



**University Of Balamand  
Faculty of Health Sciences  
Department of Nutritional  
Sciences  
Undergraduate Student Handbook**

**Academic Year 2023-2024**

# Table of Contents

Welcome Note .....	3
Meet The Team .....	4
Meet The Support Staff .....	6
Academic Calendar .....	7
Nutritional Sciences Curriculum .....	8
Premedical track in Nutritional Sciences .....	10
Premedical Courses .....	10
CSPR Courses.....	<b>Error! Bookmark not defined.</b>
Grading System .....	11
General Guidelines .....	12
Advising .....	12
Course Attendance .....	12
Email accounts.....	12
Current students.....	13
Language of instruction .....	13
Moodle.....	13
Internship & Seminars .....	14
NutriClub .....	15
Social Media.....	16

# Welcome Note

“We are pleased to welcome you to the handbook of the Department of Nutritional Sciences at the Faculty of Health Sciences.

The Department of Nutritional Sciences looks forward to introduce you to this exciting major, through active guidance, advising and positive input for you in order to meet graduation requirements.

We hope you will enjoy this amazing educational experience with us!”

*Hiba, Dima, Maud, Maria, Mira & Mireille*

University of Balamand places high emphasis on excellence in education. UOB admits students from the entire region without discrimination on the basis of citizenship, color, religion, gender, national origin, age, physical disability, or marital status. Recruitment and admission process are applied fairly and consistently.

# Meet The Team



Mireille Serhan, PhD

Chairperson

Email: [mireille.serhan@balamand.edu.lb](mailto:mireille.serhan@balamand.edu.lb)

Main Campus: Tel: +961 6 931952 ext. 5206



Hiba El Rouaiheb, MSc

Email: [hiba.rouaiheb@balamand.edu.lb](mailto:hiba.rouaiheb@balamand.edu.lb)

Main Campus: Tel: +961 6 931952 ext. 5225



Maria El Deghel, MSc

Email: [maria.eldeghel@balamand.edu.lb](mailto:maria.eldeghel@balamand.edu.lb)

Main Campus: Tel: +961 6 931952 ext. 5227



Maud Rizk, PhD

Email: [maud.rizk@balamand.edu.lb](mailto:maud.rizk@balamand.edu.lb)

Dekwaneh: Tel: +961 1 495833



Mira Daher, PhD

Email: [mira.daher@balamand.edu.lb](mailto:mira.daher@balamand.edu.lb)

Dekwaneh: Tel: +961 1 495833



Dima Mnayer, PhD

Email: [dima.mnayer@balamand.edu.lb](mailto:dima.mnayer@balamand.edu.lb)

Dekwaneh: Tel: +961 1 495833

# Meet The Support Staff

## Dekouaneh Campus

---

**Ms. Sethrida Makhoul**

Email: [sethrida.makhoul@balamand.edu.lb](mailto:sethrida.makhoul@balamand.edu.lb)

Ext. 5100

## Main Campus

---

**Ms. Mayssa Khalil**

Email: [Mayssa.khalil@balamand.edu.lb](mailto:Mayssa.khalil@balamand.edu.lb)

Ext. 5203

## Administration

---

**Ms. Cathy Constantine**

Email: [cathy.constantine@balamand.edu.lb](mailto:cathy.constantine@balamand.edu.lb)

Ext. 5101

# Academic Calendar

Please check the Academic Calendar of AY 2023-2024 on the University Website, using this link

<https://www.balamand.edu.lb/Style%20Library/PDFs/AcademicCalendar/AcademicCalendar23-24.pdf>

# Nutritional Sciences Curriculum

## FIRST YEAR

### Semester 1

<u>Course Code</u>	<u>Course</u>	<u>Credit</u>	<u>Pre-requisite</u>	<u>Co-requisite</u>
ENGL 203	English Communication Skills III	3	ENGL102	
BIOL201	Introduction to Biology I	3		
BIOL202	Introduction to Biology I- Laboratory	1	BIOL201	BIOL202
CHEM202	Basic Chemistry	3		
CHEM203	Basic Chemistry Laboratory	1	CHEM202	CHEM202
PSYC200	Introduction to Psychology	3	ENGL203	
LISP 200	Library Use and Research Methods	1	FHSC200	ENGL102
<b>Total: 15</b>				

