



## UNIVERSITI TEKNOLOGI MARA

### SED550: NUTRITION FOR HEALTH

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| <b>Course Name (English)</b>                                | NUTRITION FOR HEALTH <b>APPROVED</b>  |
| <b>Course Code</b>  | SED550  |
| <b>MQF Credit</b>   | 3   |
| <b>Course Description</b>                                   | This course introduces the student to the fundamentals of nutritional aspects in humans. The subject will provide information and knowledge on the six major classes of nutrients, their functions, metabolism and requirements in the human body, inclusive of their relationship to health and diseases. Basic theory on nutritional assessment studies such as anthropometric, body composition, dietary intake, energy requirement, and clinical nutrition will be given. Students will also study the nutritional guidelines based on Malaysian Dietary Guidelines such as the food pyramid, Recommended Nutrient Intakes (RNI), and healthy food plate. |
| <b>Transferable Skills</b>                                  | Students will be able to understand the contribution of nutrition to the well-being of the human body.  |
| <b>Teaching Methodologies</b>                               | Blended Learning, Discussion, Presentation, Collaborative Learning  |
| <b>CLO</b>  | CLO1 To examine the basic nutrients in foods.<br>CLO2 Describe the food choices and the differences in nutrients.<br>CLO3 Demonstrate knowledge of nutrition and the physiological aspect of macro and micro nutrients.   |
| <b>Pre-Requisite Courses</b>                                | No course recommendations   |
| <b>Topics</b>   |   |
| <b>1. Digestion and Absorption of nutrients</b><br>1.1) n/a |   |
| <b>2. Carbohydrate</b><br>2.1) n/a                          |   |
| <b>3. Lipid</b><br>3.1) n/a                                 |   |
| <b>4. Protein</b><br>4.1) n/a                               |   |
| <b>5. Energy Metabolism</b><br>5.1) n/a                     |   |
| <b>6. Vitamins</b><br>6.1) n/a                              |   |
| <b>7. Minerals</b><br>7.1) n/a                              |   |
| <b>8. Water and Fluid Balance</b><br>8.1) n/a               |   |
| <b>9. Other Issues</b><br>9.1) n/a                          |   |

| Assessment Breakdown  | %       |
|-----------------------|---------|
| Continuous Assessment | 100.00% |

| Details of Continuous Assessment | Assessment Type          | Assessment Description   | % of Total Mark | CLO  |
|----------------------------------|--------------------------|--|-----------------|------|
|                                  | Final Test               | Comprised of topics within the course.   | 40%             | CLO1 |
|                                  | Group Project            | Comprised of video promotion, infographic poster, health advocate session, and report. | 40%             | CLO3 |
|                                  | Journal/Article Critique | Review, criticize and apply towards PHE profession.                                    | 20%             | CLO2 |

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| Reading List       | Recommended Text                                      | <ul style="list-style-type: none"> <li>• Williams, M. 2009, <i>Nutrition for Health, Fitness and Sport</i>, 9 Ed., , Mc Graw Hill. [ISBN: ]</li> <li>• Clark, N. 2020, <i>Sports Nutrition Guidebook</i>, 6 Ed., Human Kinetics Champaign, IL [ISBN: 9781492591580]</li> <li>• Jeukendrup, A., &amp; Gleeson, M. 2019, <i>Sport Nutrition</i>, 3 Ed., Human Kinetics Champaign, IL [ISBN: 9781492529033]</li> </ul> |
| Article/Paper List | This Course does not have any article/paper resources |   |
| Other References   | This Course does not have any other resources         |   |