



## Course Descriptor

### FSHN N362 Nutrition in the Lifecycle

|                               |                  |                                    |                                   |
|-------------------------------|------------------|------------------------------------|-----------------------------------|
| <b>Proposed Academic Year</b> | Spring 2020-2021 | <b>Last Reviewed Academic Year</b> |                                   |
| <b>Course Code</b>            | <b>FSHN N362</b> | <b>Course Title</b>                | <b>Nutrition in the Lifecycle</b> |
| <b>Credit hours</b>           | 3                | <b>Level of study</b>              | +Diploma bachelor                 |
| <b>College / Centre</b>       | CAHS             | <b>Department</b>                  | Food Science and Human Nutrition  |
| <b>Co-requisites</b>          |                  | <b>Pre-requisites</b>              | FSHNN162                          |

#### 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 as a tool to decrease the burden on national economies by improving health of the communities. 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 national exchequer

#### 2. AIMS

Having studied the fundamental concepts in basic and applied human nutrition in the earlier course, Introduction to Human Diet, Nutrition throughout life cycle is the course that examines the specific nutritional needs of people in light of the changing physiological phenomena at various stages of the life cycle. The course covers the nutrition of pregnant and lactating mothers, nutrition through infancy and childhood and development of eating behaviors in children. 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 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                                | Lectures, presentations                           | Written examination, quizzes, case studies |



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|   |                         |  |
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| that occur over the lifespan which have implications for nutrition.   |                         |  |
| 2. Plan nutritional intakes appropriate for healthy individuals at different stages of the life span.   | Lectures, presentations | Written examination, quizzes, case studies |
| 3. Describe and apply the principal dietary, laboratory, anthropometrics, and clinical means to evaluating nutritional status at each stage of the lifecycle. | Lectures, presentations | Written examination, quizzes, case studies |
| 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 concern to various age groups.   | Lectures, presentations | Written examination, quizzes, case studies |
| 6. Describe how and why the requirement changes over the life span.   | Lectures, presentations | Written examination, quizzes, case studies |

#### 4. ASSESSMENT WEIGHTING

| Assessment      | Percentage of final mark (%) |
|-----------------|------------------------------|
| Quizzes         | 20%                          |
| Midterm         | 25                           |
| Assignment      | 10%                          |
| Online activity | 5%                           |
| <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)





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