



Course Specification

(Bachelor)

Course Title: Nutrition and Body System Functions

Course Code: APFQ1101

Program: Intermediate Diploma in Food Quality and Safety

Department: Clinical Nutrition

College: Applied Medical Sciences

Institution: Umm Al-Qura University

Version: 3

Last Revision Date: 7-10-2024

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A. General information about the course:

1. Course Identification

1. Credit hours: (3)

2. Course type

- A. ☐ University ☐ College ☒ Department ☐ Track ☐ Others
- B. ☒ Required ☐ Elective

3. Level/year at which this course is offered: (1st Level / 1st year)

4. Course General Description:

This course aims to introduce the functions of body systems (physiology) including gastro- intestinal, cardiovascular, respiratory, urinary, skeletal, reproductive, nervous system, skin and their relations with nutrition and human diet.

5. Pre-requirements for this course (if any):

Non

6. Co-requisites for this course (if any):

Non

7. Course Main Objective(s):

By the end of this course, the student should be able to:

1. Identify basic of physiological knowledge of various parts of the body and their relations to nutrition.
2. Apply the relation of physiological structures with the nutrition and human diet.
3. Identify the functions of body systems including gastro- intestinal, cardiovascular, respiratory, urinary, skeletal, reproductive, nervous system, skin and their relations with nutrition and human diet.

2. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom	3	100%
2	E-learning		
3	Hybrid <ul style="list-style-type: none"> • Traditional classroom • E-learning 		
4	Distance learning		



3. Contact Hours (based on the academic semester)

No	Activity	Contact Hours
1.	Lectures	45
2.	Laboratory/Studio	
3.	Field	
4.	Tutorial	
5.	Others (specify)	
Total		45

B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
1.0	Knowledge and understanding			
1.1	Outline the different body systems, main organs and accessories organ in some systems.	K1	<ul style="list-style-type: none">• Lectures• Class discussion	<ul style="list-style-type: none">• Short essay• Exam
1.2	Define the physiological state and role of nutrition in maintaining.	K1		
2.0	Skills			
2.1	Construct each body system function.	S1	<ul style="list-style-type: none">• Problem solving cases	<ul style="list-style-type: none">• presentations rubric• Exam
2.2	Apply the physiological state and role of nutrition in maintaining.	S1	<ul style="list-style-type: none">• Brain storming sessions	
3.0	Values, autonomy, and responsibility			
3.1	Ability to lead a team work in group discussion and course activities.	V1	Small group work	presentations rubric



C. Course Content

No	List of Topics	Contact Hours
1.	Introduction to human physiology	3
2.	Physiology of cell and tissue	3
3.	Physiology of gastro- intestinal tract	6
4.	Physiology of cardiovascular system	6
5.	Physiology of respiratory system	6
6.	Physiology of urinary system	6
7.	Physiology of skeletal system	3
8.	Physiology of reproductive system	3
9.	Physiology of nervous system	6
12.	Revision	3
Total		

D. Students Assessment Activities

No	Assessment Activities *	Assessment timing (in week no)	Percentage of Total Assessment Score
1.	Midterm exam	6 th & 7 th Week	30%
2.	Activities & Assignments	All Weeks	20%
3.	Final exam	16 th &17 th Week	50%
...	Total		100%

*Assessment Activities (i.e., Written test, oral test, oral presentation, group project, essay, etc.).

E. Learning Resources and Facilities

1. References and Learning Resources

Essential References	<p>1. Derrickson B and Tortora G. J. Principles of ANATOMY & PHYSIOLOGY. 15th Edition, Bergen Community, Hoboken, New Jersey, 2017, ISBN: 978-1-119-32064-7</p> <p>Tate P. Seeley's Principles of Anatomy & Physiology. 15th Edition, San Diego, McGraw-Hill, New York, 2009, ISBN-13: 978-0077361372</p>
Supportive References	<p>1. Fox and Krista Rompolksi .Human Physiology 15th Edition,Stuart, McGraw-Hill , New York ,2019, ISBN10: 1259864626,</p> <p>Eric P Widmaier , Kevin T Strang and Hershel Raff .Vander's</p>
Electronic Materials	www.SDL.com
Other Learning Materials	-



2. Required Facilities and equipment

Items	Resources
facilities (Classrooms, laboratories, exhibition rooms, simulation rooms, etc.)	Classrooms
Technology equipment (projector, smart board, software)	Board and projectors, Endnote software
Other equipment (depending on the nature of the specialty)	Some material needed as anti- blood grouping.

F. Assessment of Course Quality

Assessment Areas/Issues	Assessor	Assessment Methods
Effectiveness of teaching	Student	Indirect
Effectiveness of Students assessment	Student	Direct
Quality of learning resources	Student	Indirect
The extent to which CLOs have been achieved	Peer review	Direct
Other		

Assessors (Students, Faculty, Program Leaders, Peer Reviewers, Others (specify))

Assessment Methods (Direct, Indirect)

G. Specification Approval

COUNCIL /COMMITTEE	Umm Al-Qura University Council
REFERENCE NO.	851141114462/190392
DATE	22/11/1446

