

# STUDY PLAN OF THE NURSING PROGRAM

## From Level 1 to Level 8

Level 1 (General)		
Code & No.	Course Title	Credit hrs
109 ENGL	English (1)	2+4=6
130 MATH	Mathematics (1)	2+1=3
130 CT	Computer Skills	2+1=3
101 CHS	Health & Fitness	2+0=2
107 PHYS	Introduction to Physics (1)	2+1=3
<b>Total</b>		<b>17</b>

Level 2 (Health Track)		
Code & No.	Course Title	Credit hrs
110 ENGL	English (2)	2+2=4
147 ENGL	English for Medical Specialties	1+1=2
105 ACT	Academic and Life Skills	2+1=3
109 CHEM	Introduction to Chemistry	2+1=3
101 BIOL	Introduction to Biology	2+1=3
<b>Total</b>		<b>15</b>

Level 3		
Code & No.	Course Title	Credit hrs
NUR 231	Principles of Anatomy	3+1=4
NUR 232	Principles of Physiology	3+1=4
NUR 233	Fundamentals of Nursing - Theory	4+0=4
NUR 234	Fundamentals of Nursing - Practical	0+4=4
NUR 235	Social Psychology	2+0=2
<b>Total</b>		<b>18</b>

Level 4		
Code & No.	Course Title	Credit hrs
NUR 241	Health Assessment	2+1=3
NUR 242	Adult Health Nursing I - Theory	4+0=4
NUR 243	Adult Health Nursing I - Clinical	0+3=3
MED 241	Medical Microbiology	2+1=3
CHM 207	Biochemistry	2+0=2
Islamic 102	Islam & Building Society	2+0=2
<b>Total</b>		<b>17</b>

Level 5		
Code & No.	Course Title	Credit hrs
NUR 351	Adult Nursing II Theory	3+0=3
NUR 352	Adult Nursing II - Clinical	0+3=3
NUR 353	Human Growth and Development	2+0=2
NUR 354	Health Education	2+0=2
NUR 355	Principles of Nutrition	3+0=3
NUR 356	Pharmacological Aspects of Patient Care	3+0=3
Arabic 103	Arabic Edition	2+0=2
<b>Total</b>		<b>18</b>

Level 6		
Code & No.	Course Title	Credit hrs
NUR 361	Maternal-Newborn Health Nursing - Theory	3+0=3
NUR 362	Maternal-Newborn Health Nursing - Clinical	0+3=3
NUR 363	Pediatric Health Nursing - Theory	3+0=3
NUR 364	Pediatric Health Nursing - Clinical	0+3=3
NUR 365	Patho-Physiology	3+0=3
Islamic 103	Political System in Islam	2+0=2
<b>Total</b>		<b>17</b>

Level 7		
Code & No.	Course Title	Credit hrs
Islamic 104	Economic System in Islam	2+0=2
NUR 471	Community Health Nursing - Theory	3+0=3
NUR 472	Community Health Nursing - Clinical	0+3=3
NUR 473	Mental Health Nursing Theory	3+0=3
NUR 474	Mental Health Nursing - Clinical	0+3=3
NUR 475	Nursing Research and Statistical Analysis	3+0=3
<b>Total</b>		<b>17</b>

Level 8		
Code & No.	Course Title	Credit hrs
NUR 481	Emergency Nursing	2+3=5
NUR 482	Nursing Management and Leadership - Theory	3+0=3
NUR 483	Nursing Management and Leadership - Clinical	0+2=2
NUR 484	Information Technology in Nursing	3+0=3
NUR 485	Trends and Issues in Nursing	2+0=2
NUR 486	Evidence-based Practice and Critical Thinking	2+0=2
<b>Total</b>		<b>17</b>

\*\*\*After the completion of the eight (8) levels, one (1) year internship in an accredited hospital is required in partial fulfillment for the degree of Bachelor of Science in Nursing.

## Course Descriptions:

### **109 ENGL: English (1), 6(2+4+0)**

This course is intended to train the students to speak, write comprehend, analyze and use English as a global language to enable them to communicate with people from other parts of the world, at least at a basic level.

