اعتماد
NCAAA

T4

2020

Course Specifications

Course Title:	**Fundamentals of Human Nutrition**
Course Code:	**2062101-2**
Program:	**Bachelor in Food Science and Nutrition**
Department:	**Food Sciences and Nutrition Department**
College:	**College of Science**
Institution:	**Taif University**

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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: **4th Level / 2th year**

4. Pre-requisites for this course (if any)**: General Biology 201104-4**

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 is designed to give an extensive knowledge of human nutrition fundamental principle.

2. Course Main Objective:

This course will emphasis fundamental principles in dietary components, macronutrients (carbohydrates, proteins and fats) and micronutrients (vitamins and minerals) and their characteristics, physiological functions, and metabolism. The role and the influence of nutrients in health promotion and disease prevention will addressed too.

3. Course Learning Outcomes:

	CLOs	Aligned PLOs
1.0	**Knowledge and Understanding:**	
1.1	Student describes the difference between nutrients, functions and sources.	**K1**
1.2	Student defines human nutrition science principles.	**K1**
1.3	Student defines the properties of food constituents.	**K3**
2.0	**Skills:**	
2.1	Student associates' nutrients deficiency with related diseases.	**S1**
2.2	Student uses influences of dietary factors to explain effects on human body functions	**S1**
2.3	Student differentiates each nutrients requirements and recommendation.	**S1**
3	**Values:**	
3.1	Student takes responsibility to work in groups and individually.	**V 1**
3.2	Student reacts with the modern technology, computer applications and for data presentation and explanation of human nutrition related issues.	**V 2**

C. Course Content:

No	List of Topics	Contact Hours
1	Display • the course aims and objectives • the study plan • the course assessment strategy (assignment, exam and grades division) questions of the required assignment.	3
2	Introduction to nutrition science (definition- terms- basic principles)	3
3	Food components (macronutrients) carbohydrates (definition, in diet, types, functions, in the digestive tract, relation to health, recommendation)	3
4	protein (definition, in diet, types, functions, in the digestive tract, relation to health, recommendation)	3
5	fat ((definition, in diet, types, functions, in the digestive tract, relation to health, recommendation)	3
6	Food components (micronutrients) fat-soluble vitamins (vitamins A, D, E, and K) (definition, in diet, types, functions, in the digestive tract, relation to health, recommendation)	3
7	water-soluble vitamins (vitamins B- and C) definition, in diet, types, functions, in the digestive tract, relation to health, recommendation	3
8	essential minerals • major minerals (definition, in diet, types, functions, in the digestive tract, relation to health, recommendation) minor/trace minerals (definition, in diet, types, functions, in the digestive tract, relation to health, recommendation)	3
9	Water (functions, in the digestive tract, relation to health, recommendation)	3
10	Assignment discussion	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 difference between nutrients, functions and sources.	• Lectures • Dissections • Brainstorming	• Written exams • Interaction during lectures
1.2	Student defines human nutrition science principles.		
1.3	Student defines the properties of food constituents.		
2.0	**Skills**		
2.1	Student associates nutrients deficiency with related diseases.	• Lecture • Discussion	• Written exams
2.2	Student uses influences of dietary factors to explain effects on human body functions		
2.3	Student differentiates each nutrients requirements and recommendation.		
3.0	**Values**		
3.1	Student takes responsibility to work in groups and individually.	• Group discussion	• Assess the group presentation
3.2	Student reacts with the modern technology, computer applications and for data presentation and explanation of human nutrition related issues.	• Cooperative learning	

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:
- Each faculty member is assigned a group of students for continuous academic advice for a period of six office hours weekly (6 hours/week).
- Staff are available for individual student consultations during this period.
- Communicate with students 24 hours in 7 days through social media such as WhatsApp, University Mail, and Blackboard.

F. Learning Resources and Facilities

1.Learning Resources:

Required Textbooks	- Smolin L A. and Grosvenor, M. B. (2016): Nutrition Science and Applications. 4th ed, Wiley. ISBN: 978-1-119-22469-3
Essential References Materials	- Al Shargapy, F. A. (2015): Principles of human nutrition and metabolism. 2nd ed, Dar Aden for printing and publishing. ISBN: 2011-9-14-20.
Electronic Materials	- Presentations and recorded lectures

Other Learning Materials	- Wikipedia - ScienceDirect - SpringerOpen - Wiley - PubMed

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 60 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