Syllabus: Nutrition and Health
Second Semester 2026/2027

COURSE INFORMATION	
Course Name: Nutrition and Health **Semester:** First Semester **Department:** Department of Clinical Nutrition **Faculty:** Applied Medical Sciences	**Course Code: 2005001251** **Section: 1** **Core Curriculum:**
Day(s) and Time(s): Sunday, Tuesday, Thursday 2:30-3:30 **Classroom: AMS 107 + Microsoft teams**	**Credit Hours:** 3 **Prerequisites:** None

COURSE DESCRIPTION

This course introduces basic concepts that are the foundation for the study of normal and therapeutic nutrition. Nutritional needs throughout the lifespan are addressed,with emphasis on the role of nutrition in health promotion and illness prevention.

DELIVERY METHODS

The course will be delivered through a combination of active learning strategies. These will include:

- **PowerPoint lectures using Microsoft Teams**
- **Video lectures**

FACULTY INFORMATION

Name	**Nada Abdallah Saleh**
Academic Title:	**Assistant Tutor**
Office Location:	**Applied Medical Sciences- 1st floor- office no. 2161**
Telephone Number:	**Extension 5540**
Email Address:	**Nadaa_mo@hu.edu.jo**
Office Hours:	**Sunday 11:30-12:30 and 1:30-2:30** **Tuesday 10:30-11:30** **Wednesday 11:30-1:30** ***Please send an e-mail (nadaa_mo@hu.edu.jo) to meet at any other time.***

REFERENCES AND LEARNING RESOURCES

Required Textbook

- **Whitney et al. 2019. Nutrition for Health and Health Care. 8th Edition. Brooks Cole**
- **Rolefs et al . 2012. Understanding Normal and Clinical Nutrition. 12th Edition,Belmont: CA, West/Wadsworth.**

ACADEMIC SUPPORT

It is The Hashemite University policy to provide educational opportunities that ensure fair, appropriate and reasonable accommodation to students who have disabilities that may affect their ability to participate in course activities or meet course requirements. Students with disabilities are encouraged to contact their Instructor to ensure that their individual needs are met. The University through its Special Need section will exert all efforts to accommodate for individual's needs.

Special Needs Section:
Tel: +962 5 3903333
Location: Building of Medical Schools
Email:

STUDENT LEARNING OUTCOMES MATRIX*				
Core Curriculum Learning Outcomes	**Program Learning Outcomes**	**Course Objectives**	**Course Student Learning Outcomes**	**Assessment Method**
To provide students with the optimum educational standard in the field of clinical nutrition and general knowledge in food technology	**KP1:** Demonstrate a depth understanding of the basis of nutritional science and the nutrient composition of food and discover the links between diet and disease and health	Provide an overview of the major macro and micronutrients relevant to humanhealth	To recall the major macro and micronutrients relevant to humanhealth	Exams
To provide optimal educational and training opportunities for students during their professional preparation for careers in nutrition.	**KP2:** demonstrate an understanding of food chemistry, technology, preparation, safety and correlates nutrition with food technology and future challenges**.**			
To participate in community services for health promotion and disease prevention programs	**KP3:** Explain the principles of cellular metabolic processes, the structure and function of the various physiological systems, and the principles of biochemistry	Discuss the scientific rationale for defining nutritional requirements in healthyindividuals and populations, with reference to specific conditions such as pregnancy, lactation, and older age	To know scientific rationale for defining nutritional requirements in healthy individuals and populations, with reference to specific conditions such as pregnancy, lactation, and older age	Exams
To encourage creativity and innovation in solving problems of emerging cases in the field of clinical nutrition	**KP4:** Providing students with high levels of educational quality based on training on specific pathological conditions in therapeutic nutrition.			
	SP1: Evaluate critically scientific research from a variety of sources in relation to nutrition and health through working with others, communication, self-management, and problem-solving and reflect on the various components			
To sustain the concept of collaboration to promote an appropriate diet solution in cases of health and disease	**SP2:** Communicate effectively with groups and individuals to promote the benefits of a balanced diet throughout the lifespan and demonstrate the ability to use scientific laboratory skills.	Discuss major nutrition related diseases.	To understand nutrition related diseases.	Exams

	SP3: Assess diet, food and nutrient intake, and the consumption of food constituents in individuals and groups	Present current evidence for the role of key nutrients in the prevention of chronicdiseases.	To show evidence for the role of key nutrients in the prevention of chronic diseases.	Exams
	CP1: Demonstrate consistent professional behavior in accordance with the legal and ethical boundaries of the dietetic profession			
	CP2: Critically apply knowledge of diet and health to evaluate and communicate and comment on dietary or health information both from scientific sources.			
	CP3: Utilize the methods of data analysis using computer software and apply these methods to analyze data obtained from a wide variety of sources and situations, and apply critical thinking, testing hypotheses, formulating suggestions in diet and health			

