

Course Syllabus of Nutrition Through Life Cycle

Faculty: Medicine and Health sciences

Department: Health Sciences

Program: Bachelor in Clinical Nutrition and Dietetic

I. General information about the course instructor :							
Name	Dr. Mansour Mohammed Abdullah Ghaleb	Office Hours(3 Hours Weekly)					
Location & phone number	00967770072719	Sat	Sun	Mon	Tue	Wed	Thu
Email	mansourghalib@yahoo.co.in			√			

II. General information about the course :					
1. Course Title:	Nutrition Through Life Cycle				
2. Course Code and Number :	BND241				
3. Credit Hours	Lecture	Seminar/Tutorial	Practical	Training	Total
	2				2
4. Study Level and Semester:	2 nd year / 2 nd semester				
5. Pre-requisites :	BND234				
6. Co-requisites :	None				
7. Program in which the course is offered	Bachelor in Clinical Nutrition and Dietetic				
8. Teaching Language:	English				
9. Instruction location:	University of Science and Technology, Sana'a, Yemen				

III. Course Description :

This course provides students with basic knowledge about nutrition across the life cycle from preconception up to later years of older adult to enable student in every phase of life to identify/explore and demonstrate normal growth and development, nutritional need and health problems related to the different stages of the life cycle supported with different teaching strategies. The teaching strategies will include lectures, self-learning and assignment. The students will be evaluated through report, written exam and practical exam. Principles of human nutrition is an prerequisite course.

IV. Course Aims: This course is aimed to:

1. Provide student with nutrition across the life cycle from preconception up to later years of older adult.
2. Learn the students to explore nutritional need during life cycle.
3. Enable the students to demonstrate nutrition, normal growth and development.
4. Acquire student the skills to discuss nutrition and health problems related to the different stages of the life cycle.

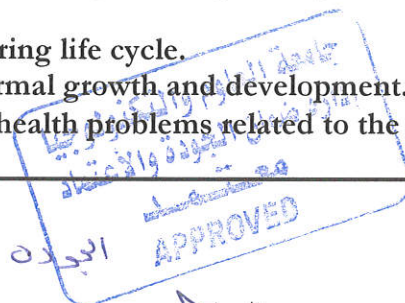
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عميد الكلية:
د. عبدالله المخلافي

رئيس القسم:
د. عبدالحبيب ردمان

المراجع:
د. مجاهد نصار

الموصف:
د. منصور غالب



V. Course Intended Learning Outcomes (CILOs) :

1. Recognize the nutrition during life cycle from preconception up to later years of older adult.
2. Identify the normal growth and development, nutritional need and health problems in different stages of live cycle.
3. Analyze nutritional need across the life cycle from preconception up to later years of older adult.
4. Categorize nutritional need according to requirement during live cycle.
5. Schedule nutritional need of the different stages of the life cycle.
6. Monitor nutritional need and health problems related to the different stages of the life cycle.
7. Cooperate with supervisors and colleagues and show the appropriate responsibility, self-confidence and behaviors.
8. Perform continuous medical education.

VI. Course Contents

Theoretical Aspect:

No.	Course Topics/Units	Sub-topics	No. of Weeks	Contact Hours
	Overview course of content	Nutrition prior to pregnancy Growth and development during pregnancy . Placental development Fetal growth and development, critical periods Maternal Weight Weight prior to conception weight gain during pregnancy, exercise during pregnancy Nutrition during Pregnancy • Energy and nutrient needs during pregnancy diets during pregnancy and lactation, common nutrition-related concerns of pregnancy High-Risk Pregnancies • The infant's birth weight Malnutrition and pregnancy, food assistance programs, maternal health, the mother's age, practices incompatible with pregnancy Nutrition during lactation Lactation: A physiological process . Breastfeeding: A learned behavior maternal Energy and nutrient needs during Lactation, maternal health, practices incompatible with lactation	1 st , 2 nd , 3 rd , 4 th , 5 th , 6 th	12
1	Life Cycle Nutrition: Pregnancy and Lactation			
2		Mid Term Exam	7 th	2
3	Life Cycle Nutrition:	Nutrition during Infancy . Energy and nutrient needs, breast milk, infant formula	8 th , 9 th ,	8

	Infancy, Childhood, and Adolescence	special needs of preterm infants, introducing cow's milk, introducing solid foods, mealtimes with toddlers Nutrition during Childhood • Energy and nutrient needs, hunger and malnutrition in children, the malnutrition lead connection, hyperactivity and "hyper" behavior, food allergy and intolerance, childhood obesity, mealtimes at home, nutrition at school Nutrition during adolescence Growth and development, energy and nutrient needs, food choices and health habits, problems adolescents face	10 th , 11 th	
4	Life cycle Nutrition: Adulthood and the Later Years	Nutrition and longevity Observation of older adults Manipulation of diet The Aging Process . Physiological changes, other Changes Energy and nutrient needs of older adults Water energy and energy nutrients, vitamins and minerals, nutrient supplements Nutrition-related concerns of older adult Vision, arthritis, the aging brain Food choices and eating habits of older adults . Food assistance programs, meals for singles	12 th , 13 th , 14 th , 15 th	8
5		Final Exam	16 th	2
Total number of weeks and hours			16	32

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