



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: fatimah.al@uowa.edu.iq					
8. Course Objectives Course Objectives <ul style="list-style-type: none"> • Define the nutrients and their functions. • Classify types of therapeutic diets according to patient condition. • Explain the effect of nutrition on chronic diseases. • Respect patients' dietary preferences and beliefs. • Commit to professional ethics and nutritional education. • Show empathy toward patients with dietary restrictions. • Plan and implement appropriate diets for each patient. • Assess and adjust diets according to patient response. • Guide patients in preparing healthy food according to the diet. 					
9. Teaching and Learning Strategies Strategy <ol style="list-style-type: none"> 1. Lecture 2. Group discussion 3. Assignment 					
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 or 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 or population groups at risk of becoming malnourished	discussions	Quiz

16.		Mid2			
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11. Course Evaluation

1 st month exam.	10%
2 nd month exam.	10%
Class activities and attendance	5 %
Assignment	5%
Final theory exam.	70%

Total 100%

12. Learning and Teaching Resources

Required textbooks (curricular books, if any)	<ul style="list-style-type: none"> Dudek, Susan G., Cdn Rd, and Susan G. Dudek. <i>Nutrition essentials for nursing practice</i>. Lippincott Williams & Wilkins, 2022. Applied Nutrition including Dietetics and Applied Biochemistry for Nurses_4e 4th Edition - July 15, 2023 Imprint: Elsevier India Authors: Venkatraman Sreemathy, Sucheta P. Dandekar Language: English
Electronic References, Websites	<ul style="list-style-type: none"> _____

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"> Classify therapeutic diets according to patient condition → Student can classify diets for each patient. Explain the effect of nutrition on chronic diseases → Student can explain the relationship between nutrition and chronic diseases.

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



التوقيع:

مدرس المقرر: م.د فاطمة فاضل جواد الحسناوي