



Jordan University of Science and Technology
Faculty of Nursing
Nursing Department

NUR351 Nutrition

Summer Semester 2019-2020

Course Catalog

3 Credit Hours. This course is designed to provide undergraduate Health Care Providers students? with the basic nutrition knowledge that supports the role of the practicing nurse; whether working in a community health center or in a clinical setup. It displays principles of nutrition throughout the life cycle, focusing on the importance of nutrition as an essential component of an appropriate and effective health care measure for the maintenance of health. Therefore diet therapy in disease states will be integrated throughout the course.

Text Book

Title	Instructor's Resource Manual for Nutrition and Diet Therapy for Nurses -- Instant Access, 2/E
Author(s)	Tucker, S. & Dauffenbach, V.
Edition	2nd Edition
Short Name	Ref#1
Other Information	

Course References

Short name	Book name	Author(s)	Edition	Other Information
Ref#2	Nutrition and dietetics for nurses / Mary E. Beck ; revised by Helen M. Barker ; with a contribution by Helen A. Attrill	? Beck, M. E., Barker, H. M. & Attrill, H. A.	7th Edition	
Ref#3	Barasi's Human Nutrition: A Health Perspective, Third Edition.	Lean M. E. J. & Combet, E.	3rd Edition	
Ref #4	Nutrition Essentials for Nursing Practice (7th edition)	? Dudek, SG.	7th Edition	

Instructor

Name	Prof. Suha Omran
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Instructor	
Name	Dr. Dina Masha"Al
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Class Schedule & Room	
Section 1:	Lecture Time: Sun, Mon, Tue, Wed : 11:30 - 13:00 Room: منصة الكترونية
Section 2:	Lecture Time: Sun, Mon, Tue, Wed : 13:00 - 14:30 Room: منصة الكترونية

Prerequisites		
Line Number	Course Name	Prerequisite Type
102304	MED230A Human Physiology	Prerequisite / Pass
402210	NUR221 Adult Health Nursing I (Theory)	Prerequisite / Pass

Tentative List of Topics Covered		
Weeks	Topic	References
Week 1	Introduction/ Nutrient & Health.	From Ref#1
Week 2	Macronutrients (Carbohydrates, Fats & Proteins): Carbohydrates	From Ref#1
Week 3	Lipids & Fats	From Ref#1
Week 4	Proteins	From Ref#1
Week 5	Micronutrients (Vitamins, Minerals & biological energy expenditure.) Vitamins/ Minirals	From Ref#1
Week 6	Micronutrients (Vitamins, Minerals & biological energy expenditure.)Biological energy expenditure /Water	From Ref#1

Week 7	The Growth & Development Patterns Occurring during Infancy, Childhood, & Adolescence/Nutritional Health for Adult & Older Adult	From Ref#1
Week 8	Nutritional Health for Pregnant & Lactating Women. /Assessment Parameters for Overweight & Eating Disorders	From Ref#1
Week 9	Feeding Patients: Hospital Food & Enteral & Parenteral Nutrition	From Ref#1
Week 10	Nutrition for Prevention & Treatment of Cardiovascular Disorders.	From Ref#1
Week 11	Nutrition for Patients with Diabetes Mellitus.	From Ref#1
Weeks 12, 13	Nutrition for patients with Renal Disorders	From Ref#1
Week 13	Nutrition for Patients with Cancer/Physiological Stress & Malnutrition	From Ref#1
Week 14	Course review & wrap up	

Mapping of Course Outcomes to Program Student Outcomes	Course Outcome Weight (Out of 100%)	Assessment method
List dietary fundamentals of fats, carbohydrates, proteins, micronutrients, phytonutrients, functional foods, & supplements. [1NUR-1]	15%	
Describe the structure, function & metabolism of macro- & micronutrients & as well implication of nutrients in the enzymatic & hormonal regulation of metabolism. [1NUR-1]	10%	
Discuss basic food groups, its substitute, & the factors, which affect the choosing of food. [1NUR-1]	10%	
Differentiate between a Nutritional screening & a nutritional assessment. [1NUR-1]	10%	
Articulate a plan of education for an individual or group regarding healthy nutrition taking into consideration the Client?s physiological and socio-demographic characteristics [1NUR- 2]	10%	
Recognize the signs and symptoms related to lack of food & elements and its management. [1NUR-1]	10%	
Recognize food needs of the vulnerable group e.g (Infancy, children, adolescence, pregnant, lactating mother & old age group). [1NUR-1]	10%	
Identify types of diet therapy & the diet used for patients with different disease conditions. [1NUR-1]	15%	
Incorporate concepts of nutrition into a holistic health plan [1NUR- 5]	10%	

Relationship to Program Student Outcomes (Out of 100%)											
NUR-1	NUR-2	NUR-3	NUR-4	NUR-5	NUR-6	COMP-1	COMP-2	COMP-3	COMP-4	COMP-5	COMP-6
80	10			10							

Evaluation

Assessment Tool	Weight
First exam	30%
Second exam	30%
Final Exam	40%

Policy	
Testing Policy and Procedure	<p>a. Testing policy</p> <ul style="list-style-type: none"> -Students will be expected to place all books and papers away (outside the test-room) while they are taking the test. -Students should place their students? ID on the computer table during the exam. -Any question regarding students? sharing of test information, talking during the test or any other indication of academic dishonesty will not be tolerated. (Refer to College/Student Handbook). -Exam format for the course will be computer-based exam. -PRINTING or COPYING OF ANY EXAM OR PARTS OF AN EXAM IS CONSIDERED ACADEMIC DISHONESTY. INSTANCES OF ACADEMIC DISHONESTY WILL BE TREATED ACCORDING TO THE COLLEGE POLICY. <p>b. missing exams:</p> <p>If a student is unable to take a test due to acceptable excuse, that student must inform the course instructor. You must negotiate with instructor to make up the test within one week.</p>
Academic Progress	Students are responsible for contacting faculty members for consultation regarding a problem with, or questions about the course. Any student who earns a grade of 50% or less on any test or assignment is advised to contact the course instructor to discuss their academic progress
Attendance	The Faculty of Nursing adheres to the following attendance policy: Attendance in class is mandatory. The faculty understands however, that at times students become ill or have personal or family emergencies that preclude them from attending class. If a student misses more than 20%, he/she will fail the course and receive a course grade of 35%. If a student is absent with acceptable excuse, he/she is responsible for obtaining information/notes/handouts from another student.
Announcements	You are responsible for any announcements posted by the Faculty of Nursing or by any member of the faculty. Additional notices and messages are posted on appropriate bulletin boards in the College of Nursing hallways, and on e-learning. Students are responsible for messages announced in class, e-learning and the bulletin boards.
Visitors	The Faculty of Nursing adheres to the following policy regarding visitors in class: Students are not permitted to bring children, family members, or other guests to class. This poses a liability to the College as well as a distraction to other students and the course faculty.
Disabilities	If you have specific physical, psychological or learning disabilities and require accommodations, please let us know early in the semester so that your learning needs may be appropriately met.
Diversity	The Faculty of Nursing adheres to the following policy regarding diversity: Students are to show respect for the interest, preferences, and opinions of others (clients, students, faculty, staff, etc.). There will be zero tolerance for displays of prejudice, discrimination, or hostility based on differences such as gender, nationality, religion, disability, age, or health status. Any student violates this policy will be referred to the Dean.

Date Printed: 2020-09-24