

## **Course Identification and General Information**

**COURSE TITLE:** Principles of Clinical Nutrition

**COURSE CODE AND NUMBER:** CHS 214

### **STAFF MEMBER RESPONSIBLE FOR THE COURSE:**

Mrs. Madawi M. Al-Dhwayan  
Office hours:  
Sunday, Monday, Tuesday 9 – 12pm

<p><a href="mailto:maldhwayan@ksu.edu.sa">maldhwayan@ksu.edu.sa</a> office no. 206 , 3rd floor <i>Web page:</i> <a href="http://fac.ksu.edu.sa/maldhwayan">http://fac.ksu.edu.sa/maldhwayan</a></p>
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**CREDIT HOURS:** 3 hrs (3+ 0) / week

### **COURSE OVERVIEW:**

Definition of clinical nutrition. Study of the basic composition of protein, fat, carbohydrates, vitamins and essential minerals. Highlight the basic digestion process of foods, their absorption and basic metabolism within the body. In addition, study of these nutrients in relation with human growth and development and keeping it healthy including dental health, and highlight the main diseases related to deficiency of these nutrients. This course covers also the definition of the balance complete diet and the body requirements of nutrients.

### **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.

##### 1. Nutrition in news

- a. Each student should choose an article about nutrition in the news (paper newspaper or e-newspaper). The original article should be submitted.
- b. Each student should find an article about the same topic from a well trusted nutrition source (Food and Drug Administration FDA, American Dietetic Association ADA, U.S. Department of Agriculture USDA, etc.), that is in line with the newspaper article or against it.
- c. Present and discuss both articles in class and write a one page report on both articles (200 – 300 words).

## 2. Video

- a. Students will be randomly chosen to watch a documentary video about nutrition.
- b. Write a one page report about the main points discussed in the video (200 – 300 words).
- c. Present and discuss the main points with the class.

### **c. Class rules**

Students are required to arrive on time to the class, only 10 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. Absence is not accepted. Make up exams will not be given.

### **e. Quizzes:**

At the beginning of each lecture we will have a quiz covering the material of the previous lecture. There will be no Makeup quizzes.

## 4. COURSE ASSESSMENT / EVALUATION

	mark	Due date:
1 <sup>st</sup> midterm exam	20%	Wed. 29-10-2014 (12 – 3pm)
2 <sup>nd</sup> midterm exam	20%	Wed. 19-11-2014 (12 – 3pm)
Assignment (1)	5 %	Mon. 22-09-2014
Assignment (2)	5 %	Mon. 08-12-2014
Quizzes	10%	At the end of each chapter
Final exam	40%	To be announced by the department
<b>Total</b>	<b>100</b>	

### **Learning resources:**

Text book	<ul style="list-style-type: none"><li>• Understanding Normal &amp; Clinical Nutrition 8ed., <i>By, Eleanor Noss Whitney</i></li></ul>
Reference Materials (journals, Reports, etc)	<ul style="list-style-type: none"><li>• <a href="http://www.eatright.org">http://www.eatright.org</a></li></ul>
Electronic materials	<ul style="list-style-type: none"><li>• videos will be given each lecture as appropriate</li></ul>

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

## Course Description

wk	Sunday	topic / lecture	asses.
<b>1</b>	31 Aug 2014	Introduction \ syllabus	
<b>2</b>	7 Sep	An Overview of Nutrition	Quiz
<b>3</b>	14 Sep	No lecture	
<b>4</b>	21 Sep	Carbohydrates - 1	
<b>5</b>	28 Sep	Hajj Holiday	
<b>6</b>	5 Oct		
<b>7</b>	12 Oct	Carbohydrates - 2	Quiz
<b>8</b>	19 Oct	Lipids - 1	
<b>9</b>	26 Oct	Lipids - 2	Quiz
<b>10</b>	2 Nov	Protein	Quiz
<b>11</b>	9 Nov	Vitamins - 1	
<b>12</b>	16 Nov	Vitamins - 2	Quiz
<b>13</b>	23 Nov	Water & Minerals - 1	
<b>14</b>	30 Nov	Water & Minerals - 2	Quiz
<b>15</b>	7 Dec	Trace minerals	Quiz
<b>16</b>	14 Dec	Digestion, absorption and transport	Quiz
<b>17</b>	21 Dec	Planning a healthy diet	
<b>18</b>	28 Dec	<b>Final exams</b>	