



**Course Descriptor**  
**AHND 363 Nutrition in the Lifecycle 2**

<b>Proposed Academic Year</b>	2020-2021	<b>Last Reviewed Academic Year</b>	
<b>Course Code</b>	AHND 363	<b>Course Title</b>	Nutrition in the Lifecycle 2
<b>Credit hours</b>	3 (3+0)	<b>Level of study</b>	Undergraduate
<b>College / Centre</b>	CHAS	<b>Department</b>	FSHN
<b>Co-requisites</b>	AHND 380	<b>Pre-requisites</b>	AHND 362

**1. COURSE OUTLINE**

Nutritional sciences have attained enormous importance due to advances in food production technology on one hand and relation between diet and health on the other. Role of diet in incidence of so-called diseases of civilization has put further emphasis on studying nutritional sciences as part of the strategy to prevent or reduce the incidence of these disorders and to improve the health of the population.

Maintaining a healthy nutritional status throughout life cycle is important in attaining the goal of a healthy community which is productive in terms of national economy and at the same time puts lesser burden on the national exchequer in the form of health care costs.

**2. AIMS**

Having studied the concept of changes in nutritional needs due to the influence of physiological phenomena at various stages of the life cycle in the course, Nutrition throughout life cycle I, this second course, Nutrition throughout life cycle II examines nutritional issues of adolescents, young adults, older adults and geriatric population.

It further emphasizes teen-age nutrition in light of teen-age problems (disordered eating patterns and teenage pregnancy) and special nutritional needs of the elderly. This course exposes students to real life case studies of individuals in above age groups with everyday nutritional problems and discusses all possible scenarios to tackle them.

**3. LEARNING OUTCOMES, TEACHING, LEARNING and ASSESSMENT METHODS**

<b>Learning Outcomes (Definitive)</b>	<b>Teaching and Learning methods (Indicative)</b>	<b>Assessment (Indicative)</b>
Upon successful completion of this course, students will be able to:		
1. Describe the physiological changes that occur during adolescence which influence nutritional health.	Lectures, presentations	Written examination, quizzes case studies
2. Plan nutritional intakes appropriate for healthy	Lectures, presentations	Quizzes, assignments, written examination



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individuals from pre-adolescent to geriatric stage.		
3. Describe and apply the principles of dietary, laboratory, anthropometrics, in evaluating nutritional status from pre-adolescent stage to geriatric stage.	Lectures, presentations	Written examination, quizzes
4. Demonstrate working knowledge of the influence of age, growth, and normal development on nutritional requirements.	Lectures, presentations	Written examination, quizzes, case studies
5. Discuss and provide appropriate advise on nutritional issues of adolescents, adults and the elderly	Lectures, presentations	Quizzes, assignments, written examination

### 4. ASSESSMENT WEIGHTING

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

### 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 Course Overview: Nutrition

Adolescent nutrition

Energy and nutrient needs in growth and development,

Diseases of deficiency and excess, adverse reactions and allergies, food choices and habits

Nutrition in adulthood





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