

**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 1433-1434 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>Saturday</u>  <u>lecture: 11:00-12:50 pm</u>  <u>practical: 1:00-2:50 pm</u>
<i>Location :</i>	<u>CHS 1 classroom</u>
<i>College member responsible for the course:</i>	<u>T.Ohoud Mohammed Almusiened</u>
<u><i>Contact information:</i></u>	<u><i>Ohoud Almusiened:</i></u>
<i>Office Number:</i>	<u>9 A 1</u>
<i>Phone :</i>	<u>Office: 4355010- Ext:131</u>
<i>Office hours:</i>	<u>Mon(11:00am-2:00pm), Tue (8:00am- 2:00 pm)</u>
<i>Email:</i>	<u><a href="mailto:Oalmusiened@ksu.edu.sa">Oalmusiened@ksu.edu.sa</a></u>

**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 8*

*Quiz: Week 12*

*Assignment deadline: Week 11(Saturday 6/4/2013\_ 25/5/1434)*

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

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

- *Assignment: 10%*
- *First midterm Exam: 20%*
- *Quiz: 8%*
- *Community Services (Practicum): 20%*
  
- *Attendance and attitude: 2%*
- *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>	26/1/2013 – 14/3/1434	<i>Course Description and Outline</i>
<b>2<sup>nd</sup> week</b>	2/2/2013 _ 21/3/1434	<i>Introduction for Community Nutrition , Definition , Important , Aims of community Nutrition</i>
<b>3<sup>rd</sup> week</b>	9/2/2013_ 28/3/1434	<i>Nutrition Screening and Need Assessment</i>
<b>4<sup>th</sup> week</b>	16/2/2013 _6/4/1434	<i>Determinants of Food Choice</i>
<b>5<sup>th</sup> week</b>	23/2/2013_13/4/1434	<i>Policies and Programs</i>
<b>6<sup>th</sup> week</b>	2/ 3/2013 _ 20/4/1434	<i>Dietary Habits and Nutrition Knowledge among Saudi population</i>
<b>7<sup>th</sup> week</b>	9/3/2013 _ 27/4/1434	<b><i>First midterm exam</i></b>
<b>8<sup>th</sup> week</b>	16/3/2013_ 4/5/1434	<i>Nutrition during pregnancy and infancy "Decline of Breastfeeding among Saudi Women"</i>
<b>9<sup>th</sup> week</b>	23/3/2013 _11/5/1434	<b><i>Holiday</i></b>
<b>10<sup>th</sup> week</b>	30/3/2013 _18/5/1434	<i>Nutrition during pregnancy and infancy " Maternal Health in Saudi Arabia"</i>

<b>11<sup>th</sup> week</b>	6/4/2013_25/5/1434	<i>Dental Caries in Saudi Children + Assignment deadline</i>
<b>12<sup>th</sup> week</b>	13/4/2013_3/6/1434	<i>Obesity in Saudi School Children and Adolescents + Quiz</i>
<b>13<sup>th</sup> week</b>	20/4/2013_10/6/1434	<i>Community services (practicum)</i>
<b>14<sup>th</sup> week</b>	27/4/2013_17/6/1434	<i>Adulthood "Special Health Issues "Type 2 Diabetes Mellitus and CVD in Saudi Adults"</i>
<b>15<sup>th</sup> week</b>	4/5/2013_24/6/1434	<i>Promoting Health and Preventing Disease in Older Person "Alzheimer's Disease in Saudi Elderly"</i>
<b>16<sup>th</sup> week</b>	11/5/2013_1/7/1434	<b>Revision</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 (10% of final mark)**

You will be divided into 2 groups . 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: 6/4/2013 25/5/1434 Saturday 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" (20% of final mark)***

### **First part: 6%**

- + You will be divided into 2 groups . Each group will work together as a team to prepare an educational video about any nutrition –related topics.***
- + Date of each video will be assigned by tutor later according to the topic OR to the world health days.***

***In each video, you need to 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.*

### **Second part: 14%**

*Your group will work together as a team to prepare one or more "awareness day" in certain place, place will be assigned later after send our request to them.*

- + Tutor will explain to you this part in more details***
- + Date of each event will be assigned later***

***Note: 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.***