Course Specification

GTN & Nutrition-123

(2025-2024)

1. Basic Information

Course Title (according to the bylaw)	**GIT& Nutrition**			
Course Code (according to the bylaw)	**GTN-123**			
Department/s participating in delivery of the course	1. **Anatomy** 2. **Histology** 3. **Physiology** 4. **Biochemistry** 5. **Pathology** 6. **Microbiology** 7. **Parasitology** 8. **Pharmacology** 9. **Internal Medicine**			
Number of credit hours/points of the course (according to the bylaw)	**Theoretical**	**Practical**	**Other (class activities)**	**Total**
	3.2	**2.4**	**2.4**	**8**
Course Type	اجباري			
Academic level at which the course is taught	الفرقة/المستوي الاول			

Academic Program	**بكالوريوس الطب والجراحة (2+5) نظام الساعات المعتمدة**
Faculty/Institute	**Faculty of Medicine**
University/Academy	**Benha University**
Name of Course Coordinator	**Dr. ghada Helmy Omar** **Dr. Amira Salah**
Course Specification Approval Date	**9/17/2024**
Course Specification Approval (Attach the decision/minutes of the department /committee/council ....)	**Education and Student Affairs Committee No.(296) 17/9/2025** **Faculty council No. (488)**

2. Course Overview (Brief summary of scientific content)

1-Acquire the basic knowledge_of gross anatomy of GIT, physiological function of GIT indigestion, absorption of food elements & their metabolism. In addition to infectious disease and pathological changes related to the GIT system.

2-provide essential practical, clinical, and administrative skills_necessary for proper dealing with common GIT diseases that will be met during practicing medicine.

3-provide the undergraduate students with basic ethical, professional and communication skills and attitude essential for establishing & maintaining good doctor/ patient relationship, appropriate attitudes with colleagues and para- medicals.

3. Course Learning Outcomes CLOs

Matrix of course learning outcomes CLOs with program outcomes POs (NARS/ARS)

Program Outcomes (NARS/ARS) (according to the matrix in the program specs)		**Course Learning Outcomes** Upon completion of the course, the student will be able to:	
Code	**Text**	**Code**	**Text**
2.3	Describe the role of nutrition and physical activity in health.	2.3.1	**Describe the relation between food & cancer**
		2.3.2	**Describe rules & methods of diet planning.**
4.5	Outline the pharmacokinetics, pharmacodynamics, indications, interactions, contraindications, and side effects of various therapeutic modalities (pharmacological and non-pharmacological) for acute, chronic and life-threatening illnesses.	4.5.1	List the steps for the management of bleeding peptic ulcer.
		4.5.2	Classify drugs used in the treatment of peptic ulcer and how to monitor.
4.7	Integrate the facts of the basic sciences with clinical data.	4.7.1.	Assimilate and integrate information from lectures, practical sessions, tutorials,

Program Outcomes (NARS/ARS) (according to the matrix in the program specs)		Course Learning Outcomes Upon completion of the course, the student will be able to:	
Code	**Text**	**Code**	**Text**
			Case based study sessions and independent learning activities.
		4.7.2	Combine the clinical and investigation database to be proficient in clinic problem solving.
		4.7.3.	Generate a list of initial diagnostic hypotheses for each problem.
		4.7.4	Describe the anatomy and physiology of the gastrointestinal system
		4.7.5	Identify general GIT functions; Digestion, Absorption, Secretion, Excretions, & Motility.
		4.7.6	Identify the metabolism of amino acids and their functions and derivatives.
		4.7.7	Choose and interpret the most proper GIT investigations to reach a final

Program Outcomes (NARS/ARS) (according to the matrix in the program specs)		Course Learning Outcomes Upon completion of the course, the student will be able to:	
Code	**Text**	**Code**	**Text**
			diagnosis.
		4.7.8	Discuss the dietary sources, functions and metabolism of major minerals & deficiency manifestations
		4.7.9	Establish life- long self-learning required for continuous professional development
		4.7.10	Mention nutritional requirements of different age groups (Pregnant& lactating females, Infants, School children &Adolescents & Elderly)

4. Teaching and Learning Methods

1. **Modified active lectures.**
2. **Practical lessons**
3. **Small group teaching & tutorials**
4. **Case Based Learning**
5. **Lectures on Benha E- learning platform & survey.موقع منصة التعليم الإلكتروني الخاص بجامعة بنها (thinqi)**

   https://belc.bu.edu.eg/%D9%85%D9%86%D8%B5%D8%A9-%D8%AB%D9%8A%D9%86%D9%83%D9%89 /

Course Schedule: (8 credit hours/ 8 weeks)

Numbor of the Week	Scientific content of the course (Course Topics)	Total Weekly Hours	Expected number of the Learning Hours			
			Theoretical teaching (lectures/tutorials/ CBL)	Training (Practical/Clinical/ .....)	Self-learning DSL	Other (Skill lab)
1	Food Pyramid & diet planning - Nutritional assessment - Feeding of vulnerable groups (infants, pregnant, athletic, vegetarian - Role of dietary fibers and antioxidants - Therapeutic nutrition of chronic diseases	6	1 1 1 1	2		
2	- Anatomy of the oral cavity, palate, the salivary glands, Pharynx, esophagus, stomach, large intestine, rectum, anal canal, the liver , gall bladder , pancreas - Embryology of foregut - Development of mid and hindgut - Portal system. - Arterial supply of GIT	8	1 1 1 1	2 2		
3	-Histological structure of lips, tongue, salivary glands, esophagus,	6	1 1	2	2	

