

Course Description Form

1. Course Name:					
Therapeutic nutrition					
2. Course Code:					
THNU474					
3. Semester / Year:					
second semester/fourth stage/2023-2024					
4. Description Preparation Date:					
1/2/2024					
5. Available Attendance Forms:					
Attendance					
6. Number of Credit Hours (Total) / Number of Units (Total)					
Theoretically 2/ 3 practical (5 hours) / 3.5 unit					
7. Course administrator's name (mention all, if more than one name)					
Name: Dr. Yuosra Amer Ali Email: yuosra_amer@uomosul.edu.iq					
8. Course Objectives					
<p>Through study courses in the Department of Nutrition, the student obtains sufficient practical knowledge and skills related to nutrition, food, and food service management to ensure the provision of safe and healthy food supplies that support the well-being and prosperity of society. The graduate has the ability to work in: food industry laboratories, food control departments, and quality control and food standardization devices. And the government health sector.</p> <ul style="list-style-type: none"> - Enabling the student to know the basic components of food. - Students' ability to know the steps to calculate an individual's need for each component based on several basic variables. - The student's ability to know food-related diseases and methods of preparing meals according to the case. - Enabling the student to know how to design good programs and the nutritional needs of each person based on variables. - Know how to prepare a report on the results. - Know how to analyze foods and know their calories. 					
9. Teaching and Learning Strategies					
<p>Theoretical:</p> <ul style="list-style-type: none"> - Interactive lecture. - Brainstorming . - Dialogue and discussion. - Assigning tasks and reporting. - The student is assigned to prepare a report entitled from his own diligence and prepare it Assigning group work to reveal leadership skills. Assigning tasks and reporting for each experiment. 					
10. Course Structure					
Week	Hours	Required Learning	Unit or subject name	Learning method	Evaluation method

		Outcomes			
1	2theoretical	A1:Learns about general nutrition topics and its sciences, definition of therapeutic nutrition.	General nutrition and its sciences, definition of therapeutic nutrition.	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments , discussions Short exams, assignments , discussions
	3 practical	A1:Learn about physical measurements (anthropometry)	Anthropometric measurements	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments , discussions Short exams, assignments , discussions
2	2theoretical	A2:It classifies the definition of food components and their sources, food groups and various food indexes, and studies the importance of The Exchange System for selecting food lists.	Food groups	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments , discussions
	3 practical	B1:It assesses the nutritional status of the individual and society	Estimating the nutritional status of the individual and society	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments , discussions Short exams, assignments , discussions
3	2theoretical	C1:Explains	Therapeutic	Auditory	Short

		therapeutic diets, their definition, characteristics, types, ready-to-use therapeutic foods (RUTFs), classification and description of therapeutic meals.	Diets	methods, writing method on the board, direct dialogue method	exams, assignments, discussions
	3 practical	C1:Shows an estimate of energy and expenditure	Energy Expenditure Estimation	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments, discussions Short exams, assignments, discussions
4	2theoretical	B1:Shows the different feeding methods, tube feeding.	Tube feeding	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments, discussions
	3 practical	A2:Blood glucose determination	Estimation of blood glucose	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments, discussions Short exams, assignments, discussions

5	2theoretical	A3:Total Parenteral Nutrition (TNP) presents its description, importance, reasons for use, advantages, and problems.	Total Parenteral Nutrition, TNP	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments , discussions
	3 practical	B2:It shows the blood glucose response and glycemic index measurement	Measuring blood glucose response and glycemic index	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments , discussions Short exams, assignments , discussions
6	2theoretical	C2:Overweight and Obesity explain their diagnosis, description, and how to treat them	Obesity	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments , discussions
	3 practical	A3:It is known to estimate lipid profile values in the blood, cholesterol, triglycerides, and lipoproteins	Estimating blood lipid values (Lipid Profile).	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments , discussions Short exams, assignments , discussions
7	2theoretical 3 practical	B2:Explains the nutrition of diabetes mellitus, studies its causes, types, symptoms, and how to treat it	Diabetes mellitus nutrition	Auditory methods, writing method on the board, direct	Short exams, assignments , discussions

