Course Identification and General Information

Course Title: Calculating Nutrients

Course code and number: CHS 266

Staff member responsible for the course:

Mrs. Madawi M. Al-Dhwayan

maldhwayan@ksu.edu.sa
Web page: http://faculty.ksu.edu.sa/maldhwayan

Credit hours: 2 hrs (1 + 1) / week

Course overview and Objectives

Course overview:

The student learns methods of estimating nutrients needed in case of health and disease and this would be applied in various diseases. Also the student would be introduced to the bases behind the difference in nutrient calculation for various diseases. The course study different formulas to calculate nutrients. In the practical part of the course the student learns the modern methods to estimate dietary requirements and food exchange for individuals. Also the student will be exposed to the diet analyses software programs to learn how to use this programs in determining individual consumption of nutrients.

Course objectives:

- The students will be able to apply different methods to calculate fluid requirements.
- By the end of the course, the students will be able to analyze different food types based on the use of the exchange list.
- By the end of this course, the students will be able to read and interpret the Food labels.
- The students will be introduced to Diet Analysis Program Software.
- By the end of this course, the students will be able to calculate and interpret Body Mass Index, Ideal Body Weight IBW, Adjusted Body Weight Adj wt, %IBW, frame size, % wt change.
- By the end of the course, the students will be able to calculate energy requirement using different methods.
- The students will be able to design a one-day meal plan based on the daily requirement and the exchange list.

Course requirement

a. Attendance & Participation

Students are expected to attend all classes in order to perform quality work for this course. Information provided during class time will be critical to successful completion of all assignments.

Class participation and attendance are imperative for students to achieve the basic objectives of the course.

b. Assignments

All assignments are due on time; other wise 1 point will be deducted for each day after the due date.

c. Class rules

Students are required to arrive on time to the class, only10 min delay is accepted, and otherwise student is considered absent.

Water and coffee are allowed during class, no food is allowed. Mobile phones have to be kept silent.

d. Examinations

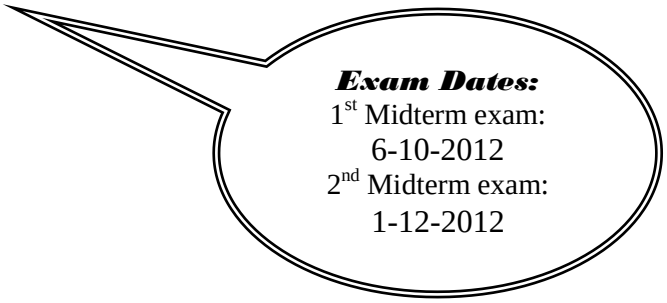
There will be 2 mid-term exams and a one comprehensive final exam given in this course. Exams will cover lecture material, reading assignments & practical sessions.

Make up exams will not be given except under extreme circumstances. Each student has to have her own calculator through out the course and especially in quizzes and exams.

Use of cell phones as a calculator is not permitted, basic calculators are ONLY allowed.

4. COURSE ASSESSMENT / EVALUATION

1st midterm exam	20%
2nd mid term exam	20%
Assignments	10%
Quizzes	10%
Final exam	40%
Total	100



Learning resources:

Text books	• Krause's Food, Nutrition, & Diet Therapy *by L.Kathleen Mahan, Sylvia Escott-Stump* • Understanding Normal & Clinical Nutrition, *By,Eleanor Noss Whitney* • Applications in Medical Nutrition Therapy, *By Frances Zeman, Denise Ney*
Reference Materials (journals, Reports, etc)	• www.fda.gov • http://www.eatright.org
Electronic materials	• http://www.cfsan.fda.gov/label.html

Information contained in the course syllabus, may be subject to change with advance notice

wk		topic / lecture	tutorial	asses.
1	1-9-2012	Introduction		
2	8-9-2012	Essential Definitions & Calculations	In class - calculations	Quiz
3	15-9-2012	Calculating Energy Requirements (1)	In class - calculations	
4	22-9-2012	Calculating Energy Requirements (2)	In class - calculations	Quiz
5	29-9-2012	Calculating Macronutrients & Fluid Requirements	In class - calculations	
6	6-10-2012	Mid term 1		
7	13-10-2012	Meal planning & Types of diets	In class activities	Quiz
8	20-10-2010	Eid vacation		
9	3-11-2012	Exchange list (1)	In class - activities	
10	10-11-2012	Exchange list (2)		Quiz
11	17-11-2012	Writing SOAP note (1)	In – class activity	
12	24-11-2012	Writing SOAP note (2)	Hospital visit	Quiz
13	1-12-2012	Mid term 2		
14	8-12-2-2012	Food labels & Sweeteners & fat replacers	Reading & interpreting different food labels	
15	15-12-2012	Diet analysis program	Home application	
16	22-12-2012	**Revision**		
17	29-12-2012	**Final exams**		