### **130 MATH: Mathematics (1), 3(2+1+0)**

This course involves a detailed study of:

- BASIC ALGEBRA:-Arithmetic Operations, Algebraic Fractions, Logarithms, Logarithmic Functions and Exponential Functions, etc.
- BINOMIAL THEOREM: Binomial theorem for any positive integer  $n$ , Pascal's Triangle, General and Middle Terms.
- QUADRATIC EQUATIONS: Introduction, Solution of a Quadratic Equation by Factorization, Solution of a Quadratic Equation by Completing the Square. Word Problem of Quadratic Equation.
- POLYNOMIALS: Introduction, Geometrical Meaning of the Zeroes of a Polynomial, Relationship between Zeroes and Coefficients of a Polynomial, Division Algorithm for Polynomials.
- LINEAR EQUATIONS IN TWO VARIABLES: Graphical Method of Solution of a Pair of Linear Equations, Substitution, Elimination, Cross-Multiplication Method, algebraic equation by graphical method.
- COMPLEX NUMBER: Concept of complex number. Arithmetic operations of complex number. Polar and exponential forms of complex number.

### **130 ACT: Computer Skills, 3(2+1+0)**

This course involves study the General Computer Topics, Computer Hardware and Software. Computer Data and Computer Programs, the Computer Processor, Main Memory, and Registers. Input/ Output Hardware, Storage Hardware. System Software (Operating System Basic Features, DOS, Windows, Unix, OS/2, and Macintosh). Application Software (Application Software Basic Features, MS Word, Excel, and Access, Specialty Applications Software). Communication Hardware, Networks, the Internet, Browsers and Email. Concepts of Programming Languages, solving problems, Data types, algorithm, and programs.

### **101 CHS: Health & Fitness, 2(2+0+0)**

The course deals with basic issues related to the health and fitness of the individual. The course deals with the definition of health, its components, and levels, as well as the definition of disease and the principles of fitness and describes the good posture and common distortions in the postures. It also addresses the basics of healthy food, food pyramid. Obesity, causes, hazardous, diseases, classification, drugs, addiction and treatment.

**107 PHYS: Introduction to Physics (1), 3(2+1+0)**

This course is intended to provide students with the basic terms and concepts of General Physics designed to present concepts and applications of the following topics: History of physics and chemistry, Physical quantities, Motion in a straight line, Projectile motion, Newton's Laws-Applications of Newton's Laws of Motion, Force, Work and Energy-Work, Kinetic energy, Potential Energy and Conservation of energy, Invention of the sub-atomic particles, Classification of Matter, Numbers and Measurements, Current and Resistances, Electricity and Magnetism. Thermodynamic and heat transfer, Waves and Sound, Chemical formulas and bonding, Mass Relationships in chemical reactions. Crystal Structures.

**110 ENGL: English (2), 4(2+2+0)****Prerequisite: 109 ENGL**

This course is an integral course that aims to build on and consolidate the language skills already acquired to develop students' overall communicative competence with the focus on meeting their immediate personal and academic needs. Also, it provides students with opportunities to practice more challenging language skills in order to reach a high level of proficiency in English.

**147 ENGL: English for Medical Specialties, 2(1+1+0)**

The purpose of this course is to enable students to be able to divide, analyze, pronounce, and spell medical terms, to name the body systems and their functions. Also it enables student to identify the planes of the body and to recognize main idea sentence in academic writing and o be able to communicate by using medical language.

**105 ACT: Academic & Life Skills, 3(2+1+0)**

This course covers skills needed in student's life such as goal setting, time management, communication, analytical thinking, decision-making, and problem solving. The student is expected to put these skills in practice, utilizing service-learning methodology in order to enrich academic learning outcomes while teaching civic responsibility, and strengthen local communities. This course aims to develop leadership skills, career-related skills, and sense of caring for others.

**109 CHEM: Introduction to Chemistry, 3(2+1+0)**

The main purpose of the course is to give the students of medical disciplines the basics of chemistry science and to improve their skills in this field.

**101 BIOL: Introduction to Biology, 3(2+1+0)**

Biology will provide students with a solid foundation in the fundamental concepts and knowledge base of modern biology and help students develop the skills that are integral to the process of science. This course prepares students for their upper-level courses by emphasizing on the development of student's scientific process skills, laboratory techniques, and an understanding of the fundamental principles of living organisms. Students explore biological science as a process, cell structure and

function, cell types, organelles and macromolecules, enzymes, and an introduction to metabolism; comparison between catabolism and anabolism and studying cellular respiration as an example on catabolism. Students will also take the opportunity to understand the main concepts of cell division and cell cycle through comparison between mitosis and meiosis, the relation of meiosis to sexual reproduction.

**CHM 207: Biochemistry, 2(2+0+0)**

**Pre-requisites: BIO 101, CHM 109**

The goal of this course is to acquire basic knowledge about structure and functions of proteins, amino acids, lipids, carbohydrates, minerals and vitamins. Also, the course focuses on structure and functions of hormones, enzymes and related clinical conditions, as well as principles of metabolism.

