## **Course Description Form**

1. Course Name:
The state of the s
Therapeutic nutrition
2. Course Code:
THNU474
3. Semester / Year:
Second semester (Spring) / 2024-2025
4. Description Preparation Date:
1/2/2025
5. Available Attendance Forms:
Attendance
6. Number of Credit Hours (Total) / Number of Units (Total)
2 theoretical hours + 3 practical hours (75 hours) / 3.5 units
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
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.
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.  First live the attribute to be supplied to design good programs and the nutritional needs of each personal programs.
<ul> <li>Enabling the student to know how to design good programs and the nutritional needs of each personal particle.</li> </ul>
- Know how to prepare a report on the results.
- Know how to prepare a report on the results Know how to analyze foods and know their calories.
9. Teaching and Learning Strategies
Theoretical:
Interactive lecture.
- Brainstorming .
- Dialogue and discussion.
- Assigning tasks and reporting.
The student is assigned to prepare a report entitled from his own diligence and
orepare it
Assigning group work to reveal leadership skills.
Assigning tasks and reporting for each experiment.
19. Course Structure
Week ( Required Learning Unit or subject   Learning   Evaluation
Paris all police and a

		Outcomes	name	method	method
1	2theoretical	A1: Understands	General	Auditory	Short
		general nutrition	nutrition and its	methods	exams,
		topics and sciences,	sciences,	, writing	assignments
		defining therapeutic	definition of	method	, discussions
		nutrition.	therapeutic	on the	Short
			nutrition.	board,	exams,
				direct	assignments
				dialogue method	, discussions
	3 practical	A1: Understands	Anthropometric	Auditory	Short
		anthropometric	measurements	methods	exams,
		measurements		, writing	assignments
				method	, discussions
				on the	Short
				board,	exams,
		1		direct	assignments
				dialogue method	, discussions
2	2theoretical	A2: Understands	Food groups	Auditory	Short
		food components		methods	exams,
		and their sources,		, writing	assignments
		food groups, and		method	, discussions
		various food indices,		on the	
	in a second	studying the importance of the		board, direct	
		Exchange System		dialogue	
		for selecting food		method	
		lists.		memod	
-					
	3 practical	B1: Possesses the	Estimating the	Auditory	Short
		skill of estimating	nutritional	methods	exams,
		the nutritional status	status of the	, writing	assignments
		of individuals and	individual and	method	, discussions
		communities.Theory	society	on the	Short
		•		board,	exams,
				direct	assignments
ete	جامعة الموصل	- Electronic		dialogue method	, discussions
3 ===		C1: Explain	Therapeutic	Auditory	Short
		therapeutic diets,	Diets	methods	exams,
		their definition,		, writing	assignments
82	سم علوم الاضلاي	ۇ <b>ت</b>	2		

	3 practical	characteristics, types, ready-to-use therapeutic foods (RUTFs), classification and description of therapeutic diets. C1: Explain energy expenditure estimation.	Energy Expenditure Estimation	method on the board, direct dialogue method  Auditory methods , writing method on the board,	Short exams, assignments, discussions Short exams,
				direct dialogue method	assignments, discussions
4	2theoretical	A1: Identify different feeding methods, including tube feeding.	Tube feeding	Auditory methods , writing method on the board, direct dialogue method	Short exams, assignments , discussions
	3 practical	C1: Explains the method of 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		A1: Understand Total Parenteral Nutrition (TNP), its idescription, importance, indications, advantages, and problems.	Total Parenteral Nutrition, TNP	Auditory methods , writing method on the board, direct dialogue method	Short exams, assignments , discussions

	3 practical	B1: Possesses the skill of measuring blood glucose response and glycemic index.	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	C1: Explain the causes of overweight and obesity, their diagnosis, characterization, and treatment.	Obesity	Auditory methods , writing method on the board, direct dialogue method	Short exams, assignments , discussions
	3 practical	A1: Understand methods for estimating blood lipid profiles, 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	A1: Understands diabetes mellitus nutrition, its causes, types, symptoms, and how to treat it with medication and nutrition.	Diabetes mellitus nutrition	Auditory methods , writing method on the board, direct dialogue method	Short exams, assignments , discussions
	3 practical عد الموصل راعة والغابات	A2: Familiarizes with the training topid of the Exchange System.	Exchange units system	Auditory methods , writing method on the board, direct	Short exams, assignments , discussions Short exams, assignments

				dialogue method	, discussions
8	2theoretical	A2: Familiarizes with the nutrition of heart disease and atherosclerosis, its relationship to lipid profiles, and its impact on the type of diet.	Nutrition for heart disease and atherosclerosis	Auditory methods , writing method on the board, direct dialogue method	Short exams, assignments , discussions
	3 practical	A1: Familiarizes with 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	A1: Understands digestive system diseases: pharyngitis, esophagitis, peptic ulcers, and their nutritional treatment.	Gastrointestinal diseases	Auditory methods , writing method on the board, direct dialogue method	Short exams, assignments , discussions
	3 practical	B1: Demonstrates training skills in tube feeding methods.	Tube feeding methods	Auditory methods , writing method on the board, direct dialogue method	Short exams, assignments , discussions Short exams, assignments , discussions

