



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

NF488 Nutrition Through Life Span - JNQF Level: 7

Second Semester 2023-2024

Course Catalog

3 Credit Hours. This course aims to introduce the student to the role of nutrition and nutritional needs in all stages of the human life cycle, including pregnancy, lactation, infancy, childhood, adolescence, adults and old age, as well as identifying biochemical, physiological and psychological changes and health and nutritional problems that occur at each stage of the life cycle.

Teaching Method: On Campus

Text Book

Title	Nutrition Through the Life Cycle.
Author(s)	Brown, Judith.
Edition	7th Edition
Short Name	Ref#1
Other Information	

Instructor

Name	Dr. Bayan Obeidat
Office Location	C4L3
Office Hours	Sun : 10:30 - 11:30 Sun : 11:30 - 12:30 Mon : 10:00 - 11:00 Tue : 11:00 - 12:00 Tue : 12:00 - 13:00 Thu : 10:30 - 11:30
Email	obeidatb@just.edu.jo

Class Schedule & Room

Section 1:

Lecture Time: Sun, Tue, Thu : 09:30 - 10:30

Room: C5021

Prerequisites

Line Number	Course Name	Prerequisite Type
633813	NF381 Diet Therapy 1	Prerequisite / Study
633823	NF382 Diet Therapy 2	Prerequisite / Study

Tentative List of Topics Covered

Weeks	Topic	References
Week 1	Review of Nutrition: goes briefly over the nutrition science components; nutrients and their impact on health.	From Ref#1
Weeks 2, 3	Preconception Nutrition: describes the prerequisites to fertility and conception, and the factors, including the diet and lifestyle, which may affect fertility in both males and females.	From Ref#1
Weeks 4, 5	Pregnancy Nutrition: describes the physiological changes and the dietary needs during pregnancy. Also, it emphasizes on the critical periods during pregnancy which may affect the health of the mother and the pregnancy outcome.	From Ref#1
Weeks 6, 7	Lactation Nutrition: describes the benefits of lactation for the mother, infant, and society. Also, it covers the nutritional needs during this period for the lactating mother.	From Ref#1
Weeks 8, 9	Infant Nutrition: describes the physiological changes and the nutritional needs for infants.	From Ref#1
Week 10	Toddler/Preschooler Nutrition: describes the physiological changes and the nutritional needs for toddlers and preschoolers.	From Ref#1
Week 11	Child/Preadolescent Nutrition: describes the physiological changes and the nutritional needs for children and preadolescents.	From Ref#1
Week 12	Adolescent Nutrition: describes the physiological changes and the nutritional needs for adolescents.	From Ref#1
Week 13	Nutrition for Adults: describes the nutritional needs for adults for maintaining and prevention of diseases.	From Ref#1
Week 14	Nutrition and the Elderly: describes the physiological changes through the aging process and the nutritional needs for elderly to maintain quality of life and prevent diseases.	From Ref#1

Mapping of Course Outcomes to Program Outcomes and NQF Outcomes	Course Outcome Weight (Out of 100%)	Assessment method
Be familiar with the primary stages in the life span and the physiological and developmental changes that occur during each stage. [1SLO1][1L7K1, 1L7C1, 1L7C2, 1L7C3]	30%	

Distinguish between the different nutritional requirements in each of the life stages. [1SLO1] [1L7K1, 1L7C1, 1L7C2, 1L7C3]	40%	
Identify nutrition-related problems and medical conditions that may occur during life stages due to nutritional abnormalities. [1SLO4] [1L7K1, 1L7C1, 1L7C2, 1L7C3]	30%	

Relationship to Program Student Outcomes (Out of 100%)				
SLO1	SLO2	SLO3	SLO4	SLO5
70			30	

Relationship to NQF Outcomes (Out of 100%)				
L7K1	L7C1	L7C2	L7C3	
25	25	25	25	

Evaluation	
Assessment Tool	Weight
Final exam	40%
First Exam	25%
Second Exam	25%
In class activities	5%
Quizzes	5%

Policy	
Class format, work load and the teaching and learning methods	This course will be taught in English and will account for 3 credit hours per semester totaling 48 hours. Content will be presented in a variety of ways including: Lectures; small group activities; interactive classroom discussions to promote group & individual competencies in critical thinking & learning. Independent Study: Student should read the assigned chapters before class and participate in class.
Statement on Professionalism	Professional behavior is expected of students at all times. Attitude and professional behavior are a minimum criterion for passing this class. Examples of unprofessional behavior include but are not limited to: missing classes, tardiness, lack of attention for a speaker, talking to others during a lecture, leaving a lecture before its completion without prior authorization of the instructor, working on other class material during class, and sleeping during class.
Cheating	University regulations will be applied to cases of cheating and/or plagiarism
Cell phone:	The use of cellular phones is prohibited in classrooms and during exams. The cellular phone must be switched off in classrooms and during exams.
Attendance	No points will be counted for point?s attendance in this class; however, attending the lectures will greatly enhance your grade. The student is responsible for any information discussed in lecture sessions. It is imperative to attend all classes!

Absences:	University regulations will be applied. Students are not allowed to be absent for more than 20% of lectures for any reason or excuse. If a student exceeds the absence limit, he or she will not be allowed to sit for future course exams. (Please review university regulations for more details)
Make-up Exam	Make-up exams are entitled to students who miss the exam with an accepted legal or medical excuse endorsed by the instructor within 24 hours after the scheduled exam (Please review university regulations for more details)
Feedback	Concerns, complaints, questions, and/or feedback are appreciated and will be important to the instructor. You can contact your instructor using the e-mail or during office hours

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