

Course plan

Year: 2025	Semester: <input type="checkbox"/> First, <input checked="" type="checkbox"/> Second, <input type="checkbox"/> Summer	Number of students: 6														
Major: Master's Degree in Biochemistry	<input checked="" type="checkbox"/> Basic sciences, <input type="checkbox"/> Physiopathology	Department: Biochemistry and Nutrition														
Course Title: Biochemistry and Nutrition	<input checked="" type="checkbox"/> Theoretical, <input type="checkbox"/> Practical	Credit: Code N.:														
Prerequisite: _____	Day & Time: Sunday ٨ - ١٢	Course type:														
Instructor:	Office address:	Tel:														
Email: ammar .salehi.nut@gmail.com	Response Hours and Days:	Student representative name and mobile number:														
Main objective: Familiarity with the principles of nutrition and the role of various food components in physiological and pathological conditions.																
On completion of this course, the student will be able to: <ol style="list-style-type: none"> ١. Understand the general effects of nutrition on health. ٢. Explain the basics of nutrition in different population groups. ٣. Describe the assessment of nutritional status in individuals. ٤. Discuss the evaluation of individuals' dietary plans. 																
References (Text books): <ol style="list-style-type: none"> ١- Morrow, Kelly, et al. Krause and Mahan's Food & the Nutrition Care Process. United States, Elsevier - Health Sciences Division. (Last edition) ٢- Patricia Trueman. Nutritional Biochemistry, MJP Publisher, (Last edition) 																
Student evaluation and the value related to each evaluation: (The assessment tools that will be used to test student ability to understand the course material and gain the skills and competencies stated in learning outcomes) <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th style="text-align: left;">ASSESSMENT TOOLS</th> <th style="text-align: left;">From</th> </tr> </thead> <tbody> <tr> <td>Assignments</td> <td>1</td> </tr> <tr> <td>Quiz</td> <td>-</td> </tr> <tr> <td>Presence in online courses</td> <td>1</td> </tr> <tr> <td>Midterm Exam</td> <td>-</td> </tr> <tr> <td>Final Exam (Written exam)</td> <td>18</td> </tr> <tr> <td>TOTAL MARKS</td> <td>20</td> </tr> </tbody> </table>			ASSESSMENT TOOLS	From	Assignments	1	Quiz	-	Presence in online courses	1	Midterm Exam	-	Final Exam (Written exam)	18	TOTAL MARKS	20
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Students responsibilities: <ol style="list-style-type: none"> 1- Mobile phones must be turned off during class or exams. 2- Attending class on time 3- It is necessary for the student to attend all class hours. Unexcused absence during the course will result in a grade deduction. 																
Discipline and educational rules: It is applied according to the regulations of the educational regulations																

Mid exam date:

Final exam date:

Row	date	Time	Topic	Professor	References	Chapter	Pages
1	Sunday	8-10	Principles of nutrition science and human requirements for dietary biomolecules; familiarity with concepts such as DIR, RDA, adequate intake, upper limit, etc.	salehi	Krause and Mahan's Food & the Nutrition Care Process.		
2	Sunday	10-12	Assessment of nutritional status in individuals, including anthropometric evaluations in children and adults such as BMI, body composition, skinfold thickness, MUAC, z-score concept, and growth curves.	salehi	Krause and Mahan's Food & the Nutrition Care Process.		
3	Sunday	8-10	Assessment of dietary intake, including 24-hour dietary recall, food record, and food frequency questionnaire.	salehi	Krause and Mahan's Food & the Nutrition Care Process.		
4	Sunday	10-12	Evaluation of food consumption at the community level and the concept of food balance sheets.	salehi	Krause and Mahan's Food & the Nutrition Care Process.		
5	Sunday	8-10	Assessment of energy status and principles of calorimetry in nutrition; types of weight loss diets and their biochemical basis.	salehi	Krause and Mahan's Food & the Nutrition Care Process.		
6	Sunday	10-12	Growth and nutrition.	salehi	Krause and Mahan's Food & the Nutrition Care Process.		
7	Sunday	8-10	Nutri-genomics and the relationship between nutrition and epigenetics.	salehi	Krause and Mahan's Food & the Nutrition Care Process.		
8	Sunday	10-12	Hormonal and neural regulation of eating behaviors, satiety and hunger, and related disorders.	salehi	Krause and Mahan's Food & the Nutrition Care Process.		
9	Sunday	8-10	Obesity and metabolic syndrome, types of malnutrition, anorexia, cachexia.	salehi	Krause and Mahan's Food & the Nutrition Care Process.		
10	Sunday	10-12	The role of diet in	salehi	Krause and		

			cardiovascular diseases, hypertension, diabetes, and cancer.		Mahan's Food & the Nutrition Care Process.		
11	Sunday	8-10	Application of biochemical tests in nutritional status assessment.	salehi	Krause and Mahan's Food & the Nutrition Care Process.		
12	Sunday	10-12	Principles of dietary therapy in metabolic diseases, dietary management in acute illness, monitoring response to treatment.	salehi	Krause and Mahan's Food & the Nutrition Care Process.		
13	Sunday	8-10	Trace elements and their role in health and disease.	salehi	Krause and Mahan's Food & the Nutrition Care Process.		
14	Sunday	10-12	Toxic minerals and fat-soluble vitamins in foods.	salehi	Krause and Mahan's Food & the Nutrition Care Process.		
15	Sunday	8-10	Nutrition in athletes, dietary supplements, and their effects on performance and muscle strength.	salehi	Krause and Mahan's Food & the Nutrition Care Process.		
16	Sunday	10-12	Nutrition during pregnancy and lactation.	salehi	Krause and Mahan's Food & the Nutrition Care Process.		
17	Sunday	8-10	Drug-nutrient interactions, the effect of diet on drug absorption and excretion, and the impact of drugs on vitamin and mineral status.	salehi	Krause and Mahan's Food & the Nutrition Care Process.		