

(Module Name) Course Catalogue

2023-2024

Institute	Erbil Technical medical and Health Collage	
Department	Physiotherapy	
Module Name	Nutrition	
Module Code	NUT807	
Semester	8	
Credit	4	
Module type	Core	
Weekly hours	2 hrs	
Weekly hours (Theory)	(2) hr Class	(4)hr Workload
Lecturer (Theory)	MSc. Hawar Jawdat Jaafar	
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Course Book

- **Course overview:**

This course, which contains of (2) hour lecture per week for 15 weeks, is an introduction to understanding the basics of nutrition and the relationship of nutrition and food for patients and health status.

As well as the importance of food processing and food needs, the nutrition various cases of sick and nutrients and the role of body of deficiency and functions.

Also account food and nutritional needs of energy and nutrients in the early stages and different age, the importance of each phase and planning of food and food alternatives and how to use them.

- **Course objective:**

The philosophy of moral values can develop fundamental skills in students' career in a professional way. The students after graduation and working in the private clinics or in hospitals, they develop their understanding of the ethics elements, which are necessary for the communication and attachment with the patients. The students participate in an active, small-group learning experience, recalling concepts and information. Addressing questions related to the way of decision and diagnosis of abnormalities in their work.

- **Student's obligation**

1- All student should be prepared in all times of hours in the classroom

2- All days, we had a quiz about the before subject in the classroom.

5- Having a seminar.

Student must have attended to all required core course during academic year. They should take all quizzes and complete both main exams, assignment of weekly homework. Practically, a weekly experiment must be conducted, result and question must be discussed in groups, and submit a weekly report about their trail.

- **Forms of teaching**

Different methods and tools to be used in this course.

Theory: lecture, group discussion, seminar, pair work, group work, role play.

<p>- Assessment scheme 10% Mid-term Theory exam 10% Quizzes 40% Activity (Participation, Seminars, Reports and homework) 40% Final theory</p>		
<p>- Specific learning outcome: At the end of this course all the students will be able to identify the nutrition needs people on different age stages and to identify the symptoms of food shortage and malnutrition, also the food processing as well as the relationship of health and how to perform calculations of food and food ingredients .</p>		
<p>- Course Reading List and References: - Journals of nutrition - Wikipedia - PubMed reviews - Text books of human nutrition. - NUTRITION IN HEALTH AND DISEASE, by Underson, Dibble, turkki, Mitchell, Rynbergen, 2006 - Nutrition Through the Life Cycle fifth edition by Judith E. Brown -</p>		
Course topics (Theory and practice)	Week	Learning Outcome
Nutrition basics and food nutrients	7/2/2023	Personal skills
Food guide pyramid and balanced diet	14/2/2023	Student's Activity
Carbohydrates in human diet and functions of carbohydrate in human body	21/2/2023	Knowledge
Protein and biological functions of differ proteins	28/2/2023	Basics
Lipids in nutrition and health. Fatty acids, role of fat in the body and relationship of fat with heart disease	6/3/2023	Groups Activities
Mid-term exam	13/3/2023	Exam evaluation
Water and the human body	27/3/2023	Basics

Basics of vitamins Fat soluble vitamins, water soluble vitamins and B complex.	3/4/2023	Basics
Minerals, Ca, Na, K, Cl, P, S, Fe, I, Zn and F.	10/4/2023	Basics
Energy & Balance, overweight & Obesity	17/4/2023	Student's Activity
Nutrition in pregnancy.	24/4/2023	General information
Pre and post child school nutrition, infant nutrition.	8/5/2023	Student's Activity
Adults and aged men nutrition, problems of disinfection constipation	15/5/2023	Disease outcomes

Theoretical Exams

Theoretical exams use:

- written tests that include Definition, multiple choice, Filling blanks, true and false questions and Enumerating
- quizzes –short, unannounced tests
- assignments

The duration and number of questions of the tests depend on the type of the test (quiz, mid-semester, final) and complexity of the topic under evaluation. Exam papers are marked by lecturers/assistant lecturers.

Examples of exams:

Type of question	Example
Definition	Define the followings: Essential food Nutrients, Malnutrition, Obesity
True and false	1. Body lipids are found in the food carry out important body functions. (.....) 2. Iron is one of the macro minerals. (.....) 3. %75 of blood is contains water. (.....)
Short assay	1. What is Balanced diet? 2. Count the Basic food types. 3. What are Factors in development of obesity?
Quiz	What are the differences between nutrition and food nutrients?
Filling blanks	1. are defined as the chemical substances that found in food, keep your body functioning. 2. sweetest of all sugars. 3. Nutrient that can be synthesized by other substances called.....

- **Extra notes:**

Advice on answering technique

In order to pass the exams successfully students are given the following advice:

- To read the questions twice
- Think carefully before answering
- Plan the answers on a separate sheet of paper