

Course Description Form

1.	Course Name:	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	<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	Learning	Evaluation

		Outcomes	name	method	method
1	2 theoretical	A1: Understands general nutrition topics and sciences, defining 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: Understands anthropometric measurements	Anthropometric measurements	Auditory methods , writing method on the board, direct dialogue method	Short exams, assignments , discussions Short exams, assignments , discussions
2	2 theoretical	A2: Understands food components and their sources, food groups, and various food indices, studying 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: Possesses the skill of estimating the nutritional status of individuals and communities. Theory	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	2 theoretical	C1: Explain therapeutic diets, their definition,	Therapeutic Diets	Auditory methods , writing	Short exams, assignments



		characteristics, types, ready-to-use therapeutic foods (RUTFs), classification and description of therapeutic diets.		method on the board, direct dialogue method	, discussions
	3 practical	C1: Explain energy expenditure estimation.	Energy Expenditure Estimation	Auditory methods , writing method on the board, direct dialogue method	Short exams, assignments , discussions Short exams, assignments , discussions
4	2 theoretical	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	2 theoretical	A1: Understand Total Parenteral Nutrition (TNP), its description, 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	2 theoretical	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	2 theoretical	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	A2: Familiarizes with the training topic 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	2 theoretical	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	2 theoretical	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	2 theoretical	A1: Understands liver and pancreatic diseases and their nutritional treatment.	Liver diseases	Auditory methods , writing method on the board, direct dialogue method	Short exams, assignments , discussions
	3 practical	B1: Demonstrates training skills in Total Parenteral Nutrition (TPN).	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	2 theoretical	A2: Understands some nutritional problems, including difficulty swallowing, poor appetite, vomiting, dizziness, and diarrhea.	Nutrition problems	Auditory methods , writing method on the board, direct dialogue method	Short exams, assignments , discussions
	3 practical	B1: Demonstrates training skills in preparing therapeutic foods through modification and restriction of certain nutrients.	Prepare some therapeutic foods	Auditory methods , writing method on the board, direct dialogue method	Short exams, assignments , discussions Short exams, assignments , discussions
12	2 theoretical	C1: Explains healthy nutrition - planning a healthy diet.	Healthy Nutrition - Planning a healthy diet.	Auditory methods , writing method on the	Short exams, assignments , discussions

				board, direct dialogue method	
	3 practical	C1: Explains estimates of some hematological values and constants: hemoglobin (Hb) and hematocrit.	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	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	A2: Understand nutrition throughout life.	Demonstrates healthy nutrition - planning a healthy diet.	Auditory methods , writing method on the board, direct dialogue method	Short exams, assignments , discussions
	3 practical	A1: Understand functional foods and their preparation	It shows estimates of some constants	Auditory methods , writing	Short exams, assignments


		methods.	and hematological values: hemoglobin Hb and hematocrit cell size.	method on the board, direct dialogue method	, discussions Short exams, assignments, discussions
15	2theoretical	A2: Conduct a scientific visit to a health center.	A scientific visit to a health center.	Auditory methods , writing method on the board, direct dialogue method	Short exams, assignments , discussions
	3 practical	A2: Conduct 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%

Handwritten signature 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.



Course administrator's name :

Dr. Yusra Amer Ali



Head of Scientific council:-
Dr.Taha Mohammed Taki



Head of Department:-
Dr.Taha Mohammed Taki