10	20	A1: Understands	Liver diseases	Auditory	Short
10	2theoretical	liver and pancreatic	Liver diseases	methods	exams,
		diseases and their		, writing	assignments
		nutritional treatment.		method	, discussions
		nutritional treatment.		on the	, and and and
				board,	
				direct	
				dialogue	
				method	
	3 practical	B1: Demonstrates	Methods of	Auditory	Short
		training skills in	parenteral	methods	exams,
		Total Parenteral	nutrition: Total	, writing	assignments
		Nutrition (TPN).	Parenteral	method	, discussions
			Nutrition, TNP	on the	Short
				board,	exams,
			7 L*	direct	assignments
				dialogue	, discussions
11	20 0	A2: Understands	Nutrition	method	Chart
11	2theoretical	some nutritional	problems	Auditory methods	Short
		problems, including	problems	, writing	exams, assignments
		difficulty		method	, discussions
		swallowing, poor		on the	, discussions
		appetite, vomiting,		board,	
		dizziness, and		direct	
		diarrhea.		dialogue	
				method	
	1				
	3 practical	B1: Demonstrates	Prepare some	Auditory	Short
	F	training skills in	therapeutic	methods	exams,
		preparing therapeutic	foods	, writing	assignments
		foods through		method	, discussions
		modification and		on the	Short
		restriction of certain		board,	exams,
		nutrients.		direct	assignments
	G(50T	מורשסד		dialogue	, discussions
10	عمة الموصل الم			method	
12	2 <del>11/46/16</del> icalu		Healthy	Auditory	Short
		nutration - planning a	Nutrition -	methods	exams,
		heal hy diet.	Planning a	, writing	assignments
	الاغدية ع	و قسم	healthy diet.	method	, discussions
	Acco	de son		on the	and the same of the

		the same of the former for the party of the same of th	Control of the Contro		
	3 practical	C1: Explains estimates of some hematological values and constants: hemoglobin (Hb) and hematocrit.	Estimates of some constants and blood values	board, direct dialogue method Auditory methods , writing method on the board, direct dialogue method	Short exams, assignments, discussions Short exams, assignments, discussions
13	2theoretical	A2: Understand nutrition throughout life.	Nutrition throughout the lifespan	Auditory methods , writing method on the board, direct dialogue method	Short exams, assignments , discussions
	3 practical	A1: Understand functional foods and their preparation methods.	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	2theoretical معة الموصل الزراعة والغابات	A2: Understand nutritithroughout life.	Demonstrates healthy nutrition - planning a healthy diet.	Auditory methods , writing method on the board, direct dialogue method	Short exams, assignments , discussions
r e	علوم الاضلية علوم الاضلية	Al Understand fünctional foods and their preparation	It shows estimates of some constants	Auditory methods , writing	Short exams, assignments

			ources	hing Resc	has sylcatrying and Teaching Resources	2a swi caun	9
100%	10	100	STATE OF THE PERSONS			MO THE	
%	40%	40	theoretical exams week	theoretic week	relical	Final medicitical	6
%	20%	07	exams	week week	uca exam		0.1g
		4theoretical 2 practical		week (12)	(2) Quiz	Short test (2) Quiz	4 (
%	a	10 theoretical 5 practical		week (9)	Exam	Midterm Exam	ω
•		4 theoretical 2 practical	3)	a week (3)	(1) Quiz	Short test (1) Quiz	2
%		7 theoretical 6 practical		week 15	retical	Final theoretical report,	
weight%	_			(week)		!	•
Relative	Re	Grade	on date	Evaluation date	n methods	Evaluation methods	No.
					Course Evaluation	1. Cours	
	method						
, discussions	dialogue						
exams,							
Short							
, discussions	method		Cellici	ici.	1030ai on conton		
exams,		arch	to a research	sit to a	research center		
Short		c visit	Scientific visit	ta	A2: Conduct a	3 practical	
	method						
,	dialogue						
	direct						
	on the						
, discussions							
assignments	, writing		center.	.7	health center.		
exams,	methods	health	visit to a health	sit to a	scientific visit to a		
Short	~	ntific	A scientific	ta	A2: Conduct a	2theoretical	15
	_		cell size.				
, discussions	ue	atocrit	and hematocrit				
assignments	direct	bin Hb	hemoglobin Hb				
exams,		,	values:				
Short		ogical	hematological				
discussions	method		and		methods		

World Health Organization, Food and Drug Administration.	Electronic References, Websites
	journals, reports)
	Recommended books and references (scientific
Muhammad Thanoun	
Professor Dr. Abdullah	
<ul> <li>Clinical nutrition lectures by</li> </ul>	
Thanoun Al-Zuhairi	
Prof. Dr. Abdullah Muhammad	
<ul> <li>Human nutrition book written by:</li> </ul>	Main references (sources)
Muhammad Thanoun	
Professor Dr. Abdullah	
<ul> <li>Clinical nutrition lectures by</li> </ul>	
Thanoun Al-Zuhairi	
Prof. Dr. Abdullah Muhammad	
<ul> <li>Human nutrition book written by:</li> </ul>	Required textbooks (curricular books, if any)

Course administrator's name:

Dr. Yuosra Amer Ali

Head of Scientific council:Dr Taha Mohammed Taki

Head of Department:-Dr.Taha Mohammed Taki