**NUR 235: Social Psychology, 2(0+2+0)**

This course aims to study social and psychological factors, which affects the human behavior and conditions which lead to disturbances in social and psychological status. Through this course, students will learn about theories of social psychology, attitude, thinking and emotions.

**MED 241: Medical Microbiology, 3(2+1+0)**

**Pre-requisite: BIO 101**

The course is designed to provide nursing students with essential information in medical microbiology science, including general knowledge about bacteria, viruses, protozoa, fungi and parasites with their effects on human health and methods of prophylaxis and treatment against them.

**NUR 231: Principles of Anatomy, 4(3+1+0)**

**Pre-requisite: BIO 101**

This course introduces human anatomy in an easy way. Topics include; the musculoskeletal system , the cardiovascular system, the integumentary system, the urinary system, the respiratory system, the digestive system , the endocrine system, the reproductive system , and the nervous system. The theoretical part will be enhanced through practice in lab.

**NUR 232: Principles of Physiology, 4(3+1+0)**

**Pre-requisite: BIO 101**

This course is concerned with the study of function of different body systems and its clinical applications in nursing, it includes the study of blood, circulation, respiration, regulation of water and electrolyte balance, digestion and absorption of food, urinary, endocrine, musculo-skeletal and nervous system. It also includes the study of different diseases that disturb normal functions of human body. The theoretical part will be enhanced through practice in lab.

**NUR 233: Fundamentals of Nursing / Theory, 4(4+0+0)****Co-requisites: NUR 231, NUR 232**

This theoretical course is designed to provide nursing students with the knowledge and information that will combine between the past and recent history of nursing. The course focuses on the history of nursing in the world as well as the Arab countries and the Kingdom. Specific emphasis is placed on the stages of the development throughout the history of nursing profession. The influence on each of stage of development is emphasized. Throughout the course, students will be introduced to variety of concepts and nursing theories. Specific emphasis will be placed on the nursing process and its applications in nursing practice. The principle of the basic nursing skills, hygiene, nutrition, mobility, safety and medication calculations and administration will be addressed.

**NUR 234: Fundamentals of Nursing / Practical, 4(0+4+0)****Co-requisite: NUR 233**

This course is a co-requisite to the theoretical part of fundamentals of nursing. It focuses on exploring the nursing process and its application in nursing practice. Students apply the concepts of communication, hygiene, nutrition, mobility, safety, and medication calculation and administration in the lab prior to their contact with the patients in hospitals.

**NUR 241: Health Assessment, 3(2+1+0)****Pre-requisites: NUR 233, NUR 234**

This course is divided into 2 parts; the theoretical part is designed to provide nursing students with the knowledge and skills needed to assess the physical and mental health status of clients with different age groups. Specific attention is given to the bio-psychosocial and spiritual dimension of the clients. Normal and abnormal variations are also addressed. The practical part of this course aims at providing nursing students with the opportunity to use interview, observation, percussion, palpation, inspection, and auscultation in assessing clients in the lab and later in health care settings.

**NUR 242: Adult Health Nursing I / Theory, 4(4+0+0)****Pre-requisites: NUR 232, NUR 233; Co-requisite: NUR 243**

This theoretical course introduces nursing students to the role of professional nurse in the promotion of care among adult clients. It focuses on providing nursing Care for adult client experiencing specific health alterations. Students are also provided with the relevant Knowledge to the aging process and how to examine the main concepts and needs that are related. The nursing process; critical thinking concepts and the cultural variations between patients are also addressed.

**NUR 243: Adult Health Nursing 1/ Clinical, 3(0+0+3)****Pre-requisite: NUR 234; Co-requisites: NUR 241, NUR 242**

This clinical course is a co-requisite to the theoretical part of adult health nursing 1. The course focuses on improving the knowledge and skills of nursing students to enable them in providing competent nursing care for adult with actual and potential health problems. The course also emphasizes the importance of applying the nursing

process to care for clients with acute and chronic conditions within the medical and surgical settings. The cultural, ethical, and legal considerations are addressed.

**NUR 351: Adult Health Nursing 2 / Theory, 3(3+0+0)**

**Pre-requisite: NUR 243; Co-requisite: NUR 352**

This theoretical course is designed to provide nursing students with more advanced knowledge that enables them to care for their adult clients competently. The course also focuses on the use of the nursing process and critical thinking principles to guide them in providing nursing care to clients complaining of acute, chronic and critical conditions. Socio-cultural variations between clients and the relevant ethical considerations are also addressed.

