

TISHK INTERNATIONAL UNIVERSITY
FACULTY OF APPLIED SCIENCE
Department of PHYSIOTHERAPY,
2023-2024 Spring
Course Information for PT 214 Nutrition and Health

Course Name:	Nutrition and Health				
Code	Regular Semester	Theoretical	Practical	Credits	ECTS
PT 214	4	2	-	2	3
Name of Lecturer(s):	PARY AMEER ARSALAN				
Teaching Assistant:	None				
Course Language:	-				
Course Type:	Main				
Office Hours	Thursdays				
Contact Email:	pary.ameer@tiu.edu.iq				
	Tel:07507398417				
Teacher's academic profile:	Nutrition				
Course Objectives:	To equip participants with a comprehensive understanding of nutrition principles, dietary requirements, and health-related concepts, enabling them to make informed and healthy lifestyle choices. This course aims to provide a solid foundation in nutritional science, dietary planning, and the impact of nutrition on overall well-being, empowering individuals to adopt sustainable and evidence-based practices for optimal health.				
Course Description (Course overview):	Introduction to the profession of nutrition and dietetics, medical nutrition therapy and the nutrition care process including modifications of regular diets to meet special nutritional needs, menu planning and documentation of nutritional care.				

COURSE CONTENT

Week	Hour	Date	Topic
1	2	28/1-1/2/2024	Introduction to Nutrition and Health
2	2	4-8/2/2024	What is Food? Macro and Micronutrients
3	2	11-15/2/2024	Nutrition Assessment, Food Digestion, and Allergies
4	2	18-22/2/2024	Dietary Guidelines and Food Labels
5	2	25-29/2/2024	Diets, Fad Diets and Nutritional Supplements
6	2	3-7/3/2024	Obesity – Adult and Pediatric
7	2	24-28/3/2024	Nutrition & Metabolic Syndrome –Hypertension & Cardiovascular Health
8	2	31/3-4/4/2024	Nutrition & Metabolic Syndrome – Diabetes, and Cancer
9	2	14-18/4/2024	Midterm Exam
10	2	21-25/4/2024	Nutrition & Special Populations: Seniors, Women, and Children
11	2	28/4-2/5/2024	Barriers to Implementing a Healthful Diet
12	2	5-9/5/2024	Controversial Topics in Food – Industry and GMOs
13	2	12-16/5/2024	Food Preparation – Food and Culture
14	2	19-23/5/2024	Special Topics in Nutrition- Sports nutrition
15	2	26-30/5/2024	Public Health Nutrition
16	2	2-6/6/2024	Final Exam

COURSE/STUDENT LEARNING OUTCOMES

- 1 Analyze the major nutrients crucial for human health, including their functions, sources, and recommended intake levels.
- 2 Evaluate current scientific evidence supporting the pivotal role of key nutrients in preventing chronic diseases.
- 3 Demonstrate a thorough understanding of dietary recommendations, interpreting guidelines to make informed nutritional choices.
- 4 Explore special topics in nutrition, including dietary restrictions, culture, and emerging trends.
- 5 Determine energy needs, assess diet quality, and plan balanced diets for diverse health preferences.

COURSE'S CONTRIBUTION TO PROGRAM OUTCOMES

(Blank : no contribution, I: Introduction, P: Proficient, A: Advanced)

Program Learning Outcomes

Cont.

- | | | |
|----|--|---|
| 1 | 1. Demonstrate knowledge of the underlying concepts and principles associated within the context of health. | I |
| 2 | Demonstrate an ability to present, evaluate and interpret qualitative and quantitative data to develop lines of argument and make sound judgments in accordance with basic theories and concepts relevant to health. | |
| 3 | 3. Evaluate the appropriateness of different approaches to solving problems related to health. | P |
| 4 | 4. Asses the qualities and transferable skills necessary for employment requiring the exercise of some personal responsibility. | |
| 5 | 5. Apply knowledge and critical understanding of the principles of health and the way in which these have developed | A |
| 6 | Demonstrate an ability to apply underlying concepts and principles outside the context in which they were first studied. | |
| 7 | Use a range of established techniques to initiate and undertake critical analysis of information, and to propose solutions to problems arising from that analysis | |
| 8 | 8. Work as a member of the multi-disciplinary team within diverse settings providing an inter-agency and cross-boundary approach to person-centered health and social care. | |
| 9 | 9. Demonstrate personal transferable key skills in problem solving, critical thinking, written and verbal communication, team working, professional autonomy. | |
| 10 | Demonstrate knowledge and understanding of human function and dysfunction, the theory and practice of physiotherapy. | |
| 11 | Develop clinical reasoning and problem-solving skills to assess problems and plan interventions to meet service user and career goals. | |
| 12 | Apply therapeutic skills in response to the physical, psychological, social and cultural needs of individuals or groups using critical evaluation of the available evidence | |

Prerequisites (Course Reading List and References):

Nutrition and Health

Student's obligation (Special Requirements):

1, Activities 2. Seminars 3. Attendance 4. Respect 5. Quizzes

Course Book/Textbook:

Nutritional Assessment Nutrition and diseases Therapeutic Diets

Other Course Materials/References:

Researches

Teaching Methods (Forms of Teaching):

Lectures, Practical sessions, Exercises, Presentation, Seminar, Self evaluation, , ,

COURSE EVALUATION CRITERIA

Method	Quantity	Percentage (%)
Quiz	1	10
Homework	1	15
Project	1	10
Midterm Exam	1	25
		40
Final Exam	1	40
Total		100

Examinations: Essay Questions, True-False, Fill in the Blanks, Short Answers, Matching, , ,

Extra Notes:

ECTS (ALLOCATED BASED ON STUDENT) WORKLOAD

Activities	Quantity	Workload Hours for 1 quantity*	Total Workload
Theoretical Hours	16	2	32
Practical Hours	16	0	0
Final Exam	1		
Quiz	1		0
Homework	1		0
Project	1		0
Midterm Exam	1		0
			0
Total Workload			32
ECTS Credit (Total workload/25)			1

Peer review

Signature:

Name:

Lecturer

Signature:

Name:

Head of Department

Signature:

Name:

Dean