جامعة الشرقية
A' SHARQIYAH UNIVERSITY

Course Descriptor
AHND101Introduction to Human Nutrition

ACADEMIC YEAR	2019-2020		
Course Code & Title	AHND101/Introduction to Human Nutrition		
Credit hours	3(3+0)	**Level of study**	Bachelor
College / Centre	CAHS/FSHN		
Co-requisites	NIL	**Pre-requisites**	BIOL101.CHEM101

1. COURSE OUTLINE

This course was designed to familiarize student with concepts in human nutrition. The course also covers digestion, absorption and utilization of nutrients, types of nutrients, sources of nutrients, requirements and diseases caused by nutrients deficiency.

2. AIMS

This course aims to introduce students to the required knowledge and information about nutrition in general by providing the required in formation which will be necessary for them in the future as nutritionists. This is done by teaching them the principles of nutrition including food groups, food pyramid, role of nutrients, calculation of energy requirements and methods of determining body size and composition. Also, this course will teach students about the food sources of nutrients, what are the requirements from each nutrient, and the diseases that can be caused by deficiency.

3. LEARNING OUTCOMES, TEACHING, LEARNING and ASSESSMENT METHODS

Learning Outcomes ***(Definitive)*** Upon successful completion of this course, students will be able to**:**	**Teaching and Learning methods** ***(Indicative)***	**Assessment** ***(Indicative)***
1. Demonstrate knowledge of different types of carbohydrates, lipids, proteins their function and role in normal health and well-being.	Lectures and Presentations	in-class tests, quizzes
2. Identify dietary sources of carbohydrates, lipids, proteins, vitamins and minerals.	Lectures and presentations	in-class tests, quizzes
3. Calculate energy requirements of individuals using metabolic rate.	Lectures and presentations	in-class tests, quizzes
4. Recognize the regulatory effects of water soluble vitamins, as coenzymes and cofactors on metabolic pathways and the role of lipid soluble vitamins in different physiological and biochemical processes.	Lectures and presentations	in-class tests

Identify dietary recommended intakes, upper limits and toxicity levels of intake of different nutrients	Lectures and presentations	in-class tests, quizzes
[Identify the roles of minerals in regulating body function and as structural parts of body tissue.]	[Lectures and presentations]	[in-class tests]
Recognize symptoms related to vitamin and mineral deficiency in humans.	[Lectures and presentations]	[in-class tests]

4. ASSESSMENT WEIGHTING

Assessment	Percentage of final mark (%)
Mid-term Examination	30
Quizzes	10
Assignment/ Homework	20
Final Examination	40
TOTAL	**100%**

5. ACHIEVING A PASS

Students will achieve **3** credit hours for this course by passing **ALL** of the course assessments *[quizzes , Midterm examinations and final examinations* and achieving a **minimum overall score of 50%**

NB *Ensure that ALL learning outcomes are taken into account

6. COURSE CONTENT (Indicative)

LECTURE TOPIC	TIME (HOURS)
Outline: Introduction to nutrition	3
Food Guide pyramid dietary recommendations	3
Body composition	3
Energy	3
Carbohydrate Classification ,functions	3
Carbohydrates (Digestion, metabolism and diseases	3
Proteins (Amino acids, digestion, absorption, quality)	3
Proteins (Metabolism and protein energy malnutrition	3
Lipid (Digestion, metabolism and diseases	3
Eicosanoids (Essential fatty Acids and their derivatives, functions	3
Water soluble Vitamin	3
Fat soluble Vitamin	3

Mineral	3
Mineral	3
Water	3
Revision	
TOTAL HOURS	**45+16**
Plus **RECOMMENDED INDEPENDENT STUDY HOURS**	
TOTAL COURSE HOURS	**60**

7. RECOMMENDED READING

Core text/s:

http://www.eatright.org/
https://www.nutrition.gov/
https://ndb.nal.usda.gov/ndb/

Library + online resources: