



First Semester 2022 /2023

COURSE INFORMATION	
Course Name: Dietetics Semester: First Department: Department of Clinical Nutrition Faculty: Applied Medical Sciences	Course Code: 1905021212 Section: 1 Core Curriculum: Major requirements
Day(s) and Time(s): Sun, Tue, Thur: 10:00-11:00 Classroom: A.M. 107	Credit Hours: 3 hours 3 Prerequisites: 01905021211
COURSE DESCRIPTION	
The course is designed to provide the students with the fundamentals of the science of dietetics and the skills of planning different types of diets used in normal and therapeutic situations. This course covers the characteristics of diets used in hospitals.	
DELIVERY METHODS	
The course will be delivered through a combination of active learning strategies. These will include: <ul style="list-style-type: none"> • PowerPoint lectures and active classroom-based discussion • Collaborative learning through small groups acting in an interdisciplinary context. • Relevant films and documentaries • Video lectures • E-learning resources: e-reading assignments and practice quizzes through Model and Microsoft Team 	
FACULTY INFORMATION	
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REFERENCES AND LEARNING RESOURCES	
Required Textbook	
1. Iowa Dietetic Association. (2002) Simplified Diet Manual, 9 th Ed. Iowa: Iowa State press.	

2. Manual of clinical dietetics (2000) 6th Ed. American Dietetic Association.
3. http://www.health.state.mo.us/dnhs_pdfs/Diet_manual.pdf.

Suggested Additional Resources:

1. Stanfield P. & Hui Y.H. Nutrition and Diet Therapy: Self-Instructional Approaches. Jones and Bartlett Publishers: London, Latest edition.
2. Whitney E. & Rolfes SR Understanding Nutrition. USA: Thomson-Wadsworth, 2016.
3. American Dietetic Association (ADA) & American Diabetic Association. Exchange Lists for Meal Planning. Chicago: ADA, Latest Edition.
4. Pellett P. & Shadarevian S. Food Composition Tables for Use in the Middle East. Beirut: A.U.B., 1970.
5. Food Composition Tables, Appendices in Textbooks 1-3.

Useful Web Resources:

www.nutrition.org www.faseb.org/ascn
www.bda.uk.com www.dietetics.com
www.who.int www.diabetes.org
www.americanheart.org www.fao.org/food www.fda.gov www.usda.gov
www.dietitians.ca www.webmed.com

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:

Location:

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	1. Recognize, define and use appropriate dietetics terminology.	- Gain information from electronic sources related to dietetic principles, applications and practices. - Demonstrate basic knowledge on food guides and dietary guidelines for healthy eating.	Quiz	
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.	2. Plan different diets used in normal and therapeutic situations.	- Understand the profession of dietetics and its code of ethics. - Explain the scientific background of therapeutic meals and diets, and explain related factors in dietary planning for particular disease conditions.	Assignment	
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	3. Modify a normal diet to meet nutritional needs for various diseases.	- Apply and analyze methods and strategies of the nutritional/clinical care process, dietetics education principles and clinical nutrition counselling. - Explain the basic concepts of diet therapy, possible modifications of the normal diet and their therapeutic adaptation and evaluation.	Quiz	
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.	4. Understand the principles of different diets used in the hospitals.	- Gain particular skills related to nutrition education and counselling.	First and second exams	
	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	5. Describe the main features of each diet.			
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.	6. Learn the guidelines for the use of different diets in the hospitals.	- Be able to apply nutritional/clinical care process for individuals and groups.	Assignment	
	SP3: Assess diet, food and nutrient intake, and the consumption of food constituents in individuals and groups				
	CP1: Demonstrate consistent professional behavior in accordance with the legal and ethical boundaries of the dietetic profession			Apply and analyze methods of dietetics education principles and nutrition counselling.	Quiz
	CP2: Critically apply knowledge of diet and health to evaluate and communicate and comment on dietary or health information both from scientific sources.			Critically explain the food groups, the food pyramid and food exchange system and their nutritional significance.	
	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-Hour exam	25%	6/11/2022
Second-Hour exam	25%	20/12/2022
Quizzes and Assignments	10%	Continuous
Final Exam	40%	16 th Week

