

Course Specification

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|---|--|
| Programme (s) on which the course is given: Baccalaureate degree in nursing science | Major / minor: |
| Department offering the programme: faculty of nursing | Department offering the course: Community Health Medicine, faculty of medicine |
| Academic Year/Level: 2 nd year/1 st semester | Date of Specification approval / / 2022 |

A- Basic Information

| | |
|-------------------------------------|--------------------------------|
| Title: Therapeutic Nutrition | Code: Med-204 |
| Credit Hours: - | Lecture: Theoretical 1h |
| Tutorial: - | |

B- Professional Information

1- Course Objective:

At the end of the course the student must be able to

Gain adequate knowledge about good nutrition and nutritional disorders and characteristics of balanced diet.

2- Intended Learning outcomes of course (ILOs)

a- Knowledge and understanding:

- a1- Know characteristics of balanced diet
- a2- Identify the types of malnutrition
- a3- Recognize the causes and effects of obesity.
- a4- Identify normal daily caloric requirements

b- Intellectual skills:

- b1- Help patients to make informed health care decisions

c- Professional and Practical skills:

- c1-

d- General and Transferable skills:

- d1- Apply communication skills in professional, social and therapeutic context

3-Course Content:

| Topic | No. of Hours | Lecture | Tutorial |
|--------------------------------|--------------|---------|----------|
| a. Therapeutic nutrition | 1h | 1h | - |
| b. Definition | 1h | 1h | - |
| c. Importance | 1h | 1h | - |
| d. Caloric requirements | 1h | 1h | - |
| e. Balanced diet | 1h | 1h | - |
| f. Food elements | 1h | 1h | - |
| g. Nutritional health problems | 1h | 1h | - |
| h. Malnutrition | 1h | 1h | - |
| i. Obesity | 1h | 1h | - |

4-Teaching and Learning methods

- 4.1- lecture
- 4.2- group discussion
- 4.3- brain storming

5- Student assessment methods

- 5.1- Semester work to assess students practice
- 5.2- Oral exam to assess students' knowledge
- 5.3-Final written exam to assess students' knowledge

Assessment schedule

- 1. Assessment 1 Semester work through semester
- 2. Assessment 2 Oral exam at 14th week
- 3. Assessment 3 Final written exam at 16th week

Weighting of assessments 100 marks

| | |
|---------------------------|------|
| Mid-term examination | % |
| Final – term examination | 30 % |
| Oral examination | % |
| Practical examination | % |
| Semester work | 20 % |
| Other Types of assessment | % |
| Total | 50% |

6- List of references

6.1- Course notes

Compiled course notes prepared by teaching staff

6.2- Essential books (text books)

Fundamentals of Therapeutic nutrition)

6.3- Recommended books

6.4- Periodicals, Web sites . etc.

Course Coordinator:

Head of Department:

shimaa kebary Alsayed

Date: / /

التاريخ : 2022/7/19

إصدار / تعديل (0/1) -

نموذج رقم SP00QF110001

University: Sohag University
Faculty: Faculty of nursing
Department of:

Course name

Course code

Intended Learning outcomes of course

| Topic | Number of weeks | Knowledge and understanding | Intellectual skills | Professional skills | General skills |
|-----------------------------|-----------------|-----------------------------|---------------------|---------------------|----------------|
| Therapeutic nutrition | One week | a1 a2 | b1 | | d1 |
| Definition | One week | a3 | | | |
| Importance | One week | a4 | | | d1 |
| Caloric requirements | One week | a1 | b1 | | d1 |
| Balanced diet | One week | a2 | | | |
| Food elements | One week | a4 | | | |
| Nutritional health problems | One week | a1 | b1 | | d1 |
| Malnutrition | One week | a3 | b1 | | d1 |
| Obesity | One week | a2 | | | d1 |

Course Coordinator:

Head of Department:

Date: / /

Shimaa Kebary Alsayed

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