



Course Specification

— (Bachelor)

Course Title: **Public Health Nutrition**

Course Code: **PHE26325**

Program: **Bachelor of Sciences in Public Health**

Department: **Public Health**

College: **Applied Medical Sciences**

Institution: **University of Bisha**

Version: **1**

Last Revision Date: **2-8-2023**





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A. General information about the course:

1. Course Identification

1. Credit hours:					
2 (2+0)					
2. Course type					
A.	<input type="checkbox"/> University	<input type="checkbox"/> College	<input checked="" type="checkbox"/> Department	<input type="checkbox"/> Track	<input type="checkbox"/> Others
B.	<input checked="" type="checkbox"/> Required		<input type="checkbox"/> 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):					
PHE26222					
6. Co-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

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom	26	86.6%
2	E-learning	2	6.7%
3	Tutorial		
4	Interactive learning	2	6.7%
5	Practical		

3. Contact Hours

No	Activity	Contact Hours
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1.	Lectures	26
2.	E-learning	2
3.	Practical	
4.	Interactive learning	2
5.	Seminars	
6.	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.	K1		
2.0	Skills			
2.1	Design a dietary plan illustrating individual's needs from each nutritional element.	S1	Lecture-discussion Case study	Written assessment
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 malnutritional diseases such as	S2		

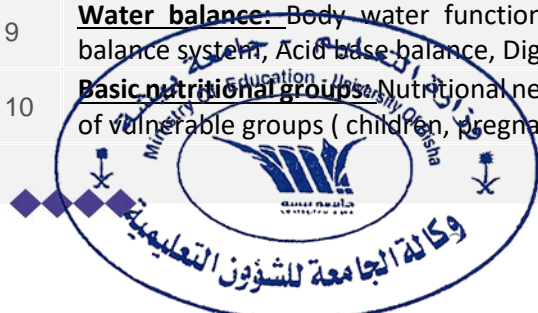




Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
	rickets, beriberi, pellagra, or anemia.			
2.4	Critique a dietary regimen for patients with specific diseases or for vulnerable groups.	S2		
3.0	Values, autonomy, and responsibility			
3.1	Use information technology in presenting their learning topics	V2	Team based learning	Presentation
3.2	Communicate ethically and effectively with peer team members	V1		
3.3	Work effectively with a team	V2		

C. Course Content

No	List of Topics (Theory)	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, Carbohydrates:</u> 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 Fat-soluble vitamins-functions, sources, signs of deficiency, dietary treatment	2
7	<u>Water-soluble vitamins-functions, sources, and signs of deficiency,</u> dietary treatments	2
8	<u>Minerals:</u> 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	<u>Water balance:</u> Body water function and requirements, The human water balance system, Acid base balance, Digestion and absorption of food	2
10	<u>Basic nutritional groups:</u> 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	15%
2.	Mid exam	8 th	20%
3.	E-Learning activities	11 th	15%
4.	Final exam	16 th	50%
	Total		100%

E. Learning Resources and Facilities

1. References and Learning Resources

Essential References	<ul style="list-style-type: none"> ➤ 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 Calofornia, 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	1. Blackboard materials
Other Learning Materials	1. Saudi digital library

2. Required Facilities and equipment





Items	Resources
facilities	1. Middle size classroom 2. well-equipped laboratory
Technology equipment	3. Multimedia projector 4. Smart board
Other equipment	• NA

F. Assessment of Course Quality

Assessment Areas/Issues	Assessor	Assessment Methods
Effectiveness of teaching	Students, Faculty, Quality committee	Direct / indirect - Using well-structured questionnaire
Effectiveness of student's assessment	Faculty members Peer Reviewer	Direct / indirect - Continuous reviewing and course portfolio
Quality of learning resources	Faculty members Curriculum committee	Direct / indirect - Annual review course report
The extent to which CLOs have been achieved	Course coordinator	Direct / indirect

G. Specification Approval

COUNCIL /COMMITTEE	PH DEPARTMENT BOARD
REFERENCE NO.	
DATE	

