

**University of Baghdad  
College of Nursing  
BSc program**

*Course Syllabus*  
**Nutrition and Diet Therapy  
2022/2023**

**This syllabus is subject to change. Changes will be announced to students.  
It is the responsibility of the student to comply with any changes.**

**Created: February 20, 2023 by ©Dr.Noor Alhuda Khaleel Ibrahim**

## General Information & Policies

Course Number and Title: NUT 305 Nutrition and Diet Therapy

التغذية والعلاج الغذائي

### **Nutrition and Diet Therapy**

Number of Credit Hours: (3) credits

Times & Places: Tuesday @ 12:00 PM-2:00 PM , Hall (3) (beside the cafeteria).

Prerequisites: None

Course Description: Course description includes:

#### 1-Fundamentals of Human Nutrition

Principles of nutrition with application to the physiologic needs of individuals; food sources and selection of an adequate diet; nutritional surveillance.

#### 2-Scientific Principles in Human Nutrition

Chemistry and physiology of proteins, carbohydrates, lipids, vitamins and minerals; their ingestion, digestion, absorption, transport and metabolism.

#### 3-Nutrition and Metabolism of Vitamins and Minerals

The roles of Vitamins and minerals in living systems and the exploration of their multitude of functions; chemical properties of them and how that relates to function in cells and tissues; consequences deficiencies based on known functions.

4- Selected health cases and problems in the area of nutrition such as diet during Pregnancy and Lactation, Weight Control, Diet and Diabetes Mellitus, Cardiovascular Disease and others.

Teaching Methods: Lectures, handouts, discussions, & assignments. Google Classroom shall be used for online discussion (Class Code: khugakd)

Evaluation Methods: Unit exam(s), worksheet exercises, & written assignments.

Faculty, Contact Information, & Office Hours:

Dr.Noor Alhuda Khaleel Ibrahim , Room No.1 in Basic sciencesDepartment- College of Nursing- University of Baghdad

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Office hours ► See my weekly schedule!

Required Textbook(s) and Other Materials:

1- Dudek, S.G. (2014). *Nutrition Essentials for Nursing Practice (7th ed.)*. Philadelphia, PA: Lippincott, Williams, & Wilkins. ISBN 978-1-4511-8612-3

2- Mudambi, S. R. (2007). *Fundamentals of foods, nutrition and diet therapy*. New Age International.

Mahan, L. K., & Raymond, J. L. (2016). *Krause's Food & the Nutrition Care Process, Mea Edition E-Book*. Elsevier

**Academic Dishonesty:** Academic honesty is required in all aspects of a student’s relationship with the university. **Students are advised that cheating and plagiarism are not tolerated.** If that happens, the student shall earn zero and be under the legal circumstances.

**Course Objectives**

**By the completion of this course the student will be able to:**

This course is designed to introduce the nursing student to clinical dietary and nutritional principles and their role for proper growth and development as well as maintenance of health. Through the processes of understanding and application students will learn how these factors influence a patient's overall health status across the life span.

**Course Requirements**

**To complete the course successfully, the student must:**

1. Adhere to the policies stated in this syllabus and printed in the *College of Nursing Student Handbook*.
2. Complete and submit each assignment by the due date and time. Failure to do so without prior permission will result in a **loss of 5%** of the points possible for the assignment per school day late.
4. Earn a grade of **50% or higher**. The aforementioned grade in NURS courses **is the minimum passing grade at the undergraduate level**.
5. Attend classes! Based on *The Student Guideline*, the student shall be marked “failure” if (s)he absents 10% of the total hours.

**Evaluation & Grading**

**Distribution of Points:**

Requirements	Possible Points
Four assignments*	5% for each assignment=10% (See Appendix A)
The midterm exam (2)	20%
<b>The total of 30% before the final exam.</b>	
The Final exam	70%
<b>Total</b>	<b>100%</b>

### Course Schedule and activities

<b>Week</b>	<b>Date</b>	<b>Topics Covered</b>
<b>1</b>	21/2/2023	Fundamentals of Human Nutrition
<b>2</b>	28/2/2023	Planning a Healthy Diet
<b>3</b>	7/3/2023	Planning a Healthy Diet
<b>4</b>	14/3/2023	Carbohydrate( digestion ,absorption and metabolism )
<b>5</b>	21/3/2023	Lipids or (Fats digestion ,absorption and metabolism)
<b>6</b>	28/3/2023	Proteins (digestion ,absorption and metabolism)
<b>7</b>	4/4/2023	Vitamins(water soluble and insoluble)
<b>8</b>	11/4/2023	<b>Examination 1</b>
<b>9</b>	18/4/2023	Minerals (Bulk and trace)
<b>10</b>	25/4/2023	Water and metabolism
<b>11</b>	2/5/2023	Antioxidant Phytochemicals
<b>12</b>	9/5/2023	The healthiest diet
<b>13</b>	16/5/2023	Diet and Weight Control
<b>14</b>	24/1/2022	Diet during Pregnancy and Lactation
<b>15</b>	31/1/2022	<b>Examination 2</b>

**Appendix A. Grading Rubric for Assignments**

	Points Possible	Points Earned
Assignments MUST be written academically, clear, professional, without grammar or spelling mistakes	4	
All the requirements in the assignment have been met	4	
Assignments indicate thoughtful consideration of questions posed including examples from student's own experiences (when appropriate)	2	
Points for each discussion	10	
Total Points		