

Course Specification

2025/2026

تغذية تطبيقية

Applied Nutrition

Course code: MED 312

1. Basic Information

Course Title (according to the bylaw)	تغذية تطبيقية Applied Nutrition			
Course Code (according to the bylaw)	MED 312			
Department/s participating in delivery of the course	All scientific department			
Number of teaching hours/points of the course (according to the bylaw)	Theoretic al	Practica l	Other (specify)	Total
	2(hours)	-	-	2(hour)
Course Type	اجباري			
Academic level at which the course is taught	الفرقة الثالثة / الفصل الدراسي الاول			
Academic Program	Bachelor Degree in Nursing Science			
Faculty/Institute	Nursing			
University/Academy	Benha			
Name of Course Coordinator	Dr/Basema Rabie			
Course Specification Approval Date	2/7/2025			
Course Specification Approval (Attach the decision/minutes of the department /committee/council)	مجلس قسم تمريض أمراض النساء والتوليد			

2. Course Overview (Brief summary of scientific content)

The course aims to provide undergraduate students with basic knowledge for nutritional therapy, emphasizes the application of interventions in patient care and emphasis on promoting health through nutrition

3. Course Learning Outcomes CLOs

Matrix of course learning outcomes CLOs with program outcomes POs (NARS/ARS)

Program Outcomes (NARS/ARS) (according to the matrix in the program specs)		Course Learning Outcomes Upon completion of the course, the student will be able to:	
Code	Text	Code	Text
2.1.2	2.1.2 Provide holistic nursing care that addresses the needs of individuals, families and communities across the life span.	2.1.2.1	Discuss care for prevention of Nutritional disorder.
		2.1.2.2	Illustrate holistic care for nutrition management of high risk group
		2.1.2.3	Mention the bio psychosocial and factors affecting the nutritional status.
		2.1.2.4	Discuss care for prevention of .Nutritional disorder
		2.1.2.5	List different methods for the assessment of nutritional status
		2.1.2.6	Discuss health education for the prevention of nutritional disorder
		2.1.2.7	Explainhealth educationregarding therapeutic nutrition.
		2.1.2.8	Identify needs of the community relatedto nutrition and health

4. Teaching and Learning Methods

- 1- Interactive lectures
- 2- Electronic learning
- 3- Blended learning

2. Course Schedule

Number of the Week	Scientific content of the course (Course Topics)	Total Weekly Hours	Expected number of the Learning Hours			
			Theoretical teaching (lectures/discussion groups/)	Training (Practical/Clinical/)	Self-learning (Tasks/ Assignments/ Projects/ ...)	Other (to be determined) -Electronic learning
1	Nutrition and health.	2 hour	2	-	-	-
2	Nutrition and health.	2 hour	2	-	-	-
3	Food constituents.	2 hour	2	-	-	-
4	Food constituents.	2 hour	2	-	-	-
5	Food sanitation	2 hour	2	-	-	-
6	Food sanitation	2 hour	2	-	-	-
7	Assessment of nutritional status	2 hour	2	-	-	-
8	Assessment of nutritional status.	2 hour	2	-	-	-
9	Nutrition of vulnerable group	2 hour	2	-	-	-
10	Nutrition of vulnerable group	2 hour	2	-	-	-
11	Nutritional disorders	2 hour	2	-	-	-
12	Nutritional disorders	2 hour	2	-	-	-
13	Therapeutic nutrition.	2 hour	2	-	-	-
14	Therapeutic nutrition.	2 hour	2	-	-	-
15	types of Nutrition	2 hour	2	-	-	-

5. Methods of students' assessment

No.	Assessment Methods *	Assessment Timing (Week Number)	Marks/ Scores	Percentage of total course Marks
2	Final oral exam	15	20	%20
3	Final electronic written exam	16	80	%80

6. Learning Resources and Supportive Facilities *

Learning resources (books, scientific references, etc.) *	The main (essential) reference for the course (must be written in full according to the scientific documentation method)	Rabie <i>et al.</i> , (2025): Electronic handouts (C.D) about applied nutrition , Faculty of Nursing, Benha University.
	Other References	Diane, M., and Judith, A., (2025): applied nutrition in nursing ,1st. edition .W.B. Saunders Company, UK
	Electronic Sources (Links must be added)	https://www.ekb.eg https://www.elsevir.com
	Learning Platforms (Links must be added)	https://ebook1.bu.edu.eg https://www.nutrition.gov
	Other (to be mentioned)	--
Supportive facilities & equipment for teaching and learning *	Devices/Instruments	Data show –Smart board
	Supplies	White board
	Electronic Programs	Microsoft teams
	Skill Labs/ Simulators	--
	Virtual Labs	--
	Other (to be mentioned)	--

Name and Signature
Course Coordinator

Dr. Basma Rabie
21/7/2025

Name and Signature
Program Coordinator

Dr. Hisham Sobhy
21/7/2025