**NUR 352: Adult Health Nursing 2 / Clinical, 3(0+0+3)**

**Pre-requisite: NUR 244; Co-requisite: NUR 351**

This clinical course is a co-requisite to the theoretical part of adult health nursing-2. The course focuses on improving students' skills in utilizing the nursing process and critical thinking principles that enables students to provide the best nursing care for their clients. During the course, student will be exposed to a variety of experiences in the medical, surgical, cardiology, neurology, orthopedic, oncology, dialysis, ear and throat units, as well as operation room.

**NUR 353: Human Growth and Development, 2(2+0+0)**

**Pre-requisites: NUR 232, NUR 351**

This course is designed to introduce nursing student to the concepts of growth, development, and maturation. It explores the stages of growth and development throughout the life span. Specific emphasis is placed on the physical, emotional, cognitive, social, and spiritual growth and development of human beings. Nursing precaution measures in each developmental stage are also addressed.

**NUR 354: Health Education, 2(2+0+0)**

This course aims to provide nursing students with knowledge about learning theories and teaching strategies as well as understanding the basis of designing and developing educational programs according to necessary information about health needs of individual, family and community. Health education program planning, selection of target groups, implementation, and evaluation is also covered. Students learn how to work as member of health team to lead the local community and the proper use of all methods in health education.

**NUR 355: Principles of Nutrition, 2(2+0+0)**

**Pre-requisites: CHM 207, NUR 241; Co-requisite: NUR 351**

This course introduces nursing student to the concepts of nutrition in illness and wellness. Student will be able to learn about the nutritional requirements of humans of different age groups. Attention is given to the nutrition and metabolism, nutrition and illness, influences of culture on nutrition, and the role of professional nurses in assessing and providing proper nutritional needs of all clients.

**CLS 356: Pharmacological Aspects of Patient Care, 3(3+0+0)**

**Pre-requisite: CHM 207; Co-requisites: NUR 243, NUR 244**

This course is designed to introduce nursing students to the major categories of drugs. The principles of action, therapeutic use of drugs, and the side effects are emphasized. Specific attention is given to the nursing considerations for medication administration, adverse effects and drug interaction.

**NUR 361: Maternal-Newborn Health Nursing / Theory, 3(3+0+0)**

**Pre-requisite: NUR 351; Co-requisite: NUR 362**

This theoretical course introduces nursing students to the role of professional nurse in the delivery of nursing care to childbearing families in the hospital or in the community. Emphasis is placed on the pregnancy, labor, and neonatal stages. High risk and complications of pregnancy and delivery are addressed. Ethical and legal dilemmas, the cultural influences and variations related to pregnancy and labor are also emphasized.

**NUR 362: Maternal-Newborn Health Nursing / Clinical, 3(0+0+3)**

**Pre-requisite: NUR 352; Co-requisite: NUR 361**

This clinical course is co-requisite to the theoretical part of maternal-newborn health nursing. Emphasis is placed on applying the nursing process and critical thinking skills are prime frameworks prior to, during and following the delivery, the concept of holistic care to the childbearing families is also emphasized. Specific attention is given to exposing student to a variety of situations during lab/clinical experiences to enable student in helping childbearing families to adapt.

**NUR 363: Pediatric Health Nursing / Theory, 3(3+0+0)**

**Pre-requisite: NUR 351; Co-requisite: NUR 364**

This theoretical course aims at exploring the role of nurses in promoting the health status of children. The course also introduces nursing students to the most common acute and chronic health alterations among children including the communicable diseases. Concepts of normal growth and development of neonates and children and vaccination are addressed.

**NUR 364: Pediatric Health Nursing / Clinical, 3(0+0+3)**

**Pre-requisite: NUR 352; Co-requisite: NUR 363**

This clinical course is a co-requisite to the theoretical part of pediatric health nursing. It focuses on the health and illness of infants and children. Emphasis is placed on the therapeutic nursing interventions for the acute, chronic, actual and potential health alteration in children in the context of holistic approach of care, through exposing students to a variety of situations during lab/clinical experiences. The legal, ethical, cultural, economic, and social factors, which affect decision making and outcomes of nursing care explored.



**NUR 365: Patho-physiology, 3(3+0+0)****Pre-requisites: NUR 232, NUR 241; Co-requisite: NUR 351**

This theoretical course introduces nursing student to the mechanisms and theories related to the development of disease and alteration in body function of individuals throughout their life span. Common conditions related to functional health patterns and immunological responses are also addressed.

**NUR 471: Community Health Nursing / Theory, 3(3+0+0)****Pre-requisites: NUR 361, NUR 363; Co-requisite: NUR 472**

This theoretical course focuses on exploring the main role of community health nursing in promoting health, preventing illness, and restoring health. The nursing process as a prime framework in providing nursing care of individuals and families will be explored and applied. Emphasis is placed on the assessment of physical, psychosocial, and cultural environments. Knowledge related to identifying individuals and communities at risk and providing them with the proper nursing care is also explored.

