



Course Specification

— (Bachelor)

Course Title:	Clinical Nutrition
Course Code:	MID26323
Program:	Bachelor of Midwifery Sciences
Department:	Nursing
College:	Applied Medical Sciences
Institution:	University of Bisha
Version:	1
Last Revision Date:	10 August 2023



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A. General information about the course:

1. Course Identification

1. Credit hours: 2(2+0)

2. Course type

A. ☐ University ☐ College ☒ Department ☐ Track ☐ Others
B. ☒ Required ☐ Elective

3. Level/year at which this course is offered: (5th level / 3rd year)

4. Course general Description:

This course focuses on clarifying the nutritional requirements for individuals in different stage of life in case of health and disease.

5. Pre-requirements for this course (if any):

NA

6. Pre-requirements for this course (if any):

NA

7. Course Main Objective(s):

To provide undergraduate students with knowledge and skills regarding nutritional health and enable students to identify the sources and components of food, importance of each element and the consequent health problems dealt with food, and describe the nutritional requirements for person in different stages of life and in case of health and disease.

2. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom	26	86.6%
2	Blended	2	6.7%
3	E-learning		
4	Interactive learning (TBL)	2	6.7%

3. Contact Hours (based on the academic semester)

No	Activity	Contact Hours
1	Traditional classroom	26
	E-learning	2



3.	Tutorial	
4.	Interactive learning	2
5.	Self-learning	45
Total		75

B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
1.0	Knowledge and understanding			
1.1	Differentiate between various scientific terms related to the nutrition science.	K1	Interactive lectures	Written exam
1.2	Recognize the nutritional elements, sources, importance of each element and the consequent health problems related to its deficiency or increase.	K1		
1.3	Identify the nutritional instructions for individuals with various diseases and for those vulnerable groups	K1		
2.0	Skills			
2.1	Design a dietary plan illustrating individual's needs from each nutritional element	S1	Lab training Clinical round Interactive lecture	Practical exams
2.2	Relate between associated signs and symptoms with certain vitamin or mineral deficiency or toxicity, in addition to its proper care.	S2		
2.3	Instruct a patient with malnutrition diseases such as rickets, beriberi, pellagra, or anemia.	S2		
2.4	Critique a dietary regimen for patients with specific diseases or for vulnerable groups.	S2		
3.0	Values, autonomy, and responsibility			
3.1	Use information technology in presenting their learning topics	V1	Team based	Presentation





Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
3.2	Communicate ethically and effectively with peer team members	V3	learning Peer teaching	
3.3	Work effectively with a team	V2		

C. Course Content

No	List of Topics	Contact Hours
1.	<u>Importance of food and nutrition in relation to human beings</u> Definition of food and nutrition terminology Function of food and nutrition in relation to human beings Indication of food nutrition signals	2
2.	<u>Nutritional elements</u> Carbohydrates Function of carbohydrates Food sources of carbohydrates	2
3.	Recommended amount of dietary carbohydrates Classes of carbohydrates	2
4.	<u>Proteins</u> Function of protein Essential and non-essential amino acids Food sources of protein Protein requirements	2
5.	<u>Fats</u> Function of fats Types of fats Food sources of fats Fat requirements Cholesterol	2
6.	<u>Vitamins</u> Importance of vitamins Causes of vitamin deficiency in the body	2





	Fat-soluble vitamins-functions, sources, signs of deficiency, dietary treatment	
7.	Water-soluble vitamins-functions, sources, and signs of deficiency, dietary treatments	2
8.	Minerals General functions of minerals Major minerals (calcium, phosphorous, magnesium, sodium, potassium, chlorides) Functions, signs of deficiency, sources . Trace minerals (Iron, Iodine, copper... ect) Functions, signs of deficiency, sources .	2
9.	Water balance Body water function and requirements The human water balance system Acid base balance Digestion and absorption of food	2
10.	Basic nutritional groups Nutritional needs for adults and adolescent Nutritional of vulnerable groups (children, pregnant and lactating mothers, old age)	2
11.	Malnutrition Definition-division Management of obesity & under weight	2
12.	Management of anaemia Management of some malnutritional disease (Rickets, Beriberi, Pellagra, Anemia)	2
13.	Nutrition of patient with different condition Nutrition for patients with cardiovascular	2
14.	Nutrition for patients with kidney diseases Nutrition for patients with cancer	2
15.	Nutrition for patients with liver diseases	2
Total		30



D. Students Assessment Activities

No	Assessment Activities *	Assessment timing (in week no)	Percentage of Total Assessment Score
1.	Continuous assessment	All through	30%
2.	Mid exam: theory	8 th	20%
3.	Final exam: theory	16 th	50%
4.	Total		100%

*Assessment Activities (i.e., Written test, oral test, oral presentation, group project, essay, etc.).

E. Learning Resources and Facilities

1. References and Learning Resources

Essential References	➤ Staci Nix, (2017) Williams' Basic Nutrition & Diet Therapy. Mosby. ➤ -Elson M. Haas, Buck Levin, PhD, RD. (2006). Staying Healthy with Nutrition, rev: The Complete Guide to Diet and Nutritional Medicine. 21st century edition, Berkeley California, 94707. -Dzislav E S. (2002) Chemical and Functional Properties of Food Lipids., Anna Kolakowska., CRC Press.
Supportive References	Robert D Lee, (2012) Nutritional Assessment. McGraw-Hill Education
Electronic Materials	Blackboard materials
Other Learning Materials	• E- books electronic • Online US Library

2. Required Facilities and equipment

Items	Resources
facilities (Classrooms, exhibition rooms, simulation rooms, etc.)	○ Classrooms ○ simulation rooms
Technology equipment (projector, smart board, software)	○ Data show projector ○ Blackboard ○ smart board ○ Laptop computer ○ Computer based simulator
Other equipment (depending on the nature of the specialty)	



F. Assessment of Course Quality

Assessment Areas/Issues	Assessor	Assessment Methods
Effectiveness of teaching	Students Course coordinator Program Leaders	Direct /indirect
Effectiveness of Students assessment	Students Course coordinator Program Leaders Examination committee revision	Direct /indirect
Quality of learning resources	Course coordinator Peer reviewer Examination committee revision	Direct /indirect
The extent to which CLOs have been achieved	Program Leader Course coordinator	Direct /indirect

Assessors (Students, Faculty, Program Leaders, Peer Reviewer, Others (specify))

Assessment Methods (Direct, Indirect)

G. Specification Approval

COUNCIL /COMMITTEE	
REFERENCE NO.	
DATE	

