



Academic Course Specification Form

استمارة توصيف المقرر الأكاديمي

القسم الخاص بالطالب Section Concerning the Student

1. Course Code:	BIOLS 471	1. رمز المقرر:
2. Course Title	Nutrition Through Human Life Cycle	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:	3-0-3	6. عدد الساعات المعتمدة:
7. Course NQF Level:	8	7. مستوى المقرر وفقاً للإطار الوطني للمؤهلات:
8. Notional Hours:	133	8. عدد الساعات الافتراضية:
9. NQF Credits:	13	9. عدد الساعات المعتمدة للمقرر وفقاً للإطار الوطني للمؤهلات:
10. European Credit Transfer System (ECTS) credits	6.5	10. عدد الساعات للمقرر بالنظام الأوروبي
11. Prerequisite:	BIOLS 371	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 Through the Life Cycle. 7th Ed. Brown, J.E. Wadsworth Publishing, 2020		
21. References:	21. المراجع:	
Nutrition: A Lifespan Approach. 1st Ed. Evans, S.L. Wiley Blackwell, 2009. Lifecycle Nutrition: An Evidence-Based Approach. Jones & Bartlett Publishers, 2009		
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), WHO and CDC Growth Charts; Web of Science; Science Direct		
23. Course Description (as published in the College Catalogue):	23. توصيف المقرر (حسب ما ورد في دليل الكلية):	
Covers the basic nutrient needs and health concerns of individuals for each of the major stages of the human life cycle (infancy, childhood, adolescence, adulthood and elderly people) and the special nutritional requirements during pregnancy and lactation.		
24. Course Intended Learning Outcomes (3 to 5 CILOs):	24. مخرجات التعلم للمقرر (CILOs) (3 إلى 5 مخرجات تعليمية):	
1. Relate nutrition to the changes in nutritional requirements throughout the life cycle.		
2. Identify common nutritional concerns and problems that may lead to chronic disease in each stage of the life cycle.		
3. Design a diet plan to meet the nutrient needs during each stage of the life cycle.		
4. Assess the nutritional adequacy of dietary intakes at different stages of life using standard assessment tools.		
5. Integrate the elements of reasoning and critical thinking for communicating nutrition issues.		

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%	
Case Studies	Individual فردى	15%	
Oral Presentation	Individual فردى	10%	
Quizzes	Individual فردى	5%	
Final Exam	Individual فردى	40%	
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 Basic Nutrition		The principles of the science of nutrition; nutrients and other constituents of food and nutritional assessment.	
Chapter 2 Preconception Nutrition		Nutrition and the development and maintenance of the biological capacity to reproduce; nutritional effects of contraceptives; preconceptional nutritional status and the course and outcome of pregnancy.	
Chapter 3 Conditions and Interventions during Preconception		The specific nutrition-related conditions of women before conception and during the periconceptional period, and the interventions that address them.	
Chapter 4 Nutrition during Pregnancy		The physiological changes that take place during pregnancy, and the impact of these changes on maternal nutritional needs; the roles of nutrition in fostering fetal growth, development, and long-term health and weight-gain recommendations.	
Chapter 5 Conditions and Interventions during Pregnancy		Hypertensive disorders of pregnancy, preexisting and gestational diabetes, obesity, HIV/AIDS, eating disorders and adolescent pregnancy; the health conditions and the role of nutrition in their etiology and management.	

Chapter 6 Nutrition during Lactation		Common breast-feeding conditions and interventions and the benefits of breastfeeding to mothers and infants.		
Chapter 8 Infant Nutrition		How nutrition is an important contributor to the complex development of infants; reducing infant mortality, preterm birth rates, incidence of spina bifida and neural-tube defects.		
Chapter 10 Toddler and Preschooler Nutrition		The growth and development of toddlers and preschool-age children and their relationships to nutrition and the establishment of eating patterns.		
Chapter 12 Child and Preadolescent Nutrition		The growth and development of school-age and preadolescent children and their relationships to nutritional status.		
Chapter 14 Adolescent Nutrition		Nutrition needs of adolescents and the unhealthy eating behaviors common among adolescents.		
Chapter 16 Adult Nutrition		The metabolic changes associated with the aging process and their impact on the nutrient requirements of adults throughout adulthood.		
Chapter 18 Nutrition and Older Adults		Nutrition needs for the elderly; theories of aging; age-associated physiological system changes and their impact on nutritional health.		
27. Weekly Schedule		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		Principles of human nutrition Nutritional and dietary supplement labeling Nutritional assessment	1 and 4	Traditional تقليدي <i>Lectures</i>
2		Nutrition-related disruptions in fertility; Nutrition and contraceptives; RDI for preconceptional women	1 and 3	Traditional تقليدي
3		Premenstrual syndrome Obesity and fertility (metabolic syndrome) Hypothalamic amenorrhea	1, 2, 3 and 5	Traditional تقليدي

		Eating disorders and fertility Polycystic ovary syndrome Diabetes prior to pregnancy		
4		Status of pregnancy outcomes Embryonic and fetal growth & development Pregnancy weight gain Nutrient needs in pregnancy Healthy diets for pregnancy Common health problems	1, 3 and 4	Traditional تقليدي
5		Obesity and pregnancy Hypertensive disorders of pregnancy Diabetes in pregnancy Eating disorders in pregnancy	2, 3, 4 and 5	Traditional تقليدي
6		Lactation physiology Human milk composition The Breastfeeding Infant	1 and 3	Traditional تقليدي
7		Benefits of breastfeeding Maternal energy balance and milk composition	1 and 3	Traditional تقليدي
8		Assessing newborn health Infant development Feeding in early infancy Development of infant feeding skills Common nutritional problems and concerns	1, 2, 3 and 4	Traditional تقليدي
9		Normal growth and development of toddlers	1, 2, 3 and 4	Traditional تقليدي

		Physiological and cognitive development Energy and nutrient needs Common nutrition problems		
10		Normal growth and development – preadolescent Physiological and cognitive development of children Energy and nutrient needs Common nutrition problems	1, 2, 3, 4 and 5	تقليدي Traditional
11		Energy and nutrient needs during adolescence Physical growth & psychological development Health and eating-related behaviors	1, 2, 3 and 5	تقليدي Traditional
12		Physiological changes during adulthood	1, 3 and 5	تقليدي Traditional
13		Dietary & physical activity recommendations for adults	1, 3 and 5	تقليدي Traditional
14		Life expectancy & life span Theories of aging Age-associated physiological changes	1, 2, 3 and 5	تقليدي Traditional
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.