**NUR 472: Community Health Nursing / Clinical, 3(0+0+3)****Pre-requisites: NUR 362, NUR 364; Co-requisite: NUR 471**

This clinical course is a co-requisite to community health nursing theoretical part. It aims at developing the skills of nursing students in providing nursing care for individuals, families, and communities. The course also focuses on providing students with the opportunity to put theory into practice in a variety of selected placements in the community. The primary health care centers, schools, and factories are all examples of these setting.

**NUR 473: Mental Health Nursing / Theory, 3(3+0+0)****Pre-requisites: NUR 361, NUR 363; Co-requisite: NUR 474**

This theoretical course introduces nursing student to the basic concepts of mental health and illness. It provides student with a base knowledge of mental health disorders, role of mental health nurses, theories of personality development, and treatment modalities. An emphasis is placed on the nursing process to provide proper nursing care for mentally ill. Communication skills and therapeutic relationship with mentally ill people is also addressed.

**NUR 474: Mental Health Nursing / Clinical, 3(0+0+3)****Pre-requisites: NUR 363, NUR 364; Co-requisite: NUR 473**

This clinical course is a co-requisite to theoretical part of mental health nursing module. Guided by the nursing process, critical thinking and therapeutic communication skills, the nursing students are provided with the opportunity to apply the learnt theoretical concepts into practice. Emphasis is placed on promoting, maintaining, and restoring the mental health of individuals and families. Interdisciplinary team planning, intervention, and therapeutic group meeting are also considered.

**NUR 475: Nursing Research and Statistical Analysis, 3(3+0+0)**

This course is designed to assist the student to develop an understanding of the basic principles of research and scientific inquiry including the identification of problem and steps in research methodology in the field of nursing. Also, it introduces the basic concepts, and principles of statistical methods, methods of data collection, sampling, how to choose them & provides nursing students with competencies necessary to read, evaluate, and interpret findings of nursing research studies, in addition to the use of computers in conducting research project in groups and use of the findings in nursing practice.

**NUR 481: Emergency Nursing, 5(2+0+3)**

This course focuses on providing student with the necessary nursing skills to provide care for emergencies and common accidents, the application of skills will take place in emergency settings. The theoretical part of course addresses studying the fundamentals of emergency care and methods of evaluation and classification of clients according to degree of risk, including the foundations of CPR and its applications, Wound care and burns of all types and degrees, poisonings, fractures, coma and the change in temperature and methods of treatment, with emphasis on the role of nursing care in emergency situations.

**NUR 482: Nursing Management and Leadership / Theory, 3(3+0+0)**

**Pre-requisites:** NUR 471, NUR 473; **Co-requisite:** NUR 483

This theoretical course focuses on the basic concepts of leadership and management. It also emphasizes the role of the nurses as changing agent in forming health care for the future. The concepts and theories of organization, management and leadership, change, decision making are explored. Socio-cultural, economical, and historical factors that influence health care system are all also emphasized.

**NUR 483: Nursing Management and Leadership / Clinical, 2(0+0+2)**

**Co-requisite:** NUR 482

This clinical course is a co-requisite to the theoretical part of nursing management and leadership. The course focuses on the application of theoretical concepts in the practice setting where students are expected to gain managerial and leadership experience. Emphasis is placed on resource management, conflict resolution, managed care, quality improvement, and evaluation practice through collaborative efforts between hospital staff and college mentors.

**NUR 484: Information Technology in Nursing, 3(3+0+0)**

**Pre-requisite:** NUR 475; **Co-requisite:** NUR 483

This course focuses in the importance of utilization of computer in health care, education, research, practice, and administration with specific emphasis on nursing applications. The course place emphasis on the clinical information system, the internet, word processing, and data bases.

**NUR 285: Trends and Issues in Nursing, 2(2+0+0)**

This course is designed to discuss the legal and ethical issues related to nursing practice. The local and global issues that influence nursing practice are addressed. Emphasis is placed on the laws, regulations, legal systems and standards of care. Specific attention is given to the differences between ethical and legal bases for nursing actions on the local and global levels to facilitate decision making process.

**NUR 486: Evidence-Based Practice and Critical Thinking, 2(2+0+0)****Pre-requisite: NUR 475**

This theoretical course focuses on providing nursing student with the cognitive critical thinking skills required for professional nursing practice. The course enables nursing students to practice critical thinking through the analysis of certain nursing case studies. Specific emphasis is placed on a variety of nursing specialties including adult health nursing, community nursing, maternal-newborn nursing, child health nursing and mental health nursing.