect).

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	Department council - Academic Development Committee
Reference No.	Department council NO: 2 Subject NO: 1
Date	30 /02 /1444 H