

**The Hashemite University**  
**Faculty of Applied Health Sciences**  
**Department of Clinical Nutrition and Dietetics**  
**Nutrition and Health**

**COURSE DESCRIPTION:**

This course introduces basic concepts which are the foundation for 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

**COURSE GOALS:** *by the end of the course the student should be able to:*

- Provide an overview of the major macro and micronutrients relevant to human health.
- Discuss the scientific rationale for defining nutritional requirements in healthy individuals and populations, with reference to specific conditions such as pregnancy, lactation, and older age.
- Present current evidence for the role of key nutrients in the prevention of chronic diseases.
- Discuss major nutrition-related diseases.

**TEXTBOOKS:**

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

**COURSE ASSESSMENT:**

Quizzes	20%
Mid-Term Exam	30%
Final Exam	50%
<b>TOTAL</b>	<b>100%</b>

**TENTATIVE COURSE OUTLINE:**

<b>TOPIC</b>	<b>Week No.</b>
<b>Overview</b>	1
<b>Macro-and micronutrients</b>	
Carbohydrates	2
Lipids	3
Protein	4
Water soluble vitamins	5
Fat soluble vitamins	5
Water and the major minerals	6
The trace minerals	7
<b>Energy Balance and Body Composition</b>	8
<b>Planning a healthy diet</b>	9
<b>Nutrition through lifecycle</b>	
Pregnancy, lactation, and infancy	10-11
Childhood and Adolescence	12
Adults and elderly	13
<b>Medical nutrition therapy</b>	
Cardiovascular disease	13
Diabetes mellitus	14