### Semester 2

<u>Course Code</u>	<u>Course</u>	<u>Credit</u>	<u>Pre-requisite</u>	<u>Co-requisite</u>
ENGL 204	English Communication Skills IV	3	ENGL203	
FHSC 203	Basic Human Physiology	4	BIOL201	
CHEM240	Basic Organic Chemistry	3	CHEM202	
FHSC 268	Survey of Management and Marketing	3		
NUSC 200	Basic Human Nutrition	3	FHSC200	
<b>Total: 16</b>				

## SECOND YEAR

### Semester 3

<u>Course Code</u>	<u>Course</u>	<u>Credit</u>	<u>Pre -requisite</u>	<u>Co-requisite</u>
BIOL251	Basic Biochemistry	3	CHEM240 OR CHEM242	
NUSC 201	Human Nutrition and metabolism*	3	NUSC200, FHSC203	
NUSC 203	Food Microbiology*	3	BIOL201	
NUSC 204	Food Chemistry*	3	CHEM202	
ELECTIVE 1	Elective 1 UNIV SET	3		
<b>Total: 15</b>				



Semester 4

<u>Course Code</u>	<u>Course</u>	<u>Credit</u>	<u>Pre -requisite</u>	<u>Co-requisite</u>
<b>NUSC 202</b>	Lifecycle Nutrition*	3	NUSC201	
<b>NUSC 220</b>	Community Nutrition I*	3	NUSC200	NUSC202
<b>NUSC 239</b>	Applied Food Analysis*	3	None	
<b>FHSC 282</b>	Principles of Epidemiology and Biostatistics	3		
<b>CSPR</b>	CSPR (any except CSPR 205 and CSPR 206)	3	ENGL203	
<b>ELECTIVE 2</b>	Elective 2 UNIV SET	3		
		<b>Total: 18</b>		

**THIRD YEAR**Semester 5

<u>Course Code</u>	<u>Course</u>	<u>Credit</u>	<u>Pre -requisite</u>	<u>Co-requisite</u>
<b>FHSC 288</b>	Research in Health Care Sciences	3	FHSC282, ENGL203, LISP200	
<b>NUSC 210</b>	Food Service Management*	3		
<b>NUSC 212</b>	Therapeutic Nutrition I*	3	NUSC201, NUSC202	NUSC213
<b>NUSC 213</b>	Therapeutic Nutrition I- Laboratory*	1		NUSC212
<b>NUSC 240</b>	Applied Food Processing*	3		
<b>Elective 3</b>	Elective 3 UNIV SET	3		
		<b>Total: 16</b>		

Semester 6

<u>Course Code</u>	<u>Course</u>	<u>Credit</u>	<u>Pre -requisite</u>	<u>Co-requisite</u>
<b>NUSC 211</b>	Human Counseling and communication	3	NUSC200	
<b>NUSC 214</b>	Therapeutic Nutrition II*	3	NUSC212, NUSC213	NUSC215
<b>NUSC 215</b>	Therapeutic Nutrition II- Laboratory*	1		NUSC214
<b>NUSC 241</b>	Tutorial: Special Topics in Nutrition and Food*	2	FHSC288	
<b>CSPR</b>	CSPR (any except CSPR 205 and CSPR 206)	3	ENGL203	
<b>FHSC 271</b>	First Aid Course	1		
		<b>Total : 13</b>		
		<b>TOTAL 93</b>		

### **Premedical track in Nutritional Sciences**

The premedical track in Nutritional Sciences allows capable students to graduate with a BS degree in Nutritional Sciences in addition to completion of the following premedical requirements (exempted from the above mentioned 9 credits UNIV SET-ELECTIVES) needed for application to medical school:

#### **Premedical Courses**

FHSC 204	Principles of Genetics	2
PSIA 261	Introduction to Sociology	3
CHEM 244	Organic Chemistry II	3
PHYS 211	Fundamentals of Physics I	3
PHYS 213	Fundamentals of Physics II	3
CHEM 222	Analytical Chemistry	3

**17 credits**

# Grading System

## **Graduation Requirements in Undergraduate Degree Programs**

A cumulative average of 65 or above in major courses,

A passing grade in all other courses (a minimum of 60),

A cumulative general average of 70 or above (to be able to graduate and obtain the BS degree).

