

Course Description Form

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| 1. Course Name: | |
| Nutrition 2 | |
| 2. Course Code: | |
| NUT 304 | |
| 3. Semester / Year: | |
| 2024 / 2025 - Semester-based | |
| 4. Description Preparation Date: | |
| 1/ 2/ 2025 | |
| 5. Available Attendance Forms: | |
| Attendance | |
| 6. Number of Credit Hours (Total) / Number of Units (Total) | |
| 2 hours per week / 2 units Practical: 0 | |
| 7. Course administrator's name (mention all, if more than one name) | |
| Name: Lecturer : mayada omar elsadee Email: : mayadaomar89gmail.coM | |
| 8. Course Objectives | |
| Course Objectives | Cognitive Objectives: <ul style="list-style-type: none">• After the Completion of the Course students should be able to:• Know the fundamental principles of human nutrition.• Identify the relationship between nutrition and body energy.• Recognize the specification and functions of different nutritional elements.• Understand the importance of applied nutrition (curative) as an essential part of the nursing care.• Assess types of nutrition according to the category of clients. |



- Demonstrate ability to understand the nurse role in communicating with clients, family and health team members in different health care delivery system regarding nutritional patterns
- Perform the role and tasks of a community health nurse.
- Apply the nursing process, epidemiological process, health education process, home visit process, and case management process.
- Provide community health nursing care in specialized environments such as schools, rural areas, correctional facilities, and disaster areas.

9. Teaching and Learning Strategies

Strategy

Lectures, group discussions, Teamwork

Brainstorming , groups work, case based learning

10. Course Structure first and second

| Week | Hours | Required Learning Outcomes | Unit or subject name | Learning method | Evaluation method |
|------|-------|--|---|--|--|
| 1 | 2 | Students acquire information in the field nutrition | Introduction to nutrition | Lectures, group discussions, seminars, clinical training, brainstorming problem-based learning | Daily tests, activities, lab practices |
| 2 | 2 | Students acquire information in the field of carbohydrate | Carbohydrates definition and classification | | |
| 3 | 2 | Students acquire information on how to protect themselves from Carbohydrates Diseases | Carbohydrate Diseases | | |
| 4 | 2 | Students acquire information in the field of Lipids to required level health nursing Methods | Lipids definition and classification | | |



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| Main references (sources) | <ul style="list-style-type: none"> • Fundamentals of food , nutrition and diet therapy |
| Recommended books and references (scientific journals, reports...) | Clark, M., <u>Nursing in the Community</u> |
| Electronic References, Websites | <p>The_Nurse_Practitioners Guide_to_Nutritin.2012. . John Wiley & Sons.</p> |
| Course Development Plan: | <ul style="list-style-type: none"> - Follow up on ministerial curricula approved by the Nursing Deans Committee • Follow sources and books for the purpose of receiving updates • Drawing up an annual action plan aimed at improving the academic course and using various means to deliver information to the student |

