



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDURAHMAN BIN FAISAL UNIVERSITY
كلية العلوم الطبية التطبيقية
College of Applied Medical Sciences

Clinical Nutrition Program | Prospectus |

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WELCOME MESSAGE

Welcome to Imam Abdulrahman bin Faisal University and congratulations on your acceptance to join the department of clinical nutrition! The start of a new academic year is an exciting time, and we look forward to welcoming you to our campus. As you prepare to move in with your studies, this booklet will provide you with resources and information that will assist you on this journey.

Dr. Yasmin Al Gindan
Chair of Department of Clinical Nutrition
College of Applied Medical Sciences
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An overview of the Kingdom of Saudi Arabia and Eastern province

The Kingdom of Saudi Arabia (KSA), is the largest Middle Eastern countries with a landmass of 2.5 million square kilometers and an estimated population of almost 30 million residents. KSA is a rapidly growing country produces and reserves major world's crude oil. KSA is called "The Land of the Two Holy Mosques located in Makah and Madinah" It is the organ and leading country of Islam worldwide. Riyadh is the Capital of the KSA and located in the central region.

The Eastern Province is the largest province of KSA by area. The province's capital is the city of Dammam, which hosts the majority of the region's population and its seat of government. The Eastern Province is the third most populous province in Saudi Arabia, after Makah and Riyadh. In Eastern provenance located the most important centers in the world for the production and refining of petroleum.

There are 3 public universities in the Eastern province; Imam Abdulrahman Bin Faisal University, King Faisal University, and King Fahd University for Petroleum and Minerals. Cities of Eastern Province; Dammam, Khobar and Dhahran are very well connected with a modern and efficient network of roads.



Imam Abdulrahman Bin Faisal University

Imam Abdulrahman Bin Faisal University opened its doors to women and men in 1975 with two pioneering colleges, the College of Medicine and the College of Architecture. Almost four decades later this academic institution has grown into a leading research university with 21 colleges spread throughout the Eastern Province and a student population of over 45,000.

As a preeminent research-based institution, Imam Abdulrahman Bin Faisal University continues to grow and develop, continually assessing and improving its curricula and expanding its academic capabilities in all disciplines, while at the same time engaging the public in addressing environmental and community challenges.



Collage of Applied Medical Sciences

The College of Applied Medical Sciences (CAMS) was established to keep abreast with the developments in the field of medical care and to qualify specialists in the field of applied medical sciences in order to provide support and health care services for the community.

CAMS has a variety of academic programs that meet the needs of the society, preparing qualified technical professionals in the fields of curative, preventive and rehabilitative medicine in order to keep pace with the rapid developments in diagnosis, treatment techniques and scientific research.

The College of Applied Medical Sciences includes seven departments:

1. Clinical Laboratory Sciences (CLS), plays a critical role in diagnostic procedures and medical research.
2. Respiratory Care (RC), meets the increasing demand for Respiratory Therapists.
3. Physical Therapy (PT), promotes human health, the prevention of disability and rehabilitation of patients
4. Radiological Sciences (RS) trains specialists in radiation technology to work in hospitals and other specialized medical centers.
5. Cardiac Technology (CT) focused on the diagnosis and management of patients with cardiac and vascular disease.
6. Clinical Nutrition (CN) promote nutrition care process in medical sitting and improve community nutrition.
7. Emergency medical services (EMS) play a vital role in the pre-hospital phase of emergency medical services.



Department of Clinical Nutrition

The clinical nutrition program offers students a strong foundation in clinical, teaching, research, and management domains through four years of full-time study. After completion of all required courses the students have to spend one whole year (12 months) in training and practicing clinical nutrition in a form of rounds in approved hospital wards and specialized health centers, under joint academic supervision of the Department of Clinical Nutrition in the College of Applied Medical Sciences and administrative supervision of the staff members of hospital wards and specialized health centers.

VISION

Attaining distinction and creativity in clinical nutrition specialty nationally, regionally and internationally.

MISSION

Prepare students academically and clinically for dietetics practice and promote their professional development through foundation of creative knowledge, research, and effective community partnerships.

VALUES

Excellence, creativity, diversity, transparency, social responsibility.



PROGRAM GOALS

Goal.1 | Provide students with quality education, independent learning skills, scientific and evidence based of practice in clinical nutrition.

Goal.2 | Ensure highly professional practice expectations in the field of clinical nutrition (i.e. beliefs, values, attitudes and behaviors for the professional dietitian level of practice).

Goal.3 | Promote applicable and evidence-based scientific research in the field of clinical nutrition.

Goal.4 | Achieve in professional way clinical and community services through valuable development and delivery of information, products and services to individuals, groups and populations.

