



كلية الأميرة سلمى بن عبد الله للتمريض
قسم تمريض صحة المجتمع والصحة النفسية

توصيف مساق مقدمة في التغذية

Introduction to Nutrition / Theory

1. معلومات مدرس المساق (Instructor)

Dr. Manar AlAzzam (RN,PhD)	اسم (مدرس /منسق) المساق :
Sunday, Tuesday 8-9:30 Monday, Wednesday 12:30-2	الساعات المكتبية :
2870	رقم المكتب والرقم الفرعي :
alazzam@aabu.edu.jo	البريد الالكتروني :
N/A	مساعد البحث والتدريس/المشرف/الفاقي (إن وجد):

2. وصف المساق (Course Description)

This course introduces nursing students to the interrelationships among nutrition, food and the environment as they impact health status. Emphasis is placed on the multiple factors that influence food intake. The role and function of nutrients in health promotion and wellness throughout the life cycle (maternal and infant nutrition) will be discussed.

3. بيانات المساق (Course Title)

المستوى: السنة الرابعة	اسم المساق: مقدمة في التغذية	رقم المساق: 1001459
وقت المحاضرة: حد، ثل: 9:30-11 ثن، ريع: 11-12.30	المتطلب السابق: أو (1001331) ومتزامن مع 1001443(1001335)	طبيعة المساق: نظري
عدد الساعات الدراسية: ثلاثة	الفصل الدراسي: الثاني	العام الجامعي: 2019/2020

4. أهداف المساق (Course Objectives)

- Identify psychosocial and culture aspects of eating.	أ-
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- Identify the characteristics of essential nutrients.	ب-
- Identify the consequences of deficiency or toxicity of each vitamins and minerals	ج-
- Identify the four component of nutritional assessment.	د-
- Discuss the health risks of obesity.	هـ-
- Discuss dietary needs during pregnancy and lactation.	و-
- Describe different therapeutic diet.	ز-

5. مخرجات التعلم (Intended Student Learning Outcomes)
(المعرفة والمهارات والكفايات)

يفترض بالطالب بعد دراسته لهذا المساق أن يكون قادرا على:

1.	Select the foods which the primary sources of CHO, fat and proteins
2.	Identify the relationship between a health history and nutritional status.
3.	Recognize the components of the daily food guide.
4.	Interpret abnormal lab results which indicate nutritional problems
5.	Communicate effectively with academic staff
6.	Select clinical signs which suggest malnourishment.
7.	Measure body weight, height, triceps skin folds and mid arm circumference.
8.	Calculate BMI
9.	Use computers for research & written case study.

6. محتوى المساق (Course Content)

الموضوع	الأسبوع
- Orientation and course syllabus - Nutrition in nursing - Nutrition Screening and Assessment -	الأول
- Understanding Daily Reference Intakes - Energy and Calories - Energy Balance and Body Weight	الثاني
- Carbohydrates - Lipids	الثالث
الامتحان الأول	

- Proteins - Multivitamins	الرابع
- Minerals - water and Nutrients Important to Fluid and Electrolyte Balance	الخامس
- Nutrition through the Life Cycle: From Pregnancy to the adolescent Years	السادس
- Nutrition through the Life Cycle: From adulthood to the Elderly Years	السابع
الامتحان الثاني	
- The Nursing Role in Maintaining Patients' Oral Nutritional Intake	الثامن
- Enteral Nutrition - Parenteral Nutrition	التاسع
- Re-feeding Syndrome - Disorders That Can Compromise Health	العاشر
- Obesity and eating disorders - Physiological Stress and Malnutrition	الحادي عشر
- Diet therapy for cardiac and hypertensive pt	الثاني عشر
- Diet therapy for patients with renal disorders	الثالث عشر
- Diet therapy for patients with diabetic	الرابع عشر
- Diet therapy for patients with cancer	الخامس عشر
الامتحان النهائي	

