

**Kingdom of Saudi Arabia**

**The National Commission for Academic Accreditation &  
Assessment**

**Course Syllabus**

**King Saud University**  
**College of Applied Medical Sciences**  
**Department of Community Health Sciences**  
**Course Syllabus 2<sup>nd</sup> Semester 1432-1433 H**

<i>Course title and code:</i>	<u>Community Nutrition (CHS 345)</u>
<i>Program in which the course is offered:</i>	<u>Community Health Sciences Department, Clinical Nutrition Program</u>
<i>Credit hours</i>	<u>3 hours (2+1)</u>
<i>total contact hours per semester</i>	<u>45 hours</u>
<i>Level at which this course is offered:</i>	<u>7<sup>th</sup> level</u>
<i>Time:</i>	<u>Sunday</u>  <u>lecture: 10:00-11:50 am</u>  <u>practical: 12:00-1:50</u>
<i>Location :</i>	<u>BB 14 classroom</u>
<i>College member responsible for the course:</i>	<u>T.Ohoud Mohammed Almusiened</u>
<u><i>Contact information:</i></u>	<u>Ohoud Almusiened:</u>
<i>Office Number:</i>	<u>9 A 1</u>
<i>Phone :</i>	<u>Office: 4355010- Ext:131</u>
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**Course Description:** *The student in this course will be introduced to the nutrition problem in Kingdom of Saudi Arabia, the reason behind it and the methods to solve it with respect to the society believes and habits. The course also covers the study of implementing, designing, evaluating, management and improvement of nutrition programs. Also the course concentrate in common nutrition problems in the community and how to prevent it by designing and implicating nutrition program so the authorized individuals can plan and make decision to eliminate the nutrition problems.*

**Teaching strategies:** *The course will be conducted in a form of lectures, class discussions, videos and student group work.*

**Course prerequisites:** *Non*

**Requirements:** *Attend all lectures on time; attend exams, submit assignment on time, and undertake the practicum (Community services).*

**Grading:**

*A\* = 100- 95%*

*A= 94- 90%*

*B\* = 89- 85%*

*B= 84- 80%*

*C\* = 79- 75%*

*C= 74- 70%*

*D\* = 69- 65%*

*D= 64- 60%*

*F = < 60%*

**Date(s) of exams and other requirements :**

*First mid-term exam: Week 6*

*Second mid-term exam: Week 11*

*Assignment deadline: Week 13 (Sunday 22/4/2012\_1/6/1433)*

*Community services (practicum): Dates will be assigned later*

*Final exam : Week 19*

**Grades will be determined on the following:**

- *Assignment: 15%*
- *First midterm Exam: 15%*
- *Second midterm Exam: 10%*
- *Community Services (Practicum): 16%*
- *Attendance and attitude: 4%*
- *Final Exam: 40%*
- ***Total: 100%***

**Attendance:**

Students will be expected to attend all scheduled classes. Unexcused absences and being late for a class will result in penalty points. 1 point for every unexcused absence and 0.5 point for every time a student arrives to class late.

**Attitude :**

Students will be expected to have a positive attitude. Negative attitude will result in penalty point. 1 point for the negative attitude.

**Lectures rules and regulations :**

- Turn your cell phone off or keep it in silent mood.
- Put it in your bag "not on your desk" and never look at it during the lecture.
- Arrive on time.
- Never talk or whisper while the tutor is lecturing.

<b>No of weeks</b>	<b>Date</b>	<b>Lecture topics</b>
<b>1<sup>st</sup> week</b>	29/1/2012 – 6/3/1433	<i>Course Description and Outline</i>
<b>2<sup>nd</sup> week</b>	5/2/2012 _ 13/3/1433	<i>Introduction for Community Nutrition , Definition , Important , Aims of community Nutrition</i>
<b>3<sup>rd</sup> week</b>	12/2/2012_ 20/3/1433	<i>Nutrition Screening and Need Assessment</i>
<b>4<sup>th</sup> week</b>	19/2/2012 _27/3/1433	<i>Policies and Programs</i>
<b>5<sup>th</sup> week</b>	26/2/2012_4/4/1433	<i>Determinants of Food Choice</i>
<b>6<sup>th</sup> week</b>	4/ 3/2012 _ 11/4/1433	<b><i>First midterm exam</i></b>
<b>7<sup>th</sup> week</b>	11/3/2012 _ 18/4/1433	<i>Dietary Habits and Nutrition Knowledge among Saudi population +Food label+ Food industry+ Food Security</i>
<b>8<sup>th</sup> week</b>	18/3/2012_ 25/4/1433	<i>Decline of Breastfeeding among Saudi Women</i>
<b>9<sup>th</sup> week</b>	25/3/2012 _2/5/1433	<b><i>Holiday</i></b>
<b>10<sup>th</sup> week</b>	1/4/2012 _9/5/1433 <b>Welcome back</b>	<i>Maternal Health in Saudi Arabia</i>