Faculty and Staff Academic Member

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Clinical Nutrition Study Plan

Level	Course Code	Course Title	Required or Elective	* Pre-Requisite Courses	Credit Hours
1 st Year Semester 1	ENGL 101	English Language	R		5
	BIOL 102	Biology	R		2
	CHEM 103	Chemistry	R		1
	PHYS 104	Physics	R		1
	COMP 131	Computer Skills	R		2
	LRSK 142	Communication Skills	R		2
	ISLM 151	Introduction to Islamic Culture	R		2
Total					15
1 st Year Semester 2	ENGL 101	English Language	R		5
	BIOL 102	Biology	R		3
	CHEM 103	Chemistry	R		2
	PHYS 104	Physics	R		2
	LRSK 141	Learning & Searching Skills	R		2
	ISLM 152	Creed and Ethics	R		2
	PHEUD 162	Health Physical Education	R		1
Total					16
2 nd Year Semester 1	ISLM 251	Economic System in Islam	R		3
	NUTR 211	Human Physiology & Anatomy	R	BIOL 102	4
	NUTR 212	Nutritional Biochemistry 1	R	BIOL 102 CHEM 103	3
	NUTR 213	Basics of Human Nutrition	R	BIOL 102 CHEM 103	3
	NUTR 214	Microbiology & Parasitology	R	BIOL 102	2
	NUTR 215	Principles of Food Sciences	R	BIOL 102 CHEM 103	3
Total					18
2 nd Year Semester 2	ISLM 252	Political & Social Systems in Islam	R		2
	NUTR 221	Biostatistics & Epidemiology	R	BIOL 102 CHEM 103	3
	NUTR 222	Nutritional Biochemistry 2	R	NUTR 212	3
	NUTR 223	Nutrition Through Lifecycle	R	NUTR 213	3
	NUTR 224	Dietary Requirements & Meals Planning	R	NUTR 213	3
	NUTR 225	Food Analysis	R	CHEM 103 NUTR 215	4
Total					18

Level	Course Code	Course Title	Required or Elective	* Pre-Requisite Courses	Credit Hours
3 rd Year Semester 1	NUTR 311	Food Processing and Preparation	R	NUTR 224	3
	NUTR 312	Medical Nutrition Therapy 1	R	NUTR 224 NUTR 223	4
	NUTR 313	Food Services & Quality Management	R	NUTR 215 NUTR 224	3
	NUTR 314	Nutritional Immunology	R	BIOL 102 NUTR 222	3
	NUTR 315	Basics of Medical Psychology	R		2
	NUTR 316	Malnutrition Diseases	R	NUTR 213	3
Total					18
3 rd Year Semester 2	NUTR 321	Research Methodology	R	BIOL 102 CHEM 103 PHYS 104	3
	NUTR 322	Medical Nutrition Therapy 2	R	NUTR 312	4
	NUTR 323	Computer Applications in Clinical Nutrition	R		1
	NUTR 324	Community Nutrition & Public Health	R	NUTR 224 NUTR 223	2
	NUTR 325	Enteral & Parenteral Nutrition	R	NUTR 224	3
	NUTR 326	Nutritional Status Assessment	R	NUTR 224	3
	NUTR 327	Nutritional Counseling	R	NUTR 326	2
Total					18
4 th Year Semester 1	NUTR 411	Nutritional Pharmacology	R	NUTR 312 NUTR 322	2
	NUTR 412	Medical Nutrition Therapy Application 1	R	NUTR 312	3
	NUTR 413	Pediatric Nutrition	R	NUTR 223	3
	NUTR 414	Food Safety & Environmental Health	R	NUTR 214	3
	NUTR 415	Research Project 1	R	NUTR 321 NUTR 221	4
	NUTR 416	Nutritional Genomics	R	NUTR 312 NUTR 322	3
Total					18
4 th Year Semester 2	NUTR 421	Nutritional Education	R	NUTR 322 NUTR 324 NUTR 327	3
	NUTR 422	Medical Nutrition Therapy Application 2	R	NUTR 412	3
	NUTR 423	Professional Ethics in Dietetics	R	ISLM 151 NUTR 322	2
	NUTR 424	Fitness & Sport Nutrition	R	NUTR 326	2
	NUTR 425	Research Project 2	R	NUTR 321 NUTR 221	4
	NUTR 426	Functional Foods	R	NUTR 215 NUTR 213	2
Total					16

Fifth Year (Internship Year)

After completing the previous curricula including the university requirements student will spend an extensive training course (internship) for one whole year (12 months) at governmental and military hospitals as well as other accredited health care centers.

