



## Course Description Form

1. Course Name:					
Nutrition and Diet therapy					
2. Course Code:					
WNR-31-04					
3. Semester / Year:					
3stage					
4. Description Preparation Date:					
1\10\2024					
5. Available Attendance Forms:					
Paper during Lectures					
6. Number of Credit Hours (Total) / Number of Units (Total)					
Total (2) Hours weekly \ theory (2)					
7. Course administrator's name (mention all, if more than one name)					
Name: DR. Fatimah Fadil Jawad Email: <a href="mailto:fatimah.al@uowa.edu.iq">fatimah.al@uowa.edu.iq</a>					
8. Course Objectives					
<b>Course Objectives</b>		<ul style="list-style-type: none"> <li>• Define the nutrients and their functions.</li> <li>• Classify types of therapeutic diets according to patient condition.</li> <li>• Explain the effect of nutrition on chronic diseases.</li> <li>• Respect patients' dietary preferences and beliefs.</li> <li>• Commit to professional ethics and nutritional education.</li> <li>• Show empathy toward patients with dietary restrictions.</li> <li>• Plan and implement appropriate diets for each patient.</li> <li>• Assess and adjust diets according to patient response.</li> <li>• Guide patients in preparing healthy food according to the diet.</li> </ul>			
9. Teaching and Learning Strategies					
<b>Strategy</b>		<ol style="list-style-type: none"> <li>1. Lecture</li> <li>2. Group discussion</li> <li>3. Assignment</li> </ol>			
10. Course Structure					
Week	Hours	Unit or subject name	Required Learning Outcomes	Learning method	Evaluation method
1.	2 hour	An Overview of Nutrition	introduction	lecture	Quiz
2.	2 hour	Digestion, Absorption and Transport	This lecture explores the various nutrients, their sources, metabolism, interaction, storage, and excretion.	Lecture and discussions	Quiz

3.	2 hour	Carbohydrates: Sugars, Starches, and Fibers	Topics include body systems, ,dietary restrictions and guidelines, diet and disease,	Lecture and discussions	Quiz
4.	2 hour	Carbohydrates: health, diabetes, athletic performance	Topics include body systems, ,dietary restrictions and guidelines, diet and disease	Lecture and discussions	Quiz
5.	2 hour	Protein: Amino Acids	Topics include body systems, dietary restrictions and guidelines, diet and disease, recipe modifications, menu planning	Lecture and discussions	Quiz
6.	2 hour	The Lipids: Triglycerides, Phospholipids, and Sterols	Special emphasis is placed on understanding the role nutrition plays in the current health care delivery system, on evaluating fads and fallacies	Lecture and discussions	Quiz
7.	2 hour	(mid exam)1			
8.	2 hour	Energy Balance and Body Composition	Energy balance and body composition are intricately tied to energy intake and expenditure.	Lecture	Quiz
9.	2 hour	Weight Management: Overweight, Obesity, and Underweight/athletic performance	Special emphasis is placed on understanding the role nutrition plays in the current health care delivery system, on evaluating fads and fallacies	Lecture	Quiz
10.	2 hour	The Water-Soluble Vitamins: B Vitamins and Vitamin C	This lecture identify the vitamins and two type of vitamins	Lecture	Quiz
11.	2 hour	The Fat-Soluble Vitamins: A, D, E, and K and Major Minerals	This lecture identify the vitamins and two type of vitamins and minerals are essential to your health	Lecture	Quiz
12.	2 hour	Therapeutic nutrition in chronic diseases	Define the role of nutrition in controlling blood pressure and blood glucose levels	Lecture	Quiz
13.	2 hour	Nutrition of pregnant and Planning a Healthy Diet  (mid term )2	Identify Nutrition of pregnant	Lecture	Mid2
14.	2 hour	World Hunger/Food sustainability	Identify individuals r population groups at risk of becoming malnourished	Lecture and discussions	Quiz
15.	2 hour	Selected Topics from remaining chapters including food safety, food additives, nutrition impact on aging and disease risk.	Identify individuals r population groups at risk of becoming malnourished	discussions	Quiz

16.		Mid2			
11. Course Evaluation					
1 <sup>st</sup> month exam.		10%			
2 <sup>nd</sup> month exam.		10%			
Class activities and attendance		5 %			
Assignment		5%			
Final theory exam.		70%			
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Total		100%			
12. Learning and Teaching Resources					
Required textbooks (curricular books, if any)			<ul style="list-style-type: none"><li>Dudek, Susan G., Cdn Rd, and Susan G. Dudek. <i>Nutrition essentials for nursing practice</i>. Lippincott Williams &amp; Wilkins, 2022.</li><li><b>Applied Nutrition including</b> Dietetics and Applied Biochemistry for Nurses_4e 4th Edition - July 15, 2023 Imprint: Elsevier India Authors: Venkatraman Sreemathy, Sucheta P. Dandekar Language: English</li></ul>		
Electronic References, Websites			<ul style="list-style-type: none"><li>_____</li></ul>		

Level	teaching Objectives according to EPSLO	Student Learning Outcomes	Link between Student Learning Outcomes & teaching Objectives according to EPSLO
Cognitive	EPSLO-1: Apply theoretical knowledge in nursing practice	Define the nutrients and their functions → Student can describe the nutrients and their importance	<ul style="list-style-type: none"> <li>Classify therapeutic diets according to patient condition → Student can classify diets for each patient.</li> <li>Explain the effect of nutrition on chronic diseases → Student can explain the relationship between nutrition and chronic diseases.</li> </ul>

skills	EPSLO-3: Apply nursing procedures safely and effectively	Plan and implement appropriate diets → Student can prepare and implement individualized diets. Assess and adjust diets according to patient response → Student can monitor patient response and adjust diets.	<ul style="list-style-type: none"> <li>• Guide patients in healthy food preparation according to the diet → Student can guide patients in preparing healthy meals</li> </ul>
values)	EPSLO-2: Demonstrate professional and ethical behavior	<ul style="list-style-type: none"> <li>• Respect patients' dietary preferences and beliefs → Student shows respect for patients' dietary culture .</li> <li>• Commit to professional ethics and patient education → Student demonstrates professional ethical behavior in patient education .</li> </ul>	<ul style="list-style-type: none"> <li>• Show empathy toward dietary-restricted patients → Student demonstrates empathy and support for patient on restricted diets</li> </ul>



التوقيع:

مدرس المقرر: م.د فاطمة فاضل جواد الحسناوي