## **Academic Status and Probation**

Students who do not maintain a cumulative average above 70 will be placed under academic probation. If the cumulative average stays below 70 after one semester, the student will be placed under Strict Probation.

To know more about probationary status, check the following link:

<http://www.balamand.edu.lb/Offices/AdministrativeOffices/AdmissionsandRegistration/AboutUs/Pages/UndergraduateAcademicRules.aspx>

# General Guidelines

## Advising

Each student is assigned an advisor for the duration of the undergraduate program.

The advisor keeps a record of the student's courses and academic file.

All matters related to academic performance and issues that might affect it should be discussed with the advisor (e.g. illness, missing an exam, family issues, economic or personal problems, etc.).

It is the students' responsibility to keep their advisor up-to-date with their concerns, and to consult their advisor especially before registering, before dropping/adding, and in case of illness. The advisor should be informed immediately in case of any urgent situation affecting academic performance.

## Course Attendance

Classes usually begin exactly on the hour or the half hour. Students are expected to be on time and prepared. Students who are absent more than 1/6 of the hours of the course will be automatically dropped from the course. In such cases, a final grade of WF is given (administrative withdrawal which is a 40). This grade is included in calculating the general average of the student. Students who miss a scheduled exam for "medical" reasons are only eligible to be excused if they present a medical report to their advisor, who then sends it to the Chairperson for validation. Instructors would be informed in written correspondence by the Chairperson if it is accepted. Otherwise, the student will receive a zero.

*Students should inform their advisor immediately in case of an urgent circumstance, and before any academic deadlines or exams.*

## Email accounts

### ***New and transfer students***

The Balamand email account of each student is available in their acceptance letter.

The account will be directly activated upon registration.

Students receive notifications about their advisor, courses, Department, Faculty, and University matters through their account. The email account is also an essential tool for accessing online material of courses.

Instructors will only communicate with students through Balamand Email.

***It is the responsibility of the student to maintain their account, to follow up on emails sent to their account, and to communicate with their professors/instructors using the Balamand email account.***

In case of problems, contact

- IT office, Main Campus, in the Admissions building, ground floor.
- Mr. David Attallah in the IT department, FHS-Dekouaneh Campus.

### **Current students**

Students should ensure that their Balamand e-mail account is functional and maintained throughout the academic year. Students are held accountable for all notifications and letters sent to their email.

### **Language of instruction**

Courses are taught in English. Some exceptions can occur for particular topics and/or guest speakers. Students are expected to communicate in English in class and during project presentations.

### **Moodle**

All Professors, Lecturers, and Instructors use the **MOODLE** platform to post the syllabi, lectures, readings, assignments, and announcements in their different courses.

All students should check their moodle accounts on a daily basis.

To access Moodle, go to: <http://www.balamand.edu.lb/main/Pages/default.aspx>

The IT department can help you in accessing moodle for the 1<sup>st</sup> time.

# Internship & Seminars

After completing graduation requirements, Nutritional Sciences graduates are required to do internship training at a hospital setting in order to be eligible to pass the National Colloquium Examination Test and apply for licensure to practice the profession of Dietetics in Lebanon.

**Please check the manual for internship for more details.**

# NutriClub

## **Mission Statement**

The Nutrition Club aims at increasing the awareness of students within the UOB and larger society to the importance of nutrition and healthy eating for healthier lifestyles and communities.

Nutrition activities and events aim at providing nutrition students at the FHS with a friendlier and supportive environment.

## **Some of the activities done by the NutriClub**

- Body Composition Analysis
- Salad Bar
- Fruit Day
- Diabetes Awareness Campaign, etc.

# Social Media

## Why active on social media?

- ✓ Advertisement of Nutri-Club **activities**
- ✓ Easy **connection** with students and graduates
- ✓ Quick share of **evidence based** information related to nutrition
- ✓ **Proudly sharing your success** stories

## Please follow us on



Nutritional Sciences | Faculty of Health Sciences - University of Balamand



Nutriclub\_fhs

Nutriclub\_uob