



Course Descriptor
AHND 362 Nutrition in the Lifecycle 1

Proposed Academic Year	2020-2021	Last Reviewed Academic Year	
Course Code	AHND 362	Course Title	Nutrition in the Lifecycle 1
Credit hours	3 (3+0)	Level of study	Undergraduate
College / Centre	CAHS	Department	FSHN
Co-requisites	AHND 380	Pre-requisites	AHND 101, AHND 210, AHND 281

1. COURSE OUTLINE

Role of diet in health of individuals and populations in various stages of life cycle has put further emphasis on studying nutritional sciences as part of the strategy to prevent or reduce the incidence of nutrition related disorders and as a tool to decrease the burden on national economies by improving health of the communities. Maintaining a healthy nutritional status of mothers during pregnancy, lactation is important in attaining the goal of delivering healthy offspring and their subsequent growth in infancy. Nutritional issues of toddlers, preschool and school going children are the focus of the course.

2. AIMS

Having studied the fundamental concepts in basic and applied human nutrition in the earlier course, Introduction to Nutrition through life cycle 1 is the course that examines The specific nutritional needs of mothers of reproductive age as well as during pregnancy in light of the changing physiological phenomena at various stages during pregnancy. The course covers the nutrition related issues of pregnant and lactating mothers, nutrition through infancy and childhood and development of eating behaviors in children. This course exposes students to real life case studies of individuals in above mentioned age groups with everyday nutritional problems and discusses all possible scenarios to tackle them.

3. LEARNING OUTCOMES, TEACHING, LEARNING and ASSESSMENT METHODS

Learning Outcomes (Definitive)	Teaching and Learning methods (Indicative)	Assessment (Indicative)
Upon successful completion of this course, students will be able to:		
1. Describe the physiological changes that occur during pregnancy which have implications on outcome of pregnancy.	Lectures, presentations	Written examination, quizzes assignments
2. Plan nutritional intakes appropriate for mothers through critical periods in	Lectures, presentations	Written examination, quizzes, case studies,



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early pregnancy till prenatal stage.		
3. Describe and apply the principal dietary, laboratory, anthropometrics, and clinical means to evaluating nutritional status from preconception to middle childhood life stage.	Lectures, presentations	Written examination, quizzes
4. Demonstrate working knowledge of the influence of nutritional well-being of mother on embryonic and fetal growth .	Lectures, presentations	Written examination, case studies, quizzes
5. Discuss and provide appropriate advise on nutritional issues of pre-school and school going children.	Lectures, presentations	Written examination, quizzes, assignments

4. ASSESSMENT WEIGHTING

Assessment	Percentage of final mark (%)
Quizzes	10%
Assignment/Case studies	20%
Mid-Term Exam	30%
Final Exam	40%
TOTAL	100%

5. ACHIEVING A PASS

Students will achieve **xx** credit hours for this course by passing **ALL** of the course assessments [*alternatively, list the compulsory pass assessments**] and achieving a **minimum overall score of xx%**

NB *Ensure that ALL learning outcomes are taken into account

6. COURSE CONTENT (Indicative)

Introduction and Nutrition basics
Course Overview Preconception Nutrition
Nutrition During Pregnancy
Nutrition During Lactation
Infant Nutrition
Toddler and Preschooler Nutrition



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