Program Learning Outcomes (PLOs)

	NQF Learning Domains and Learning Outcomes	Teaching Strategies	Assessment Methods
1.0	Knowledge		
1.1	Recognize basic scientific knowledge to understand the role of nutrition in health and disease.	Case study Clinic visits Group discussion Lecture Peer learning Problem-solving Role playing Models E-Learning Integrated technology Flipped classroom Process Oriented Guided Inquiry Learning (POGIL)	Assignments Presentations Quizzes Mid-Term exam Practical exam Final Exam
1.2	Describe cultural, social, ethnic, and environmental dimensions within dietetics and food sciences.	Field training Group discussion Practical demonstration Lecture Models Peer learning Problem-solving E-Learning	Assignments Presentations Reports Quizzes Mid-Term exam Practical exam Final Exam
1.3	Define different nutritional concerns in various clinical settings.	Case study Clinic visits Field training Group discussion Lecture Models Peer learning Problem-solving Role playing Team-Based Learning (TBL)	Assignments Presentations Quizzes Mid-Term exam Practical exam Final Exam
2.0	Cognitive Skills		
2.1	Evaluate nutritional status of individuals in various life styles and stages during health and disease.	Case study Clinic visits Group discussion Guest speaker Practical demonstration Lecture Peer learning Problem-solving Article review Debate Process Oriented Guided Inquiry Learning (POGIL)	Assignments Presentations Reports Quizzes Mid-Term exam Practical exam Final Exam

Program Learning Outcomes (PLOs)

2.2	Create community and patient-centered nutrition care plans based on sound scientific research and biomedical reasoning.	Case study Clinic visits Debate Field training Group discussion Guest speaker Lecture Models Flipped classroom Peer learning Problem-solving Role playing	Assignments Presentations Reports Seminars Portfolio Research critique Quizzes Mid-Term exam Practical exam Final Exam
2.3	Interpret the broad aspects of food availability, selection, preparation, and consumption in dietetics practice.	Field training Group discussion Guest speaker Lecture Models Peer learning Flipped classroom Problem-solving Role playing Article review	Assignments Presentations Reports Quizzes Mid-Term exam Practical exam Final Exam
3.0	Interpersonal Skills & Responsibility		
3.1	Demonstrate professional beliefs, ethics, values, attitudes, behaviors and skills in academic and clinical practice.	Case study Clinic visits Field training Group discussion Guest speaker Lecture Peer learning Role modeling	Assignments Structured observation Presentations
4.0	Communication, Information Technology, Numerical		
4.1	Illustrate dietetic information through acquired technical, interpersonal and communication skills.	Clinic visits Field training Lecture Flipped classroom Role modeling	Assignments Structured observation Reports Presentations
4.2	Calculate dietary requirements in health and disease for different life stages.	Case study Clinic visits Field training Practical demonstration Lecture	Assignments Quizzes Mid-Term exam Practical exam Final Exam
5.0	Psychomotor		
5.1	Employ accurate analysis, measuring and assessment in different laboratory and clinical settings.	Case study Clinic visits Practical demonstration Role modeling	Structured direct observation using checklist Practical exam

Funding Opportunities

Financial support for undergraduates (UG)

Our undergraduate students get monthly stipend to support their studies and help them in achieving their academic assignments.

RESEARCH

The department has taken some forward steps to encourage research activities amongst staff and students

- The department has developed the curriculum to introduce three research-related courses [Research methodology (NUTR 321) , Research project 1 (NUTR 415) and Research project 2 (NUTR 425)] to provide students with basic principles of research .
- One of the requirements of research project 2 is the submission of a dissertation, which is mandatory requirement for student graduation. In this course all students are assessed on scientific writing, using reference management software, data analysis and plagiarism.
- Students will be classified into equal groups and each group are required to prepare a research proposal. Each group have to submit their proposal to the IAU Institute Review Board to get an IRB number that will be used for publishing their research in scientific journals.
- Five laboratories have been established at CN department to meet the needs of research for both faculty and students .



Career Opportunities

Graduates from clinical nutrition program can work in

1. General, military and private hospitals as well as primary care centers
2. Saudi food & drug administration and Saudi organization for standardization and methodology.
3. Universities: in colleges, research centers and university hospitals.
4. Health services, educational institutions and nutrition education programs in schools.
5. Nutritional administrations of Health Affairs.
6. Charitable societies like: Diabetes, kidney, and heart.
7. Fitness centers.

Student Hostels

The IAU provides accommodation for male as well as female students with numerous facilities (internet, Gym, car parking, catering shops etc.).

Healthcare

University Primary Care Centre (Building No. HH3)

It is a clinic situated in the University's campus to serve both faculty and students. The physicians in the Primary Care Centre have the authority to refer the more serious cases to King Fahd Hospital of the University.

King Fahd Hospital of the University (Khobar)

King Fahd Hospital of the University is the main teaching hospital run by the faculty of the Imam Abdulrahman Bin Faisal University . All students and faculty can receive medical care at this hospital.

Clinical Nutrition and Community Service

Community service has long been a core value of the CN department as clearly stated in the mission and the objectives of the program, which are in line with the CAMS and IAU missions and goals.

Our Program plays an important role in the community by promoting development through education and research. But our social responsibility extends beyond the university boundaries to the surrounding community.

Emanating from this responsibility, the CN department enabled faculty and students to interact with the local and national health, research and academic issues and work closely with the community aiming at making a positive impact and developing mutually beneficial relationships .

And in (Community Nutrition & Public Health) course, students will learn effective and appropriate skills in communicating information to groups and communities & practice running surveys for current public health nutrition problems in the community.



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