



**Course Descriptor**  
**Community Nutrition AHND 480**

<b>ACADEMIC YEAR</b>	2020-21		
<b>Course Code &amp; Title</b>	AHND480		
<b>Credit hours</b>	3 (3+1)	<b>Level of study</b>	Bachelor
<b>College / Centre</b>	CAHS/AHND		
<b>Co-requisites</b>		<b>Pre-requisites</b>	AHND 452, AHND 460, AHND 485

**1. COURSE OUTLINE**

[Community Nutrition course students learn about role of nutrition in promoting, maintaining and improving health in the community. Step by step analysis of community need assessment and program planning process will be discuss in this course. Nutrition related issues and programs for Pregnant and lactating women, children's and adults as well as importance of Nutrition education for these groups will be discuss this course .Student will assigned community based project the in Lab .

**2. AIMS**

- 1- To enable students to describe the expanding role of community nutritionist.
- 2- To understand local nutritional problems, their prevalence in vulnerable groups.
- 3- To enable planning of nutrition education programs for institutions & community to prevent nutritional disorders.
- 4- To acquire the skills needed to deliver nutrition services and methods of accessing community nutrition resources and information.

**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. To Know the characteristics, functions and processes of a community and identify the role of community nutritionist in health promotion of population	Lectures and lab work	Assignment ,quiz /mid-term test / Final exam
2. To Evaluate community need assessment and target population health status.	Lectures and lab work	Class presentation , written examination
3. To develop nutrition intervention program and strategies for target population of community	Lectures and lab work	in-class tests, quizzes,presenatations
4. Examine nutrition related issues and health	Lectures and lab work	in-class tests, quizzes ,Case Study report



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promotion programs for different age groups in the community		

**4. ASSESSMENT WEIGHTING**

Assessment	Percentage of final mark (%)
LAB/Assignments/Project	20
Quizes	15
Mid-term	25
Final Examination	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)**

LECTURE TOPIC	TIME (HOURS)
1. Introduction to the course: (aims of the course, textbooks, and exam	3
The concept of community	3
2. Community nutrition practice	3
Social economic trends in community nutrition	3
3. Community Health promotion	3
4. Basic principles of need assessment	3
5. Assessing target population nutritional status	3
6. Direct and indirect assessment of target population	3
7. Program planning for community	3
8. Program planning for community	3
9. Mother and infant nutrition assessment	3
10. Breast feeding recommendations & promotion	3
11. Nutrition services and programs for mother and infant	3
12. Children and adolescent nutrition assessment and issues	3
13. Nutrition services and programs	3
14. Principle of Nutrition Education	3
15. Revision	



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<b>TOTAL HOURS</b>	<b>45+15</b>
Plus <b>RECOMMENDED INDEPENDENT STUDY HOURS</b>	
<b>TOTAL COURSE HOURS</b>	<b>60</b>

**7. RECOMMENDED READING**

**Core text/s:**

Community Nutrition in Action ,Marie A. Boyle 6<sup>th</sup> edition

**Library + online resources:**

<http://www.fns.usda.gov/>

<http://www.eatright.org/>