	Stomach, small and large intestine, liver, gall bladder and pancreas					
4	**Secretory and motor function of the stomach** **- Regulation of GIT function (Nervous and hormonal** **- Physiologic function of salivary gland secretion, mastication and swallowing**	**9**	**1** **1** **1**	**2** **2**	**2**	
5	**- Amino acids metabolism** **- Digestion and absorption** **- Inborn errors of metabolism** **- Malnutrition**	**8**	**1** **1** **1** **1**	**2**	**2**	
6	**Pathology of Salivary glands diseases, esophageal diseases, Tongue diseases,** **- Acute and chronic gastritis** **- Liver cirrhosis, Portal hypertension & liver failure** **- Pathology of Liver, gallbladder and bile duct & Hepato-biliary Neoplasm** **-**	**12**	**3** **1** **5** **1**	**1** **1**		

7	-Gastric tumors - Polyps and intestinal tumors inflammatory Bowel Disease& Acute appendicitis - Pathology of lower GIT - Pancreatitis	8	1 1 3 1 1	1		
8	Trematodes affecting GIT Cestodes and nematodes affecting GIT Entamoeba h. Giardia Lambelia	10	1 2 3 1	1 1 1		

1. Methods of students' assessment

No.	Assessment Methods *	Assessment Timing (Week Number)	Marks/ Scores	Percentage of total course Marks

1	Mid module assessment	**4**	48	24%
2	Final Written Exam	**4**	80	40%
3	Formative Exam	**4**	-	-
4	Final Clinical Exam	**7**	60	30%
5	Assignments /CBL /Portfolio/ Logbook	**8**	6	3%
6	skill lab		6	3%

2. Learning Resources and Supportive Facilities

Learning resources (books, scientific references, etc.) *	**The main (essential) reference for the course**	• Champe & Harvey, Lippincott Illustrated Reviews of Biochemistry, 4th edition. • Robert K. Murray, Daryl K. Granner, Victor W. Rodwell, Harper's Illustrated Biochemistry, 27th Edition. • Thomas M. Devlin, Textbook of Biochemistry with Clinical Correlations, Jon Willey & sons, New York. • Michael Bishop, Edward P. Fody and Larry E. Schoeff, Clinical Chemistry: Principles, Procedures and Correlations, 5th edition. • W.B. Saunders, Hutchison's Clinical Methods. • Bernadette F. Rodak, Haematology: Clinical Principles and Applications. • W.E. Waters & Kenneth Stephenson Cliff, Community Medicine. • Champe & Harvey, Lippincott Illustrated Reviews of Pharmacology. • David M. Alpers, William F. Stenson, Beth E. Taylor & Dennis M. Bier, Manual of Nutritional

		Therapeutics, 5th edition. • Richard S. Snell. Clinical Anatomy by Systems for Medical students, Lippincott, latest edition. Williams and Wilkins. • Web site and its attached links: www.kauanatomy.com • Grant J.C.B. Grant's Atlas of Anatomy.10th edition. Lippincott, Williams and Wilkins. • Cell biology & Histology (2017): Gartner L.P. & Hiatt J.L. 7th ed. Wolters Kluwer, Philadelphia, New York, London. • Histology A text & Atlas with correlated cell and molecular biology (2016): Ross, M.H. and Pawlina, W. 7th ed. Wolters Kluwer, Philadelphia, New York, London. • Junqueira's Basic Histology; Text & Atlas (2016): Mescher A. L. 14th ed. McGraw-Hill Education. New York, London, Toronto. • Sadler TW. Langman's Medical Embryology, 10th edition. Lippincott, Williams
	Other References	--
	Electronic Sources	EKB
	Learning Platforms	**Thinqi** • **https://belc.bu.edu.eg/%D9%85%D9%86%D8%B5%D8%A9-%D8%AB%D9%8A%D9%86%D9%83%D9%89 /**
	Other	---
Supportive facilities & equipment for	**Devices/Instruments**	1. Lecture Room with enough number of comfortable seats & supplied with; - Audiovisual equipment needed for power point presentation data show – smart boards – sound system- desktop 2. Whiteboard

teaching and learning *		3. Classrooms for small group teaching (instrument for physical examination like beds, blood pressure measuring devices, stethoscope) 4. Well-equipped laboratories 5. Digital slides 6. Gross wet specimens for demonstration
	Supplies	**--**
	Electronic Programs	**--**
	Skill Labs/ Simulators	Skill lab of Benha University
	Virtual Labs	**--**
	Other	· **Library: available reference textbooks and internet access Egyptian knowledge bank**

Name and Signature
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Dr. Amira Salah

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Program Coordinator
Prof.Dr/ Eman Araby