

Course Syllabus typical Format (CSTF)

First: Course Information

1	College: Pharmacy	2	Department: Pharmacy Practice
3	Academic Semester: Fifth Year - First Semester	4	Academic year: 1443 H
5	Course Name: Nutrition	6	Course code and number: PDPP0571
7	Number of credit hours: 1 hour (...1... theoretical/lecture, Practical/lab/Training)		
8	Course requirement in program: [<input checked="" type="checkbox"/>] Required (obligatory) [<input type="checkbox"/>] Optional (Elective)		
9	Course type: [<input type="checkbox"/>] University Requirement [<input checked="" type="checkbox"/>] College Requirement [<input type="checkbox"/>] Departmental Requirement		
10	Pre-requisite (code and number) (if applicable):		

Second: Instructor Information

1	Instructor's name: Dr. Mostafa Abdelrahman Sayed Ali		
2	Sections of the course that I teach - All		
3	Office phone number: 0144273930	4	Mobile number (optional)
5	Office location and number: First Floor (01-03-1-06)		
6	Office hours: Wednesday, (9:00-11:00 am), and Thursday (10:00-12:00)		
7	Website: www.ut.edu.sa/		
8	E-mail: ma-ali@ut.edu.sa		

1	Instructor's name: Dr. Kousalya Prabahar		
2	Sections of the course that I teach – All in Female section		
3	Office phone number: 0144273022-3925	4	Mobile number (optional): -
5	Office location and number: second Floor (Female campus)		
6	Office hours: Thursday (11:00am-12:00pm)		
7	Website: www.ut.edu.sa/web/u58312		
8	E-mail: kgopal@ut.edu.sa		

Third: Lecture and lab timetables

Section	Days	Time	Place (Building/Room)
Division 1	Tuesday	11:00 – 12:00 pm	Faculty of Pharmacy/ 1st floor/ Lecture room 001-03-0-15
Division 1	Wednesday	08:00 – 9:00 am	Faculty of Medicine – Female campus/ 1st floor 01-25-1-059

Fourth: Course description

Course description as found in the University Catalogue in English

This course is an introduction to human nutrition, with major emphasis on nutrients and their dietary sources, functions and relationships to health. The study includes the relationship of food and nutrition to health. The categories of nutrients, their characteristics, physiological functions, food sources and their interrelationship with the needs of the human body will be covered in this course. Topics will include the energy-containing nutrients, selected vitamins and minerals and weight management.

Fifth: General Objectives and Teaching Strategies

Knowledge domain	Teaching strategies and instructional aids
<ul style="list-style-type: none"> Demonstrate a comprehensive knowledge of macro-nutrients and micro-nutrients and of nutrition assessment. Demonstrate the role of pharmacists in aspects of appropriate nutritional requirement for different 	<ul style="list-style-type: none"> Lectures Group Discussion

ages and sex and certain diseases.	
Skills <ul style="list-style-type: none"> Apply scientific knowledge and skills and problem-solving skills in disease management. Interpret obtained information technology in diet calculation and presentation of reports and analyses of data from technical reports. 	<ul style="list-style-type: none"> Assignments. Problem solving case study.
Values <ul style="list-style-type: none"> Effective performance in different professional environment including working in teams and small groups. 	<ul style="list-style-type: none"> Case study Group discussion.

Sixth: Course or Curriculum units, subjects, specific objectives, and time schedule in the academic semester (first, second, or third semester (summer)) (Example)

Week number	Units	Instructional Objectives (Actions that prove the students adoption of specified behavior and achievement, learning outcomes, content)	Readings	Keywords		
	Unit Number	Unit/Chapter/Subject title		Reference Number	Pages	Key words
First	1	Nutrition and health	<ul style="list-style-type: none"> Definition of nutrition Nutrients essential to human life Factors affecting food choices Basic functions of nutrients 			Energy-yielding nutrients. Macronutrients Micronutrients Dietary Reference Intakes
Second	2	Assessment of nutrition	<ul style="list-style-type: none"> Historical information. Dietary assessment. Anthropometric measurements. Physical examination. Biochemical analysis. 			Food record, waist to hip ratio, body mass index, functional assessment, nitrogen balance, biochemical analysis
Third	3		<ul style="list-style-type: none"> Measurement of food energy. 			Calorie, energy intake,

