



Course Specifications

Course Title:	Therapeutic Nutrition (1)
Course Code:	2063105-2
Program:	Bachelor in Food Science and Nutrition
Department:	Food Sciences and Nutrition Department
College:	College of Science
Institution:	Taif University

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- A. Course Identification

1. Credit hours: 2 Hours
2. Course type a. University <input type="checkbox"/> College <input type="checkbox"/> Department <input checked="" type="checkbox"/> Others <input type="checkbox"/> b. Required <input checked="" type="checkbox"/> Elective <input type="checkbox"/>
3. Level/year at which this course is offered: 8th Level / 3thYear
4. Pre-requisites for this course (if any): Preventive Nutrition (2062201-2)
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:

<p>1. Course Description</p> <p>This course provides an integrated scientific material on the foundations of therapeutic nutrition, calculating the nutritional needs of patients from the basic nutrients, planning the patients' meals by food exchange list. Nutritional assessment of hospitalized patients and forms of meals provided in hospitals. Therapeutic nutrition of patient in fever and burns, after surgery. Nutritional care of disease cases: gastrointestinal diseases, obesity, diabetes mellitus, heart disease and infants and children diseases.</p>
<p>2. Course Main Objective:</p> <p>*At the end of this course the student must be able to:</p> <p>1-Understand the nutritional care process, and the role of a therapeutic nutrition in diseases.</p> <p>2- Calculate the nutritional needs of patients of different diseases by using food exchange list.</p>

3. Course Learning Outcomes:

CLOs		Aligned PLOs
1.0	Knowledge and Understanding:	
1.1	Student recognizes the foundations of therapeutic nutrition, nutritional assessment of hospitalized patients and forms of meals provided in hospitals .	K1
1.2	Student understands the nutrition care process before and after surgery, and diseases of the digestive system and infants and children diseases.	K1
2.0	Skills:	
2.1	Student differentiates the causes, symptoms and nutrition care process of obesity, diabetes and heart diseases.	S1
2.2	Student calculates the nutritional needs of nutrients in chronic diseases.	S5
3	Values:	
3.1	Student takes part 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 -The foundations of therapeutic nutrition	3
2	Calculating the nutritional needs of patients from the basic nutrients and calculating energy - planning the patients' meals by food exchange list.	3
3	Nutritional assessment of hospitalized patients and Forms of meals provided in hospitals.	3
4	Nutritional care for patients with fever, burns and after surgery.	3
5	Digestive system diseases: esophagus - stomach - duodenum - colon –Case studies.	3
6	Follow-up diseases of the digestive system small intestine- hemorrhoids- diarrhea– constipation.	3
7	Obesity: Causes of obesity – therapeutic nutrition for obesity - case study of obesity patient.	3
8	Diabetes mellitus: causes - types – complications- insulin types and therapeutic nutrition for diabetics types - industrial sweeteners – glycemic index - Case study	3
9	Heart disease: atherosclerosis –blood lipids- case study and Causes- complications- High blood pressure - case study.	3
10	Therapeutic nutrition for infants and children diseases.	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 recognizes the foundations of therapeutic nutrition, nutritional assessment of hospitalized patients and forms of meals provided in hospitals	• Lectures	• Written exams
1.2	Student understands the nutrition care process before and after surgery, and diseases of the digestive system and infants and children diseases.		
2.0	Skills		
2.1	Student differentiates the causes, symptoms and nutrition care process of obesity, diabetes and heart diseases.	• Lectures	• Written exams
2.2	Student calculates the nutritional needs of nutrients in chronic diseases.	• Case study	• Assess the case study sheet

Code	Course Learning Outcomes	Teaching Strategies	Assessment Methods
3.0	Values		
3.1	Student takes part in teamwork responsibilities and skills by carrying out term papers from books and internet research.	<ul style="list-style-type: none"> Term paper Case studies 	<ul style="list-style-type: none"> Assess the group work
3.2	Student cooperates 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	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - Owaidah, Essam (2015): Clinical Nutrition. 1st Edition, Pub. by Obeikan Library. ISBN: 603-978-503-9-543.
Electronic Materials	<ul style="list-style-type: none"> • 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.)	<ul style="list-style-type: none"> 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.)	<ul style="list-style-type: none"> 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)	<ul style="list-style-type: none"> None

- G. Course Quality Evaluation:

Evaluation Areas/Issues	Evaluators	Evaluation Methods
Effectiveness of teaching and assessment	Students, faculty, program leaders and Peer Reviewer	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Applying Questionnaires for Student evaluation (indirect). Evaluation of course report (indirect).
Quality of learning resources	Faculty, program leaders, administrative staff, independent reviewers.	<ul style="list-style-type: none"> 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	