



Academic Course Specification Form

استمارة توصيف المقرر الأكاديمي

القسم الخاص بالطالب Section Concerning the Student

1. Course Code:	BIOLS 371	1. رمز المقرر:
2. Course Title	Principles of Nutrition	2. اسم المقرر:
3. College:	Science	3. الكلية:
4. Department:	Biology	4. القسم:
5. Academic Program:	Bachelor of Science in Biology	5. البرنامج الأكاديمي:
6. Course Credits:	2-2-3	6. عدد الساعات المعتمدة:
7. Course NQF Level:	7	7. مستوى المقرر وفقاً للإطار الوطني للمؤهلات:
8. Notional Hours:	118	8. عدد الساعات الافتراضية:
9. NQF Credits:	12	9. عدد الساعات المعتمدة للمقرر وفقاً للإطار الوطني للمؤهلات:
10. European Credit Transfer System (ECTS) credits	6	10. عدد الساعات للمقرر بالنظام الأوروبي
11. Prerequisite:	BIOLS 102	11. المتطلب السابق للمقرر:
12. Lectures Timing & Location:		12. وقت المحاضرة ومكانها:

13. General Mode of Teaching and Learning	Traditional تقليدي	13. النمط العام للتعليم والتعلم:
14. Course Coordinator:		14. منسق المقرر:
15. Course Instructor:		15. مدرّس المقرر:
16. Office Hours and Location:		16. الساعات المكتبية ومكانها:
17. Instructor's Email:		17. البريد الإلكتروني لمدرّس المقرر:
18. Academic Year:		18. السنة الأكاديمية:
19. Semester:		19. الفصل الدراسي:
20. Textbook(s):	20. الكتب الدراسية للمقرر:	
Nutrition, Concepts and Controversies bySizer/Whitney (16th Ed.), Cengage Learning, 2022		
21. References:	21. المراجع:	
Understanding Nutrition by Whitney/Rolfes (14th Ed.), Cengage Learning, 2016Wardlaw's Perspectives in Nutrition. 10th Ed. Byrd-Bredbenner C., Moe G., Beshgetoor D. and Berning J. McGraw Hill Int. Press, 2015		
22. Other Learning Resources Used (e.g. e-learning, field visits, periodicals, software, etc.):	22. مصادر التعلم الأخرى (مثال: التعلم الإلكتروني، زيارات ميدانية، دوريات، برمجيات، إلخ....)	
UOB official platforms (Microsoft Teams & Blackboard), DietOrganizer		
23. Course Description (as published in the College Catalogue):	23. توصيف المقرر (حسب ما ورد في دليل الكلية):	
Digestion, absorption and metabolism of essential nutrients; energy values of foods; primary nutritional diseases; diet; physiological stress; socio-economic factors influencing food habits in Bahrain.		
24. Course Intended Learning Outcomes (3 to 5 CILOs):	24. مخرجات التعلم للمقرر (CILOs) (3 إلى 5 مخرجات تعليمية):	
1. Outline the major nutrient classes in terms of their general functions in the body, effects of deficiencies and toxicities, and their food sources.		
2. Identify the basic physiology of digestion, absorption, and transport of nutrients.		
3. Design a healthy diet utilizing balance, adequacy, moderation, calorie control, and variety.		
4. Apply dietary guidelines and current nutrition recommendations to assess food and nutrient intake of individuals.		
5. Evaluate the concepts of energy balance and weight control and calculate the energy and nutrient intakes from foods.		

25. Course Assessment Percentages (as per Regulations of Study and Examination at the University of Bahrain):		25. أساليب التقييم ونسبها المئوية (بحسب نظام الدراسة والامتحانات في جامعة البحرين):	
Assessment التقييم	Type النوع	Percentage النسبة	Assessment Date تاريخ التقييم
Test 1	Individual فردى	10%	
Test 2	Individual فردى	10%	
Test 3	Individual فردى	10%	
Final Exam	Individual فردى	40%	
Lab Exam	Individual فردى	15%	
Lab Assignments / Quizzes	Individual فردى	10%	
Lab Report	Group جماعى	5%	
Total	100%		
26. Description of Topics Covered		26. وصف الموضوعات التي ينبغي تناولها:	
Topic Title (e.g. chapter/experiment title) الموضوع		Description التفصيل	
Chapter 1 Food Choices and Human Health		The nutrients in foods and the roles they play in the body. The constituents of a nutritious diet and factors that drive our food choices. Major types of research studies in nutrition.	
Chapter 2 Nutrition Tools; standards and dietary guidelines		How scientists decide how much of each nutrient we need to consume each day and which types of foods supply each nutrient. And how can we eat all these foods without gaining weight?	
Chapter 3 The Remarkable Body		The breakdown, absorption, transport and storage of carbohydrate, fat, and protein.	
Chapter 4 Carbohydrates; sugar starch, glycogen, and fiber		The differences between foods containing complex carbohydrates (starch and fiber) and those made of simple carbohydrates (the sugars). Considering the effects of both on the body.	
Chapter 5 Lipids; fats, oils, phospholipids, and sterols		The different classes of lipids, storing and using the body's fat, dietary fat, cholesterol and health, essential fat in the diet, and how to choose fats wisely with the goals of providing optimal health.	
Chapter 6 The Proteins and amino acids		Essential and nonessential amino acids; how protein is digested, absorbed and transported; function of proteins; major	

