

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 2nd Semester 1432-1433 H

<i>Course title and code:</i>	<i>Nutrition Education (CHS 456)</i>
<i>Program in which the course is offered:</i>	<i>Community Health Sciences Department, Clinical Nutrition Program</i>
<i>Credit hours</i>	<i>3 hours</i>
<i>total contact hours per semester</i>	<i>45 hours</i>
<i>Level at which this course is offered:</i>	<i>9th level</i>
<i>Time:</i>	<i>Saturday " lecture: 10:00-11:50 am" Saturday "practical: 12:00-1:50pm"</i>
<i>Location :</i>	<i>BB1</i>
<i>College member responsible for the course</i>	<i>Dr.May AL- Muammer T.Ohoud Mohammed Almusiened</i>
<i>Contact information:</i>	
<i>Office Number:</i>	<i>9 A 1</i>
<i>Phone :</i>	<i>Office: 4355010- Ext:131</i>
<i>Office hours:</i>	<i><u>Mon (10:00am-2:00pm), wed (11:00am-2:00pm)</u></i>
<i>Email:</i>	<i>malmuammar@ksu.edu.sa Oalmusiened@ksu.edu.sa</i>

Course Description

The course includes applying communication skills in the planning and implementing of nutrition education programs. The course includes the important of nutrition education in improving the dietary habits of individuals to protect them from diseases, and also to the methods of dietary counseling for patients, healthy individuals, small groups and communities.

Teaching strategies

The course will be conducted in a form of lectures, class discussions, and student group work.

Course prerequisites: *Non*

Requirements: *Attend all lectures on time; attend exams, undertake the practicum and present the information that will be explained later.*

Date(s) of exams and other requirements :

First mid-term exam: Week 6

Second mid-term exam: Week 11

Practicum (Community Services): Week 12 or after " Date will be assigned later"

Presentation: Week 14

Final exam : Week 19

Grades will be determined on the following:

- *First midterm Exam: 20%*
- *Practicum : 16%*
- *Presentation: 10 %*
- *Second midterm Exam: 10%*
- *Attendance and attitude: 4%*
- *Final Exam: 40%*
- **Total: 100%**

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%

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.

No of weeks	Date	Lecture topics
1st week	28/1/2012 – 5/3/1433	Course Description and Out line
2nd week	4/2/2012 _ 12/3/1433	Introduction for Learning , Definition and Types of learners
3rd week	11/2/2012_ 19/3/1433	Effective Communication
4th week	18/2/2012 _26/3/1433	Channels for Nutrition Education
5th week	25/2/2012_3/4/1433	Needs assessment (Focus group – interview)
6th week	3/ 3/2012 _ 10/4/1433	First midterm exam
7th week	10/3/2012 _ 17/4/1433	Food Choices: Determinants of Food Choices
8th week	17/3/2012_ 24/4/1433	Nutrition Education: Definition, Rational and History
9th week	24/3/2012 _1/5/1433	Holiday
10th week	31/3/2012 _8/5/1433	Effective of Nutrition Education + Transtheoretical model- Stages of Change
11th week	7/4/2012_ 15/5/1433	Second midterm exam
12th week	14/4/2012_ 22/5/1433	(Health belief model, Theory of planned behavior
13th week	21/4/2012_29/5/1433	Social Cognitive Theory +The Procedural Model for Designing Theory-based Nutrition Education "The Design Model"
14th week	28/4/2012_7/6/1433	Presentation
15th week	5/5/2012_14/6/1433	Counseling Skills
16th	12/5/2012_21/6/1433	Revision

<i>week</i>		
<i>19th</i>	26/5/2012_5/7/1433	<i>Final exam</i>
<i>week</i>		

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

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

You will be divided into 3 groups (2 students). Each group will work together as a team and they will be asked to prepare a part of an awareness day or lesson in certain place, place will be assigned later after send our request to them.

- ***Practicum requirement will be explained in more details later in other sheet***

Presentation: (10 % of final mark)

You will be divided into 9 groups (2 students). Each group will work together as a team and they will be asked to make a presentation about lesson plan 10 minutes.

The purpose of this presentation is for you to understand the planning of nutrition education programs and lessons.

- ***Presentation requirement :***

Developing the educational lesson plan of work:

- *Rational for the choice of the topic (problem description).*
- *Where will be developed this educational program and to whom (the target group)?*

Lesson plan:

- *State the aims and the learning outcomes of the lesson.*
- *Describe the educational materials, contents and activities you will use it in your lesson.*

- ❖ *You need to consider all the teaching techniques, learners' styles and learning schools.*
- ❖ *You need to think about a theory that you will be used in your lesson "explain how?"*

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