7. استراتيجيات التعليم والتعلم وطرق التقويم

(Teaching and learning Strategies and Evaluation Methods)

ت	مخرجات التعلم	استراتيجيات التدريس	أنشطة التعلم	نوع التقويم/القياس (امتحان/عروض صفية/مناقشة/واجبات)
1	Demonstrate collegiality while working as a member of the health care team	Lectures	Role playing Assignments Discussion and group activities.	Exams/presentation evaluation
2	Identify ethics and legalities related to patients' nutritional needs	Lectures/seminar presentation	Role playing Assignments Discussion and group activities.	Exams/presentation evaluation

Exams/presentation evaluation	Role playing Assignments Discussion and group activities.	Lectures/seminar presentation	Take appropriate measures to ensure the safety of clients, yourself, and others	3
Exams/presentation evaluation	Role playing Assignments Discussion and group activities.	Lecturing	Develop and implement nursing care plans that meet the needs of assigned clients	4

8. تقييم الطلبة (Assessment)

توزيع الدرجات لكل أسلوب	توقيت التقييم	الأساليب المستخدمة
%10	خلال الفصل	1- أعمال الفصل: project
%20	to be determined	2- امتحان تحريري أول
%20	to be determined	3- امتحان تحريري ثاني
%50	أسبوع الامتحانات النهائية	4- امتحان تحريري نهائي

9. الكتاب المقرر (Text Book)

Dudek, S. (2010). Nutrition essentials for nursing practice. (6th ed.).	المرجع الرئيس
Lippincott Williams & Wilkins.	المؤلف
New York	الناشر
2010	السنة
6th Edition	الطبعة
	الموقع الالكتروني للمرجع

10. المراجع الإضافية (References) (وتشمل الكتب والبحوث المنشورة في الدوريات او المواقع الالكترونية)

Molly, S & Geetha, N. (2000). A textbook of nutrition for nurses. New Delhi: Jaypee Brothers medical publishers.	-1
Williams, Sue Rodwell and Schlenker, Eleanor (2003). Essentials of Nutrition and Diet Therapy.	-2
1. http://www.feedp.com 2. http://www.nutrition.gov	-3

Course Policies	
Class Attendance:	
1. Students must attend all classes of this course. Absenteeism will be only accepted following the rules and regulation of Al al-Bayt University.	
2. Any student with absence of 12.5% of the classes of any course will be not illegible to sit for the final exam.	
3. In the case (b) above, if a student submits an official sick report authenticated by university clinic or an accepted excuse by the Dean of his/her faculty, the student will be considered as withdrawn from the course.	
4. Students are not allowed to come late to classes. Any student coming late will not be allowed to attend the class and he/she will be marked absent.	
5. No mobiles and cellular phones allowed	
6. Students had to submit their excuses for the exams within 48 hours. No excuses accepted until studied and investigated.	
7. Visitors (friends, family members, children, significant others) will not be permitted in the classroom without prior approval of the instructor.	
Exams Attendance:	
1. Failure in attending a course exam other than the final exam will result in zero mark unless the student provides an official acceptable excuse to the instructor who approves a make-up exam.	
2. Failure in attending the final exam will result in zero mark unless the student presents an official acceptable excuse to the Dean who approves an incomplete exam, normally scheduled to be conducted during the first two weeks of the following semester.	
3. A student who is late more than 10 minutes will not be permitted to sit the exam (first, second or mid exams).	
4. A student who is late more than 30 minutes will not be permitted to sit to final exam, and no student will be permitted to leave the exam center before the elapse of 30 minutes.	
Cheating: Cheating is an attempt to gain marks dishonestly and includes; but not limited to:	
1. Copying from another student's work.	
2. Using materials not authorized by the university.	

3. Collaborating with another student during a test, without permission.	
4. Knowingly using, buying, selling, or stealing the contents of a test.	
5. Plagiarism which means presenting another person's work or ideas as one's own, without attribution.	
6. Using any media (including mobiles) during the exam	