Description of Exams

Test questions will predominately come from the material presented in the lectures. Semester exams will be conducted during the regularly scheduled lecture period. The 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

	<u>Week</u>	<u>no. of lecture hours</u>
Introduction to Human Nutrition and Dietetics: An Applied Approach	1	3
The Dietetics profession: A Professionalism Point of View	2	2
The Healthful Diet and Dietary Healthy Eating	2-3	6
Food Composition and Dietary Evaluation	4-5	3
Diet and Meal Planning: An Individual and Family Approach	6-8	9
Introduction to Diet Therapy: Basic concepts	9	3
Planning Therapeutic Diets: An Individual Approach	9-14	15
Soft diet and modifications		
Liquid diet and modifications		
Modified calorie diets		
Modified fat diets		
Modified protein diets		
Modified electrolytes		
Modified electrolytes		
Modified diets for gastrointestinal disorders		
Test diets and diets of limited duration		
Test diets and diets of limited duration		
<u>Review</u>	<u>Week 15</u>	
University Exams	<u>Week 16</u>	

Assessment Rubrics

Classroom Participation: Assessment Criteria					
Criteria	Quality				S c o r e
	Excellent (4 points)	Good (3 points)	Satisfactory (2 points)	Needs Improvement (1 points)	
Degree to which student integrates course readings into classroom participation	<ul style="list-style-type: none"> - often cites from readings; - uses readings to support points; - often articulates "fit" of readings with topic at hand. 	<ul style="list-style-type: none"> -occasionally cites from readings; - sometimes uses readings to support points; -occasionally articulates "fit" of readings with topic at hand . 	<ul style="list-style-type: none"> -rarely able to cite from readings; - rarely uses readings to support points; - rarely articulates "fit" of readings with topic at hand 	<ul style="list-style-type: none"> -unable to cite from readings; -cannot use readings to support points; cannot articulates "fit" of readings with topic at hand . 	
Interaction / participation in classroom discussions	<ul style="list-style-type: none"> -always a willing participant, responds frequently to questions; - routinely volunteers point of view . 	<ul style="list-style-type: none"> -often a willing participant, - responds occasionally to questions; - occasionally volunteers point of view . 	<ul style="list-style-type: none"> -rarely a willing participant, - rarely able to respond to questions; - rarely volunteers point of view . 	<ul style="list-style-type: none"> -never a willing participant., - never able to respond to questions; - never volunteers point of view . 	
Interaction /participation in classroom learning activities	<ul style="list-style-type: none"> -always a willing participant; -acts appropriately during all role plays; - responds frequently to questions; - routinely volunteers point of view. 	<ul style="list-style-type: none"> -often a willing participant; -acts appropriately during role plays; - responds occasionally to questions; -occasionally volunteers point of view. 	<ul style="list-style-type: none"> -rarely a willing participant. -occasionally acts inappropriately during role plays; - rarely able to respond to direct questions; -rarely volunteers point of view . 	<ul style="list-style-type: none"> -never a willing participant - often acts inappropriately during role plays,; - never able to respond to direct questions; - never volunteers point of view. 	
Demonstration of professional attitude and demeanor	<ul style="list-style-type: none"> -always demonstrates commitment through thorough preparation; - always arrives on time; - often solicits instructors' perspective outside class. 	<ul style="list-style-type: none"> - rarely unprepared; - rarely arrives late; - occasionally solicits instructors' perspective outside class . 	<ul style="list-style-type: none"> -often unprepared; occasionally arrives late; - rarely solicits instructors' perspective outside class . 	<ul style="list-style-type: none"> -rarely prepared; - often arrives late; -never solicits instructors' perspective outside class 	