

Course Description Form



1. Course Name:					
Principles of Human Nutrition					
2. Course Code:					
PRHN367					
3. Semester / Year:					
The first semester/3 st/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/ 0 practical (2 hours) / 2 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					
<ul style="list-style-type: none"> - Enabling the student to introduce nutritional evidence, including classifying foods into groups, defining nutritional density, the food pyramid and the evidence that has developed from it, and studying food components. - Enabling the student to know the causes of diseases related to food, the composition of food, and the digestion process. - Enable the student to distinguish diseases through symptoms and nutrient deficiencies. - Enabling the student to know the food needs of each age group by calculating food calories and body requirements. - Knowing how to design good programs and the nutritional needs of each individual, according to his or her health condition. - Know how to prepare a report on the results. - Knowing how to prepare a healthy eating schedule for all age groups. 					
9. Teaching and Learning Strategies					
<ul style="list-style-type: none"> -Interactive lecture. -Brainstorming. -Dialogue and discussion. -Assigning tasks and reporting. <p>The student is assigned to prepare a report entitled from his own diligence and prepares it for discussion with the students.</p> <ul style="list-style-type: none"> - Assigning group work to reveal leadership skills. 					
10. Course Structure					
Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2	B1:Introduction to nutrition and	Introduction to the topic of human nutrition.	Auditory methods, writing	Short exams, assignments

		Terminology.	Definitions of vocabulary and terms related to nutrition topics and sciences related to nutrition Introduction to nutrition and Terminology	method on the board, direct dialogue method	, discussions Short exams, assignments, discussions
2	2	C1:It explains the definition of available foods and their types, and identifies their nutritional components and classification.	Introducing the available foods and their types and identifying their nutritional components and classification	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments, discussions
3	2	B2:He is familiar with explaining nutritional evidence, including the classification of foods into groups and the definition of nutritional density, the food pyramid and the evidence that has developed from it.	An introduction to nutritional evidence, including the classification of foods into groups and the definition of nutritional density, the food pyramid and the evidence that has developed from it.	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments, discussions
4	2	A1:Learn about carbohydrates, their classification, and their nutritional and physiological functions.	Carbohydrates, their classification and nutritional and physiological functions.	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments, discussions
5	2	C2:Explains dietary fiber, its types, types,	Dietary fiber, its types, types, sources, and its	Auditory methods, writing	Short exams, assignments

		sources, and its relationship to public health.	relationship to public health	method on the board, direct dialogue method	, discussions
6	2	C3:Suggests nutritional solutions to health problems related to carbohydrates: obesity, diabetes, and blood testing.	Health problems related to carbohydrates: obesity and diabetes	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments, discussions
7	2	C4:He is familiar with the topic of fats, their functions, and associated diseases such as atherosclerosis and heart disease	Fats, their functions, and associated diseases such as atherosclerosis and heart disease	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments, discussions
8	2	A2:Learn about proteins and amino acids, their functions, nitrogen balance, evaluation of proteins, and associated diseases such as Kwashiorkor and Marasmus.	Proteins, amino acids, their functions, nitrogen balance, evaluation of proteins, and associated diseases such as Kwashiorkor and Marasmus.	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments, discussions
9	2	A3:Learn about energy, the balance of energy intake and expenditure, and food energy values and calculations	Energy, the balance of energy intake and expenditure, and food energy values and calculations	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments, discussions
10	2	A4:Recognizes the role of water, its functions,	Water, its functions, electrolytes, water	Auditory methods, writing	Short exams, assignments

		electrolytes, water balance and its distribution in the body.	balance and its distribution in the body	method on the board, direct dialogue method	, discussions
11	2	C5:Explains the role of defining the digestive system about the processes of digestion and absorption	Summary of the definition of the digestive system about the processes of digestion and absorption	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments, discussions
12	2	A5:Learn about the types of anti-nutrients	Basics of immunology	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments, discussions
13	2	A6:Learn about the types of anti-nutrients	A summary of the definition of anti-nutrients and their types.	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments, discussions
14	2	B3:He knows the causes of malnutrition and how to avoid it	The most important causes of malnutrition, its types, and how to avoid it	Auditory methods, writing method on the board, direct dialogue method	Short exams, assignments, discussions
15	2	B3:He knows the causes of malnutrition and how to avoid it	A field visit to one of the health centers specialized in human nutrition and diseases..	Auditory methods, writing method on the board, direct	Short exams, assignments, discussions

				dialogue method	
11. Course Evaluation					
No.	Evaluation methods	Evaluation date (week)	Grade	Relative weight%	
1	Final theoretical report,	week 15	13	13%	
2	Short test (1) Quiz	a week (3)	6	6%	
3	Midterm Exam	week (9)	15	15%	
4	Short test (2) Quiz	week (12)	6	6%	
	Final practical exam	practical exams week			
5	Final theoretical exam,	theoretical exams week	40	40%	
6	The Total		100	100%	
12. Learning and Teaching Resources					
Required textbooks (curricular books, if any)			Human nutrition book written by Prof. Dr. Abdullah Muhammad Thanoun Al-Zuhairi		
Main references (sources)			Human nutrition book written by Prof. Dr. Abdullah Muhammad Thanoun Al-Zuhairi		
Recommended books and references (scientific journals, reports...)			<ul style="list-style-type: none"> - <u>Human Nutrition</u> Marie Kainoa Fialkowski Revilla, University of Hawai'i, Mānoa - Introduction to Human Nutrition 2nd Edition by Michael J. Gibney (Editor), Susan A. Lanham-New (Editor), Aed Cassidy (Editor), & 1 more 		
Electronic References, Websites			World Health Organization, Food and Drug Administration.		


Instructor of theoretical part

Dr. Yuosra Amer Ali


Chairman of the scientific committee

Prof. Dr. Moafak mahmood ahmed


Instructor of practical part

Head of the department of Food science

Prof. Dr. Sumaya khalaf badawi