			forms of protein malnutrition and the benefits and risks of a vegan diet.	
Chapter 7 Vitamins; definition and classification			Identification of vitamins, their functions and food sources and their effects on health; assessing the adequacy of our diets for vitamins that function as antioxidants.	
Chapter 8 Water and Minerals			The main functions of water in the body, the key functions and food sources of essential minerals and the consequences of mineral deficiency and toxicity.	
Chapter 9 Energy Balance and Healthy Body Weight			The problems associated with deficient and excessive body fatness and how the body manages its energy budget. Lifestyle strategies for maintaining a healthy body weight, and eating disorders.	
27. Weekly Schedule (Theory)			27. الجدول الأسبوعي	
Week الأسبوع	Date التاريخ	Topics Covered الموضوعات المتناولة	CILOs مخرجات التعلم للمقرر (CILOs)	Teaching/Assessment Mode and Method منهجية ونمط التدريس/التقييم
1		The Human Body and Its Food (nutrients)	1, 3, 5	تقليدي Traditional
2		Food types and properties of a nutritious diet Food choices and the science of nutrition	1, 3, 4, 5	تقليدي Traditional
3		Nutrient recommendations Diet Planning with the USDA Food Guide	1, 3, 4, 5	تقليدي Traditional
4		Diet planning application Food labels Phytochemicals and Functional Foods	1, 3, 4, 5	تقليدي Traditional
5		Body Fluids and the cardiovascular, hormonal, nervous, digestive, excretory and storage systems	1, 2, 4, 5	تقليدي Traditional
6		Classification of carbohydrates Digestion and absorption of carbohydrates	1, 2, 4, 5	تقليدي Traditional
7		Diabetes: Type 1 & 2 Hypoglycemia	1, 2, 4	تقليدي Traditional

8		Mid-Semester Break (For Students)		
9		Classification of lipids Digestion and absorption of fats; Dietary fat, cholesterol, and health	1, 2, 4, 5	Traditional تقليدي
10		Protein structure Digestion and absorption of dietary protein Food protein - need & quality Protein deficiency/excess	1, 2, 3, 4, 5	Traditional تقليدي
11		The fat-soluble vitamins Vitamins A, D, E and K	1, 2, 4, 5	Traditional تقليدي
12		The water-soluble vitamins Vitamin C	1, 2, 4, 5	Traditional تقليدي
13		B vitamins The water-soluble vitamins	1, 2, 4, 5	Traditional تقليدي
14		Body fluids and minerals The major minerals	1, 2, 4, 5	Traditional تقليدي
15		The body's energy balance Body fatness and obesity	4, 5	Traditional تقليدي
16				
Weekly Schedule (Lab)			الجدول الأسبوعي	
Week الأسبوع	Date التاريخ	Topics Covered الموضوعات المتناولة	CILOs مخرجات التعلم للمقرر (CILOs)	Teaching/Assessment Mode and Method منهجية ونمط التدريس/التقييم
1		No Lab		
2		No Lab		
3		Understanding and Avoiding Plagiarism	3, 4	Traditional تقليدي
4		Nutritional Information and Misinformation	1, 3, 4, 5	Traditional تقليدي
5		How to calculate macronutrient ratios	5	Traditional تقليدي
6		Understanding food and nutrition labels	1, 3, 4, 5	Traditional تقليدي

7		Testing for the Presence of Macronutrients in Foods	1, 2	تقليدي Traditional
8		Diet Analysis and MyPlate	1, 3, 4, 5	الدمج Blended
9		No Lab		
10		Vitamin C determination in fruit juices	1	تقليدي Traditional
11		Vitamin C determination in fruit juices	1	تقليدي Traditional
12		Vitamin C - Effect of cooking and storage	1	تقليدي Traditional
13				
14				
28. Academic Integrity Statement			28. بيان النزاهة الأكاديمية	
Students are to observe the highest level of honesty and academic ethics in pursuit of their academic goals as per UOB Regulations of Student Conduct and Academic Integrity, Anti-plagiarism Policies , and Students' Rights and Responsibilities Handbook . The consequences for cheating, plagiarism, unauthorized collaboration, and other forms of academic dishonesty can be very serious and will be dealt with as per the aforementioned policies and regulations.			يتعين على الطلبة الالتزام بأعلى مستويات الصدق والأمانة والأخلاق الأكاديمية في سعيهم لتحقيق أهدافهم الأكاديمية وفقاً للوائح سلوك الطلاب والنزاهة الأكاديمية، سياسات مكافحة الانتحال ، ودليل حقوق الطلبة وواجباتهم ، المعمول بها في جامعة البحرين. يمكن لعواقب الغش والسرقة الأدبية والتعاون غير المصرح به وغيرها من أشكال عدم الأمانة الأكاديمية أن تكون خطيرة للغاية وسيتم التعامل معها وفقاً للسياسات واللوائح المذكورة آنفاً.	
29. Attendance and Absence Regulations			29. نظام الحضور والغياب	
Students are required to adhere to regular attendance for class lectures and practical sessions, as determined by the nature of the course, as per Article (33) of Regulations of Study and Examination at the University of Bahrain .			يجب على الطلبة الالتزام بالحضور المنتظم للمحاضرات الصفية والعملية، حسبما تحدده طبيعة المقرر الدراسي، ووفقاً للمادة (33) من نظام الدراسة والامتحانات في جامعة البحرين .	