



University of Thi-Qar
College of Nursing
Undergraduate Program
Nutrition

1. Course Title: Nutrition

2. Course Number: (105)

3. Credit Hours: Total (2) credits:
Theory (1) credits
Lab. (2) credits
Clinical (3) credits

4. Course Calendar: Total (2) hours weekly of (15) weeks:
Theory (2) hrs.
Lab. (-) hrs.
Clinical (-) hrs.

5. Placement: First Year / First semester

6. Course Description: The course focuses on the fundamental principles of human nutrition and applied nutrition (curative). The importance and role of good nutrition in building the human body is emphasized

7. Course goals: After the Completion of the Course students should be able to:

1. Know the fundamental principles of human nutrition.
2. Identify the relationship between nutrition and body energy.
3. Recognize the specification and functions of different nutritional elements.
4. Understand the importance of applied nutrition (curative) as an essential part of the nursing care.

8. Course Outline :

Part I: Overview of nutrition and assessment of nutritional status .

Part II: Dietary references and diet planning guides

Part III: Food (nutrient) metabolism and energy balance

Part IV: Carbohydrates

Part V: Human nutritional lipids: fats , oils , phospholipids and sterols.

Part VI: Midterm Examination

Part VII: Protein and amino acids, malnutrition

Part VIII: Vitamins (water soluble and fat soluble)

Part IX: The healthiest diet

Part X: Nutrition and diet in diabetes mellitus.

Part XI: 11.1. Nutrition during aging
11.2. Nutrition during pregnancy and lactation.

Part XII: 12.1. Infant nutrition
12.2. Malnutrition

Part XIII: Water and minerals

Part XIV: Midterm Examination

Part XV: 15.1. Concept of western diseases
15.2. Cardiovascular diseases and obesity.