



Syllabus: Dietetics (1905021212)
First Semester 2023 /2024

| COURSE INFORMATION | |
|---|---|
| Course Name: Dietetics Semester: First Semester Department: Department of Clinical Nutrition and Dietetics Faculty: Applied Medical Sciences | Course Code: 1905021212 Section: 1 and 2 Core Curriculum: Obligatory |
| Day(s) and Time(s): Sun, Tue, Thu: 9:00-10:00 and 11:00-12:00 Classroom: AMS -107, 311 | Credit Hours: 3 hours Prerequisites: 1905021211 (تزامن 140502211) |
| 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 | |
| Name | Nada Abdallah Saleh |
| Academic Title: | Teaching Assistant |
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| Email Address: | Nadaa_mo@hu.edu.jo |
| Office Hours: | Sunday 12:00-1:00 Monday 12:00-1:00 Tuesday 12:00-1:00 <i>Please send an e-mail (nadaa_mo@hu.edu.jo) to meet at any other time.</i> |

REFERENCES AND LEARNING RESOURCES

Required Textbook

1. Understanding Normal and Clinical Nutrition. 11th Ed. Rolfes S, Pinna K, Whitney E. 2018. Cengage Learning. Print ISBN: 978-1-337-09806-9
2. Iowa Dietetic Association. (2002) Simplified Diet Manual, 9th Ed. Iowa: Iowa State press.
3. Manual of clinical dietetics (2000) 6th Ed. American Dietetic Association.
4. 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. To be able to explain the profession of dietetics and identify the role of dietetic team members, standards, and the code of ethics in the dietetics practice. | Knowledge and Understanding: Student is expected to CLO 1- Gain information related to dietetic principles, applications and practices. CLO 2- Demonstrate basic knowledge on food guides and dietary guidelines for healthy eating. CLO 3- Explain the scientific background of therapeutic meals and diets, and explain related factors in dietary planning for particular disease conditions. Skills: Student is expected to CLO 4- Gain skills related to diet clinics, particularly clients' checkup and follow up strategies. CLO 5- Develop practical skills in the use of dietary standards and guides in planning and management of meals and diets for the individual, family and groups for various physiological conditions. Competence: Students is expected to CLO 6- Critically explain the food groups, the food pyramid and food exchange system and their nutritional significance. CLO 7- Critically evaluate dietary guidelines for healthy eating. CLO 8- Be able to suggest solutions for problems related to human nutrition and dietetics. | Assignments, Quizzes, 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. | 2. To acquire a basic knowledge of food groups, the food pyramid and food exchange system and their nutritional significance, and understand dietary guidelines for healthy eating. | | |
| 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. To develop practical skills in the use of dietary standards and guides in planning and management of meals and diets for the individual, family and groups under normal or physiological conditions. | | |
| 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. To develop an understanding of the basic concepts of diet therapy, possible modifications of the normal diet and their therapeutic adaptation and evaluation; identify common hospital diets, their evaluation and routes of administration. | | |
| | 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. | | | |
| | 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 | | | |
| | 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 | 25% | TBA |
| Second exam | 25% | TBA |
| 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.

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

| Week | Topic |
|-------------|---|
| 1 | Introduction |
| 2 | Planning a Healthy Diet Using Food Guide |
| 3 | Weight Management: Overweight, Obesity, and Underweight |
| 4-5 | Diet Planning Using the Food Lists (Food Exchange System) |
| 6 | Fat-Controlled, Mineral-Modified Diets for Cardiovascular Diseases |
| 7 | Carbohydrate-Controlled Diets for Diabetes Mellitus |
| 8-9 | Foods and Food Consistency for Upper GI Disorders |
| 10 | Fiber-Modified Diets and low FODMAP diet for Lower Gastrointestinal Tract Disorders |
| 11-12 | Protein-, Mineral-, and Fluid-Modified Diets for Kidney and Liver Diseases |
| 13-14 | Cancer Diet |
| 15 | Other Modified Diets |

