

**Jordan University of Science and Technology**  
**Faculty of Agriculture**  
**Department of Nutrition and Food Technology**  
**Semester 2007**

<b>Course Information</b>	
<b>Course Title</b>	ADVANCED HUMAN NURITION
<b>Course Number</b>	NF 383
<b>Prerequisites</b>	NF 283
<b>Course Website</b>	-
<b>Instructor</b>	Bayan Obeidat, PhD
<b>Office Location</b>	C4L3
<b>Office Phone</b>	22205
<b>Office Hours</b>	-
<b>E-mail</b>	obeidatb@just.edu.jo
<b>Teaching Assistant</b>	-
<b>Course Description</b>	

<b>Text Book</b>	
<b>Title</b>	Advanced Nutrition and Human Metabolism
<b>Author(s)</b>	Groff, JL and Gropper, SS
<b>Publisher</b>	-
<b>Year</b>	2000
<b>Edition</b>	3th ed
<b>Book Website</b>	-
<b>References</b>	-

<b>Assessment Policy</b>		
<b>Assessment Type</b>	<b>Expected Due Date</b>	<b>Weight</b>
<b>First Exam</b>		30
<b>Second Exam</b>		30
<b>Final Exam</b>		40
<b>Assignments</b>		0

<b>Course Objectives</b>	<b>Weights</b>
To provide detailed information on the function, digestion, transport, storage, and metabolism of the nutrients.	20%
To delineate key metabolic pathways in the utilization of macronutrients as well as the interrelationships among nutrients in metabolism.	30%
Identify micronutrients that function in energy metabolism, biosynthetic reactions, structural components, regulatory processes, free radical/antioxidant protection, and disease prevention.	20%
Identify changes in metabolism and nutrient needs during exercise	20%
To interpret the basis of human nutrient deficiencies and excesses.	10%

### Teaching & Learning Methods

PowerPoint presentation

### Course Content

Week	Topics	Chapter in Text (handouts)
	Energy Transformation	Ch.3
	Carbohydrates	Ch.4
	Dietary Fiber, Chronic Disease	Ch.5
	Lipids	Ch.6
	Proteins	Ch.7
	Integration and regulation of Metabolism	Ch.8
	Nutrition in Exercise & Sport	Ch.8
	Water-soluble vitamins	Ch.9
	Fat-soluble vitamins	Ch.10
	Macrominerals	Ch.11
	Microminerals	Ch.12
	Obesity & Energy Balance	Ch.15