

Course Specification Basic Nutrition

II. Course Identification and General Information:					
1.	Course Title:	Basic Nutrition			
2.	Course Number & Code:	03 01 824			
3.	Credit hours: 2	C.H			
		Th.	Seminar	Pr.	F. Tr.
		2	-	-	-
4.	Study level/year at which this course is offered:	Second year/First semester			
5.	Pre –requisite:	-			
6.	Co –requisite :	-			
7.	Program (s) in which the course is offered	Midwifery			
8.	Language of teaching the course:	English			
9.	System of Study:	Semester system			
10.	Mode of delivery:	Full time			
11.	Location of teaching the course:	College of Medical Applied Sciences			

III. Course Description:

The Course is designed to assist the students to acquire knowledge of nutrition for maintenance of optimum health at different stages of life and its application for practice of nursing.

V. Course Content:

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

A – Theoretical Aspect:

Order	Topics List	Week Due	Contact Hours
1	Introduction	1	2
2	Carbohydrates	2	2
3	Fats	3	2
4	Proteins	4	2
5	Energy	5	2
6	Midterm exam	6	2
7	Vitamins	7-8	4
8	Minerals	9-10	4
9	Electrolytes	11-12	4
10	Role of nurse in nutritional programme	13-14	4
11	Final exam	15	2
Number of Weeks /and Units Per Semester		15	30

B– Practical Aspect:

Order	Topics List	Week Due	Contact Hours
	Not applicable	-	-
Number of Weeks /and Units Per Semester		-	-

VI. Teaching strategies of the course:

- Lecture - Discussion
- Explaining using charts
- Panel discussion
- Slide /Film shows
- Demonstration of Assessment of nutritional status
- Exercise

VIII. Schedule of Assessment Tasks for Students During the Semester

Theoretical part

No.	Assessment Method	Week Due	Mark	Proportion of Final Assessment	Aligned Course Learning Outcomes
1	Attendance and Activities	15th week	5	5%	a1,b1,b2,d1
2	Student assignment	5th and 12th week	5	5%	b1
3	Mid-term exam	7th or 8th week	20	20%	a1,b1,b2
4	Final exam	16th-17th week	70	70 %	a1,b1,b2,d1
Total Theory Weight			100	100%	

Practical part

Assessment	Type of Assessment Tasks	Week Due	Mark	Proportion of Final Assessment	Aligned Course Learning Outcomes
	Not applicable	-	-	-	-