



Jordan University of Science and Technology
Faculty of Agriculture
Nutrition & Food Technology Department

NF281 Principles Of Nutrition - JNQF Level: 7

Second Semester 2023-2024

Course Catalog

3 Credit Hours. This course provides an overview of the fundamentals of nutrition science by exploring the essential nutrients found in food and their structure, functions, nutritional requirements, and dietary resources. It covers the processes of food digestion, absorption, and transport in the human body. This course focuses on the possible health outcomes related to inappropriate intake of different nutrients.

Teaching Method: Blended

Text Book

Title	Understanding Normal & Clinical Nutrition
Author(s)	Rolfes SR, Pinna K, and Whitney, E
Edition	12th Edition
Short Name	Ref#1
Other Information	2021, Cengage Learning: Boston

Instructor

Name	Mr. Naseem Alshwaiyat
Office Location	C4L3
Office Hours	Sun : 11:30 - 12:30 Sun : 13:30 - 14:30 Mon : 12:00 - 13:00 Tue : 09:30 - 10:30 Tue : 11:30 - 12:30 Thu : 14:30 - 15:30
Email	nmalshwaiyat@just.edu.jo

Class Schedule & Room

Section 1:

Lecture Time: Sun, Tue : 12:30 - 13:30

Room: قاعة الغزالي

Prerequisites

Line Number	Course Name	Prerequisite Type
911031	CHEM103 General Chemistry	Prerequisite / Study
961030	BT103 General Biology	Prerequisite / Study
821033	HSS103BT General Biology	Prerequisite / Study
821036	HSS103CHEM General Chemistry	Prerequisite / Study

Tentative List of Topics Covered

Weeks	Topic	References
Weeks 1, 2	An Overview of Nutrition	From Ref#1
Weeks 3, 4	Digestion, Absorption, and Transport	From Ref#1
Week 5	The Carbohydrates: Sugars, Starches, and Fibers	From Ref#1
Week 6	The Lipids: Triglycerides, Phospholipids, and Sterols	From Ref#1
Weeks 7, 8	Protein: Amino Acids	From Ref#1
Weeks 9, 10	The Water-Soluble Vitamins: B Vitamins and Vitamin C	From Ref#1
Week 11	The Fat-Soluble Vitamins: A, D, E, and K	From Ref#1
Weeks 12, 13	Water and the Major Minerals	From Ref#1
Weeks 14, 15	The Trace Minerals	From Ref#1

Mapping of Course Outcomes to Program Outcomes and NQF Outcomes	Course Outcome Weight (Out of 100%)	Assessment method
Students will be able to explain the fundamentals of nutrition science to recognize the role of balanced nutrition in health maintenance throughout life. [20SLO1] [20L7K1]	20%	
Students will be able to describe the processes of food digestion, absorption, and transport in the human body to recognize the importance of the digestive system in nutrition. [20SLO1] [20L7K1]	20%	
Students will be able to identify different nutrients to describe their structure, functions, nutritional requirements, and dietary resources. [20SLO1] [20L7K1]	20%	
Students will be able to classify nutrients based on their characteristics to determine their role in health and disease. [20SLO1] [20L7K1]	20%	

Students will be able to interpret the health outcomes related to inappropriate intake of different nutrients to recognize the importance of balanced nutrition. [20SLO1] [20L7K1]	20%	
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Relationship to Program Student Outcomes (Out of 100%)				
SLO1	SLO2	SLO3	SLO4	SLO5
100				

Relationship to NQF Outcomes (Out of 100%)	
L7K1	
100	

Evaluation	
Assessment Tool	Weight
First Exam	25%
Second Exam	25%
Participation	10%
Final Exam	40%

Policy	
Class format, work load and the teaching and learning methods	<p>This course will be taught in English and will account for 3 credit hours per semester totaling 48 hours that are divided among the following:</p> <ul style="list-style-type: none"> - The use of PowerPoint slides presented by the instructor and provided as soft and hard copies for students. - Small group discussions and in-class activities. - The use of social media and communication between students is encouraged to enhance the learning experience. - In-class revision sessions and discussion in preparation for exams. - Students will work during this course for at least 3 hours outside the classroom.
Exams	Students who arrive late for an exam will not be given extra time. If a student arrives at an exam after another student has left the room, the late student will not be allowed to take the exam.
Cheating	Cheating is prohibited. If caught, the student will fail the class.
Attendance	Students are expected to attend and participate in class.
Participation	Students are encouraged to participate in class discussions.
Withdraw	Students can withdraw from the class based on the university deadline.