		with medication and nutrition.		dialogue method	
	3 practical	B3:The training is applied to The Exchange System	Exchange units system	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments , discussions Short exams, assignments , discussions
8	2theoretical	A4:He is familiar with the nutrition of heart disease and atherosclerosis and its relationship to lipid profiles and their effect on the type of food.	Nutrition for heart disease and atherosclerosis	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments , discussions
	3 practical	A4:Learn about the food exchange lists system	Food exchange lists system	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments , discussions Short exams, assignments , discussions
9	2theoretical	A5:Learn about diseases of the digestive system: inflammation of the pharynx, esophagus, peptic ulcer, and how to treat them nutritionally.	Gastrointestinal diseases	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments , discussions
	3 practical	A5:Understands training in tube	Tube feeding methods	Auditory methods,	Short exams,

		feeding methods		writing method on the board, direct dialogue method	assignments , discussions Short exams, assignments , discussions
10	2theoretical	C3:Explains diseases of the liver and pancreas and how to treat them nutritionally.	Liver diseases	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments , discussions
	3 practical	A6:Knows training in total parenteral nutrition (TNP) methods	Methods of parenteral nutrition: Total Parenteral Nutrition, TNP	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments , discussions Short exams, assignments , discussions
11	2theoretical	B3:It shows some nutritional problems, including difficulty swallowing, weakness, loss of appetite, vomiting, dizziness, and diarrhea .	Nutrition problems	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments , discussions
	3 practical	A7:Training in preparing some therapeutic foods through modification and restriction of some nutrients is	Prepare some therapeutic foods	Auditory methods, writing method on the board, direct	Short exams, assignments , discussions Short exams, assignments

		preserved		dialogue method	, discussions
12	2 theoretical	C4: Demonstrates healthy nutrition - planning a healthy diet.	Healthy Nutrition - Planning a healthy diet.	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments, discussions
	3 practical	C2: It shows estimates of some constants and hematological values: hemoglobin Hb and hematocrit volume.	Estimates of some constants and blood values	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments, discussions Short exams, assignments, discussions
13	2 theoretical	A6: Knowledge of nutrition throughout the lifespan.	Nutrition throughout the lifespan	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments, discussions
	3 practical	A8: Learn about functional foods and methods of preparing them	Functional foods and methods of preparing them	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments, discussions Short exams, assignments, discussions
14	2 theoretical	A7: Healthy Nutrition - Planning a healthy diet.	Demonstrates healthy nutrition - planning a healthy diet.	Auditory methods, writing method on the	Short exams, assignments, discussions

				board, direct dialogue method	
	3 practical	A9:Estimates of some constants and blood values	It shows estimates of some constants and hematological values: hemoglobin Hb and hematocrit cell size.	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments , discussions Short exams, assignments , discussions
15	2theoretical	A8: A scientific visit to one of the health centers.	A scientific visit to a health center.	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments , discussions
	3 practical	A10:A scientific visit to a research center	Scientific visit to a research center	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments , discussions Short exams, assignments , discussions

11. Course Evaluation

No.	Evaluation methods	Evaluation date (week)	Grade	Relative weight%
1	Final theoretical report,	week 15	7 theoretical 6 practical	13%
2	Short test (1) Quiz	a week (3)	4 theoretical 2 practical	6%
3	Midterm Exam	week (9)	10 theoretical 5 practical	15%
4	Short test (2) Quiz	week (12)	4theoretical 2 practical	6%

5	Final practical exam	practical exams week	20	20%
6	Final theoretical exam	theoretical exams week	40	40%
	The Total		100	100%

12. Learning and Teaching Resources

Required textbooks (curricular books, if any)	<ul style="list-style-type: none"> • Human nutrition book written by: Prof. Dr. Abdullah Muhammad Thanoun Al-Zuhairi • Clinical nutrition lectures by Professor Dr. Abdullah Muhammad Thanoun
Main references (sources)	<ul style="list-style-type: none"> • Human nutrition book written by: Prof. Dr. Abdullah Muhammad Thanoun Al-Zuhairi • Clinical nutrition lectures by Professor Dr. Abdullah Muhammad Thanoun
Recommended books and references (scientific journals, reports...)	
Electronic References, Websites	World Health Organization, Food and Drug Administration.

Instructor of theoretical part

Instructor of practical part

Dr. Yuosra amer ali

Chairman of the scientific committee

Head of the department of Food science

Prof. Dr. Moafak mahmood ahmed

Prof. Dr. Sumaya khalaf badawi