		Energy balance	<ul style="list-style-type: none"> - Energy balance. - Calculating energy requirements. 			energy expenditure, energy imbalance, basal energy equations.
Fourth	4	Carbohydrates	<ul style="list-style-type: none"> - Food sources and types of carbohydrates. - Carbohydrates and health. - Fibers. - Dietary requirements of carbohydrates. 			Monosaccharides, disaccharides, polysaccharides, lactose intolerance, glycemic index, fibers.
Fifth	5	Lipids	<ul style="list-style-type: none"> - Food sources and types of lipids. - Fats and health. - Daily requirements of fat. 			Triglycerides, phospholipids, cholesterol, saturated fat, trans fat, fat replacers.
Sixth	6	Proteins	<ul style="list-style-type: none"> - Food sources and types of proteins. - Protein and health. - Protein supplements. - Daily requirements of proteins. 			Essential amino acids, incomplete proteins, protein energy malnutrition, protein supplements.
Seventh	7	Water	<ul style="list-style-type: none"> - Water balance. - Daily requirements. - Disorders of fluid balance. - Calculating fluid requirements. 			Body fluid compartments, water intake, water output, dehydration, water intoxication, edema.
Eighth	8	Midterm exams		-	-	-
Ninth	9	Midterm exams				
Tenth	10	Fat soluble vitamins.	<ul style="list-style-type: none"> - Different sources and types of vitamins. - Health effects of vitamins. - Daily requirements of vitamins. 			Vitamins A, D, E and K.
Eleventh	11	Water soluble vitamins	<ul style="list-style-type: none"> - Different sources and types of vitamins. - Health effects of vitamins. - Daily requirements of vitamins. 			Vitamins B complex, C
Twelfth	12	Major minerals	<ul style="list-style-type: none"> - Different sources and types of major minerals. - Health effects of major minerals. - Daily requirements of major minerals. 			Calcium, phosphorus, potassium, sodium, magnesium, chloride, sulfur.

Thirteen	13	Trace minerals	- Different sources and types of minor elements. - Health effects of minor elements. - Daily requirements of minor elements.			Iron, iodine, zinc, selenium, copper, manganese, fluoride, chromium.
Fourteen	14	Dietary guidelines	- My pyramid. - My plate. - The healthy food palm.			My pyramid, My plate, Healthy food palm.

Seventh: Assessment and evaluation plan

Assessment tools	Date and duration (day/date/ time)	Subject matter covered in the exam	Type of questions	Grades out of 100	Guidelines and instructions
Midterm exam	Eighth week 19-28/10/2021 (11/3/1443 H) (10.00 AM to 12.00 PM)	Lectures 1-6	MCQs, Short Answers	30 marks	Multitask exam measuring all kinds of the students talents with model answer from the lecture notes
Final exam	26/12/2021 (21/5/1443 H) (10.00 AM to 12.00 PM)	Lectures 1-12	MCQs, Short Answers and Essay.	50 marks	Multitask exam measuring all kinds of the students talents with model answer from the lecture notes
Other activities	Thirteenth Week 21/11/2021 (15/4/1443 H) (1.00 PM to 2.00 PM)	Lectures 1-12	MCQs, Quiz, and Assignment	20 marks	Multitask exam measuring all kinds of the students talents with model answer from the lecture notes

Eighth: Readings and further References

1	Main Reference (Textbook) (correct citation in accordance to APA or other citation standards specific to discipline) From where student can get the textbook? 1. Basic Nutrition: Lori A Smolin and Mary B Grosvenor. Available at: www.amazon.com 2. Nutrition therapy and pathophysiology by Boston, MA : Cengage Learning
Extra reading references and citations (books, internet cities, research papers)	
2	Understanding the Basics of Nutrition: Elizabeth Carpenter.
3	Nutrition and Diet Therapy, Linda Kelly DeBruyne.

Ninth: The instructor's policy of dealing with students within the framework of the university laws, regulations, and guidelines (examples and prototypes).

1	Late attendance: Over 15 min delays will be considered absent.
2	Cheating and plagiarism: University rules will be applied.
3	Absences: University rules will be applied.
4	Late work policy: 5% of the activity mark will be reduced for each day delay.
5	Exiting during the lecture period: Allowed after permission.
6	Seating and student placement in the classrooms: Allowed any place in the lecture room.
7	Absence from an exam: University rules will be applied.
8	Mobile phone use in the classroom: The student will be considered absent.
9	Eating and drinking: Prohibited
10	Wearing uniform and apron in the class is mandatory