<b>11<sup>th</sup> week</b>	8/4/2012_16/5/1433	<b>Second midterm exam</b>
<b>12<sup>th</sup> week</b>	15/4/2012_23/5/1433	<i>Dental Caries in Saudi Children</i>
<b>13<sup>th</sup> week</b>	22/4/2012_1/6/1433	<i>Obesity in Saudi School Children and Adolescents+</i> <b>Assignment deadline</b>
<b>14<sup>th</sup> week</b>	29/4/2012_8/6/1433	<i>Type 2 Diabetes Mellitus and CVD in Saudi Adults</i>
<b>15<sup>th</sup> week</b>	6/5/2012_15/6/1433	<i>Alzheimer's Disease in Saudi Elderly</i>
<b>16<sup>th</sup> week</b>	13/5/2012_22/6/1433	<b>Revision</b>
<b>19<sup>th</sup> week</b>	26/5/2012_5/7/1433	<b>Final exam</b>

***If there any change will be made to the student's schedule because of outside circumstances or student's request, the tutor will notified the students and request their written agreement***

## **Written assignment (15% of final mark)**

You will be divided into 4 groups (2 students). Each group will work together as a team. The purpose of this assignment is for you to understand the implementing, designing, evaluating, management and improvement of nutrition programs. You should explicitly focus your work on a particular group of the population, describe the content of the program of work aimed at achieving change in the target population, and show how you will monitor and evaluate the program of work.

### **Developing the program of work:**

- Describe the steps you will go through to develop and deliver your program of work. Include a detailed plan of work .
  - ❖ Name the program
  - ❖ State the aims and objectives of the program
  - ❖ Define the population and target group in which the program will be developed and define a target for your program of work. Show how it is SMART
  - ❖ Rational for the choice of the program(problem description ,situation of country) "include statistic , graphic"
  - ❖ Describe the steps you will go through to develop and deliver your program of work. Include a detailed plan of work
  - ❖ Implementation of program ( funding\_ venues\_ workers\_ facilities \_approval\_ need assessment \_stakeholders\_ partners\_ integration with other programs \_ services that will provide in the program "new services or modified the current services in current program" \_ program activities \_program timeline)
  - ❖ Monitoring and evaluation the program of work (indicators)
    - Describe in detail how you will assess:
      - Whether the program was delivered as expected according to your work plan.
      - The impact of the program on the target, objectives and aim of the program.
  - ❖ Suggestion for sustainability for the program

### **Important notes:**


- Assignment deadline: 22/4/2012 1/6/1433 Sunday at 2:00 pm
- Students are required to submit a hard copy and a soft copy of their assignment
- Late submission will automatically receive a 1 point deduction.
- Assignment structure, title page and disclaimer statement will be distributed later


## ***Community Services "Practicum" (16% of final mark)***


- *You will be divided into 4 groups (2 students) .Each group will work together as a team .*
- *Each group will be asked to prepare an awareness day about selected topic to show in the lobby of the college.*

### **Four different topics are required to show in the lobby of the college:**

- *Cancer*
- *Oral health*
- *Asthma*
- *Kidney*

 *Date of each topic will be assigned by tutor according to world health days.*

 *The topics will be distributed to the students by tutor.*

 *You will be expected to provide at least 1 useful educational tool beside the video show.*

### ***In each topic, you need to prepare video show that include information about the:***

- *Definition of problem/disease/ issue*
- *Risk groups for disease /or specify group /or why this problem is serious in these target group*
- *Consequences of the problem*
- *Prevalence of problem/issue/disease in KSA (morbidity, mortality, cost, trend ) with new statistics with references*
- *Compare the situation worldwide*
- *The reason behind it(risk factors and determinants)*
- *Suitable suggestions for individual/family to prevent it with respect to the society believe and habits.*

***If there any change will be made to the written assignment or practical part because of outside circumstances or student's request, the tutor will notified the students and request their written agreement.***