COURSE REGULATIONS

Participation

Class participation and attendance are important elements of every student's learning experience at The Hashemite University, and the student is expected to attend all classes. A student should not miss more than 15% of the classes during a semester. *Those exceeding this limit of 15% will receive a failing grade regardless of their performance*. It is a student's responsibility to monitor the frequency of their own absences. **Attendance record begins on the first day of class irrespective of the period allotted to drop/add and late registration. It is a student's responsibility to sign-in; failure to do so will result in a non-attendance being recorded.**

In exceptional cases, the student, with the instructor's prior permission, could be exempted from attending a class provided that the number of such occasions does not exceed the limit allowed by the University. The instructor will determine the acceptability of an absence for being absent. A student who misses more than 25% of classes and has a valid excuse for being absent will be allowed to withdraw from the course.

Plagiarism

Plagiarism is considered a serious academic offence and can result in your work losing marks or being failed. HU expects its students to adopt and abide by the highest standards of conduct in their interaction with their professors, peers, and the wider University community. As such, a student is expected not to engage in behaviours that compromise his/her own integrity as well as that of the Hashemite University.

Plagiarism includes the following examples and it applies to all student assignments or submitted work:

- **Use of the work, ideas, images or words of someone else without his/her permission or reference to them.**
- **Use of someone else's wording, name, phrase, sentence, paragraph or essay without using quotation marks.**
- **Misrepresentation of the sources that were used.**

The instructor has the right to fail the coursework or deduct marks where plagiarism is detected

Late or Missed Assignments

In all cases of assessment, students who fails to attend an exam, class project or deliver a presentation on the scheduled date without prior permission, and/or are unable to provide a medical note, will automatically receive a fail grade for this part of the assessment.

- Submitting a term paper on time is a key part of the assessment process. Students who fail to submit their work by the deadline specified will automatically receive a 10% penalty.

Assignments handed in more than 24 hours late will receive a further 10% penalty. Each subsequent 24 hours will result in a further 10% penalty.

- In cases where a student misses an assessment on account of a medical reason or with prior permission; in line with University regulations an incomplete grade for the specific assessment will be awarded and an alternative assessment or extension can be arranged.

Student Complaints Policy

Students at The Hashemite University have the right to pursue complaints related to faculty, staff, and other students. The nature of the complaints may be either academic or non-academic. For more information about the policy and processes related to this policy, you may refer to the students' handbook.

COURSE ASSESSMENT

Course Calendar and Assessment

Students will be graded through the following means of assessment and their final grade will be calculated from the forms of assessment as listed below with their grade weighting taken into account. The criteria for grading are listed at the end of the syllabus

Assessment	Grade Weighting	Deadline Assessment
First Exam	30%	15/11/2026
Second Exam	30%	27/12/2026
Final Exam	40%	To be announced

Description of Exams

Test questions will predominately come from material presented in the lectures. Semester exams will be conducted during the regularly scheduled lecture period. Exam will consist of a combination of multiple choice, short answer, match, true and false and/or descriptive questions.
Homework: Will be given for each chapter, while the chapter in progress you are supposed to work on them continuously and submit in next lecture when I finish the chapter.
You are also expected to work on in-chapter examples, self-tests and representative number of end of chapter problems. The answers of self-tests and end of chapter exercises are given at the end of the book.

Quizzes: Unannounced quizzes will be given during or/and at the end of each chapter based upon the previous lectures. It will enforce that you come prepared to the class.

No make-up exams, homework or quizzes will be given. Only documented absences will be considered as per HU guidelines.

Grades are not negotiable and are awarded according to the following criteria*:

Letter Grade	Description	Grade Points
A+	Excellent	4.00
A		3.75
A-		3.50
B+	Very Good	3.25
B		3.00
B-		2.75
C+	Good	2.50
C		2.25
C-		2.00
D+	Pass	1.75
D	Pass	1.50
F	Fail	0.00
I	Incomplete	-

WEEKLY LECTURE SCHEDULE AND CONTENT DISTRIBUTION

"Lecture hours and weeks are approximate and may change as needed"

Topic	Week	Contact Hours
Overview	1	3
Macro-and micronutrients		
Carbohydrates	2	3
Lipids	3	3
Protein	4	3
Water soluble vitamins	5	3
Fat soluble vitamins	5	3
Water and the major minerals	6	3
The trace minerals	7	3
Energy Balance and Body Composition	8	3
Planning a healthy diet	9	3
Nutrition through lifecycle		

Pregnancy, lactation, and infancy	10-11	6
Childhood and Adolescence	12	3
Adults and elderly	13	1.5
Medical nutrition therapy		
Cardiovascular disease	13	1.5
Diabetes Miletus	14	3