

Template for Course Plan (Applied Nutrition)

II. Course Description

After completion of these course nursing students will be able to acquired knowledge of nutrition for maintenance of optimum health at different stage of life and its application for practice.

It also introduces nursing students to the concepts of applied nutrition, relationship between diet and health as well as to different disease condition with certain focusing to pregnancy and malnutrition. Different modes of providing nutritional support to patients requiring special feeding techniques will be addressed with emphases on nutritional therapy.

IV. Course Content:

A – Theoretical Aspect:

Order	Units/Topics List	Sub Topics List	Number of Weeks	Contact hours
1	Nutrition in health	<ul style="list-style-type: none"> ▪ Definitions: Nutrition; diet; food; Malnutrition; Diet therapy; Food-based dietary guidelines. ▪ Function of food & nutrition ▪ Adequate nutrition: <ul style="list-style-type: none"> ○ Balanced Diet; ○ Dietary Guidelines ▪ Factor affecting eating habits 	1	2 2
2	Digestion; absorption & metabolism	<ul style="list-style-type: none"> ▪ Process of digestion of macronutrients ▪ Process of absorption of macronutrients ▪ Process of metabolism of macronutrients 	2	4
3	Nutritional assessment	<ul style="list-style-type: none"> - Anthropometric measurements - Biochemical investigation - Clinical signs of nutritional status - Dietary profile 	3	6
4	Midterm	Midterm exam	1	2

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	exam			
5	Nutritional support & diet modification	<ul style="list-style-type: none"> ▪ Enteral nutrition: definition; types & indications ▪ Parenteral nutrition: peripheral parenteral nutrition; central parenteral nutrition ▪ Types and indication of parenteral nutrition 	2	4
6	Therapeutic diet (nutritional therapy)	<ul style="list-style-type: none"> ▪ Diet modification ▪ Surgical diet ▪ Nutritional & renal failure ▪ Nutritional & heart failure ▪ Nutritional & diabetes mellitus ▪ Nutrition needs during pregnancy & lactation. ▪ Nutritional & gastrointestinal alterations. 	5	10
7		Final exam	1	2
Number of Weeks /and Units Per Semester			16	32

IV. Course Content

Distribution of Semester Weekly Plan of Course Topics/Items and Activities.

A – Theoretical Aspect

Order	Topics List	Week Due	Contact Hours
1	Nutrition in health	16	2
2	Digestion; absorption & metabolism	17-18	4
3	Nutritional assessment	19-20	4
4	Midterm exam	21	2
5	Nutritional support & diet modification	22-23	4
6	Therapeutic diet (nutritional therapy)	24-29	12
7	Final exam	30	2
Number of Weeks /and Units Per Semester		15	30


