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جامعة فلسطين التقنية – خضوري
دائرة الجودة والنوعية
طولكرم- ص.ب 7
هاتف: 09/2677923- 09/2671026
فاكس: 09/2677922
بريد إلكتروني: quality@ptuk.edu.ps

Course Specification Template

1. General information about Instructor:

Name	**Ali Hamed Alqaisi**			**Class Time & Office Hours**				
Phone	**Internal**		**Day**	SUN	MON	TUE	WED	THU
	External							
Mobile			**Class Time**	**10-11**		**10-11**		**10-11**
Instructor's E-mail	**Ali.alqaisi@ptuk.edu.ps**		**Class Room**	**E322**		**E322**		**E322**
			Office Hours	**1-3**		**1-3**		**1-3**

2. General information about the Course

No	Requirements						
1	Course Title	**Principles of Nutrition Science**					
2	Course code & Number	**16000108**					
3	Credit hours	Theo. (CH):3hr			Practical (CH):		
4	Faculty	**Agricultural Science and Technology**					
5	Department / Division that offers the course:	**Environmental and Agricultural**					
6	Course type	Compulsory			Elective		
		Uni. ☐	Fac. ☐	Dep. ☐	Uni. ☐	Fac. ☐	Dep. ☐
7	Level and Semester	Fall semester 2016-2017					
8	Prerequisite(s) – If any						
9	Co-requisite(s) – if any						
10	Program/programs for it/them the course is offered	**Environmental and Agricultural**					
11	Instruction Medium:	English ☐			Arabic ☐		

3. Course description:

A study of the basic principles of food and nutrients; their role in the maintenance of normal health, and their function. Study the fundamental component of nutrition and their apply for diet selection. Malnutrition as influenced by local food habits and a brief account of the world food problems. Food safety and sources of food contamination.

4. General Course Objectives

On successful completion of this course the student will be able to achieve the following objectives:

1- Be familiar with the basic concepts of Human Nutrition science and its relationship with other sciences.

2- Know the nutrients that the body requests and their food sources as well as their digestion, absorption and metabolism.

3- Recognize the functions of nutrients, their deficiency symptoms and requirements.

4- Understand how to plan and assess diets and meals utilizing different food guides.

5.Intended Learning Outcomes/ILO's (please specify the learning outcomes of the course as outlined below):

A) Know the fundamental concepts of Human Nutrition science.

B) Recognize the energy food sources and its content in different foods and understand energy metabolism, importance of energy and its requirements for the human body.

C) Discover the relationship between balanced diet and health and understand how to plan and assess diets and meals utilizing different food guides such as food groups and food exchanges.

D) Understand the role of balanced healthy diet in the treatment of certain malnutrition diseases, particularly, the diseases of affluence

6. Topics covered and Calendar:

A. Theoretical parts (Please state the titles of the subjects you intend to cover each week)

Number	Topics	Number of hours
1.	An overview of Nutrition Science and its relationship with other sciences.	
2.	Standards for Nutrient Intake; dietary reference intakes, estimated average requirement, recommended dietary allowance, adequate intake, and estimate energy requirement.	
3.	Nutrition assessment; malnutrition, assessment methods that conducted to improve human health	
4.	Understand the fundamental components of nutrition; carbohydrate, lipid, protein, vitamin, and mineral	
5.	Carbohydrates; identify the basic structures and the food sources of carbohydrate, outline its digestion and absorption	
6.	Protein; structure, functions, and food sources. Digestion, absorption, metabolism and body needs of amino acids and proteins.	
7.	Lipids; list the classes of lipids and their role in health, identify the basic structure of lipids and fatty acids, differentiate among saturated, unsaturated fatty acids.	

B. Practical part (Please state the titles of the experiments you intend to cover each week)

8.	Vitamins ; define vitamins and classify them based on their solubility. List the major functions and deficiency symptoms for each one.	
9.	Mineral elements: Functions, food sources, deficiency symptoms and requirements of macro and micro mineral elements	
10.	Structure of the body and digestive system: Digestion and absorption processes	
11.	Planning of healthy diets: Food groups, exchange list systems, dietary planning	

Number	Experiment	Number of weeks
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		

7. Student assessment methods based on ILO,s

No	Assessment method	Week	Mark	Percentage to overall mark
1.	First Exam		**25**	
2.	Second Exam		**25**	
3.	Mid-term Exam (if any)			
4.	Coursework		**10**	
5.	Final Exam		**40**	

8. References and other resources

A. Recommended Textbook(s): two maximum

Understanding Normal and Clinical Nutrition 7th, 2006, Rolfes, Pinna, and Whitney

B. Other references

Principles of human nutrition, 2 th, Martin Eastwood

C. Electronic resources, Websites related to the course

www.wadsworth.com

Name & signature of Head of department/ program leader

Name: …… signature: ……Date: …….

Name & signature of Quality rep. in your faculty

Name: …… signature: ……Date: …….

Course Tutor's name and signature

Name: …… signature: ……Date: …….