Kingdom of Saudi Arabia
Taibah University – Madinah
College of Applied Medical Sciences
Department of Clinical Nutrition

NUTRITION THROUGHOUT THE LIFE CYCLE (1) (CLN 218) 1437-1438H

A- COURSE INFORMATION:

Course Code	Course Title	Credit Units			Study Level	Pre-requisites
		Total	Theory	Practical		
CLN 218	Nutrition Throughout the Life Cycle (1)	3	3	0	4rd level/2nd year	CLN 211

Course Coordinator	Extension	Email Address
Dr. Heba Salim	8680	hssahmed@taibahu.edu.sa

B- COURSE DESCRIPTION:

This course consists of two modules, the first describes nutrition during pregnancy and lactation and the associated nutritional problems and their management with special reference to breast feeding, the second module consists of infant nutrition, starting from the day of birth until complete weaning during the first 2 years of life. Toddlers and preschool age children nutrition and nutritional problems will be discussed too.

C- COURSE OBJECTIVES:

1. Examine the role of nutrition and dietary factors on the growth, development, and maintenance of health throughout the human life cycle.
2. Discuss the health and nutritional needs during pre-pregnancy, pregnancy, lactation, infancy & preschool children.
3. Describe the anatomical, physiological and biochemical changes that occur during pregnancy, lactation and early development.
4. Identify the benefits of breastfeeding.
5. Explain common causes of lactation problems and plan for their management
6. Discuss the nutritional problems in the above lifecycle stages.

D- THEORY TOPICS:

Week	Theory Topic	Hours
1	Introduction to maintenance of health throughout the pregnancy, lactation, infancy and preschool children.	3
2	Anatomical, physiological and biochemical changes that occur during pregnancy and lactation.	3
3	Nutritional needs during pregnancy & lactation	3

4	Main nutritional problems during pregnancy	3
5	Normal and abnormal weight gain during pregnancy.	3
6	Breast feeding (BF)	3
7	Anatomy of the breast, physiology of breast feeding, infant reflexes & biochemistry of human milk.	3
8	Management of breast feeding problems	3
9	Formula feeding.	3
10	Principals of infant feeding & nutrition in the first 2 years of life	3
11	Weaning and weaning foods	3
12	Nutritional needs of the infant, toddlers & preschool children.	3
13	Main nutritional problems during infancy	3
14	Main nutritional problems during toddlers and preschoolers	3
15	Revision and students' oral Presentations	3

F- ASSESSMENT TASKS:

#	Type of assessment task	Week	Total Grades
1	Exam 1	Week 5	10%
2	Mid term	Week 9	20%
3	Exam 2	Week 11	15%
4	Project	Week 10	10%
5	Oral Presentation	Week 15	5%
6	Final theory	Week 17-18	40%

G- LEARNING RESOURCES:

1- Required textbook:

Judith E. Brown, Janet Isaacs, Bea Krinke, Ellen Lechtenberg, Maureen Murtaugh. (2010): Nutrition through the Life Cycle, Fourth edition. Publisher: Wadsworth Publishing; USA.

Judith Sharlin, &Sari Edelstein, (2010) Essentials of Life Cycle Nutrition, 1st edition Publisher: Jones & Bartlett Publisher

2- Essential references:

Sharon Rady Rolfes | Kathryn Pinna | Ellie Whitney (2009): Understanding normal and clinical nutrition. Eighth Edition. Yolanda Cossio. Library of Congress. Wadsworth Belmont, USA.

Notes:

- Assignments topics and requirements shall be announced by the end of Week-1, the deadline for submission is 12pm Thursday of Week-10 (each semester).
- Assignments and written assessment tasks must be verified against plagiarism, the maximum acceptable percentage is determined by the department (according to each level).
- Continuous assessments may include quizzes, internet searches, home-works, exercises, class activity, scratch cards, presentations, group work, etc.
- Practical exams may contain hands-on experiments, laboratory work, simulations, or demonstrations.
- Written exams will include multiple-choice questions (MCQ), short essay questions, and long essay questions.