



# **Academic Programs Booklet**

**College of Health and Sport Sciences**

**2023-2024**

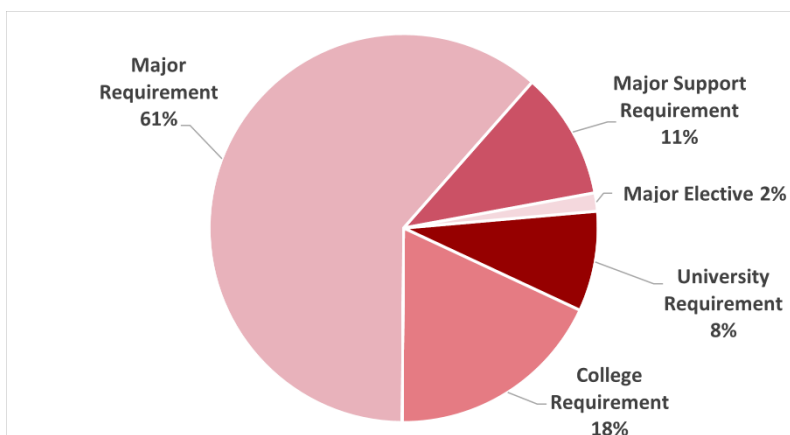
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## College of Health and Sport Sciences

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<b>BACHELOR OF SCIENCE IN NURSING .....</b>	<b>ERROR! BOOKMARK NOT DEFINED.</b>
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## Bachelor of Science in Nursing Program Components

Course Type	CRD
University Requirement (UR)	11
College Requirement (CR)	24
Major Requirement (MR)	81
Major Support	14
Major Elective (ME) <sup>1</sup>	2
Training (Internship):	No
<b>Total Credit (CRD)</b>	<b>132 CRD</b>



## Detailed Study Plan

### Year 1 - Semester 1

Course Code	Course Title	Credit	Contact Hours			Course Type	Pre requisite	Co-Requisite	Major GPA
			LEC	Lab	Clinical				
ENG115	English for Healthcare Professionals I	3	2	2	0	CR	None	None	No
LFS118	Anatomy and Physiology I	4	3	2	0	CR	None	None	No
SBS117	Introduction to Sociology	2	2	0	0	MSR	None	None	No
NUR115	Introduction to Nursing	3	3	0	0	MR	None	None	Yes
ARAB110	Arabic Language Skills	3	3	0	0	UR	None	None	No
HRLC107	Human Rights	2	2	0	0	UR	None	None	No

### Year 1 - Semester 2

Course Code	Course Title	Credit	Contact Hours			Course Type	Pre requisite	Co-Requisite	Major GPA
			LEC	Lab	Clinical				
CGS125	Biochemistry	3	3	0	0	MSR	None	None	No
LFS128	Anatomy and Physiology II	4	3	2	0	CR	LFS118	None	No
NUR125	Fundamentals of Nursing I	4	2	4	0	MR	LFS118 & NUR115	None	Yes
NUR126	Health Education and Promotion	2	2	0	0	MR	NUR115	None	Yes
SBS125	Introduction to Psychology	2	2	0	0	MSR	None	None	No
HIST122	Modern History of Bahrain and Citizenship	3	3	0	0	UR	None	None	No

### Year 2 - Semester 3

Course Code	Course Title	Credit	Contact Hours			Course Type	Pre requisite	Co-Requisite	Major GPA
			LEC	Lab	Clinical				
LFS217	Microbiology	3	2	2	0	CR	None	None	No
ENG125	English for Healthcare Professionals II	3	2	2	0	CR	ENG115	None	No
PHA320	Pharmacology for Nursing	3	3	0	0	MSR	LFS128	None	No
NUR210	Health Assessment	4	2	4	0	MR	NUR125 & LFS128	None	Yes
NUR215	Fundamentals of Nursing II	2	2	0	0	MR	LFS128 & NUR125	PHA320	Yes
NUR216	Fundamentals of Nursing II-Clinical	3	0	0	9	MR	LFS128 & NUR125	PHA320 & NUR215	Yes

### Year 2 - Semester 4

Course Code	Course Title	Credit	Contact Hours			Course Type	Pre requisite	Co-Requisite	Major GPA
			LEC	Lab	Clinical				
LFS233	Clinical Nutrition	2	2	0	0	MSR	CGS125	None	No
LFS227	Pathophysiology	4	4	0	0	CR	LFS128	None	No
NUR225	Adult Health Nursing I	3	3	0	0	MR	NUR210 & NUR215 & NUR216	None	Yes
NUR226	Adult Health Nursing I – Clinical	3	0	0	9	MR	NUR215 & NUR216	NUR225	Yes
NUR220	Gerontological Nursing	3	3	0	0	MR	NUR215 & NUR216	None	Yes
SBS225	Developmental Psychology	2	2	0	0	MSR	SBS125	None	No

### Year 3 - Semester 5

Course Code	Course Title	Credit	Contact Hours			Course Type	Pre requisite	Co-Requisite	Major GPA
			LEC	Lab	Clinical				
STAT 272	Introduction to Biostatistics	3	2	3	0	CR	None	None	No
NUR313	Mental Health Nursing	3	3	0	0	MR	NUR215 & NUR216	None	Yes
NUR314	Mental Health Nursing – Clinical	3	0	0	9	MR	NUR215 & NUR216	NUR313	Yes
NUR315	Adult Health Nursing II	3	3	0	0	MR	NUR215 & NUR216	None	Yes
NUR316	Adult Health Nursing II – Clinical	3	0	0	9	MR	NUR215 & NUR216	NUR315	Yes
ISLM101	Islamic Culture	3	3	0	0	UR	None	None	No

### Year 3 - Semester 6

Course Code	Course Title	Credit	Contact Hours			Course Type	Pre requisite	Co-Requisite	Major GPA
			LEC	Lab	Clinical				
NUR320	Obstetrics and Gynecological Nursing	3	3	0	0	MR	NUR215 & NUR216	None	Yes
NUR321	Obstetrics and Gynecological Nursing – Clinical	3	0	0	9	MR	NUR215 & NUR216	NUR320	Yes
NUR322	Pediatric Nursing	3	3	0	0	MR	NUR315 & NUR316	None	Yes
NUR323	Pediatric Nursing –Clinical	3	0	0	9	MR	NUR316	NUR322	Yes
NUR312	Nursing Research and Evidence-Based Practice	3	2	0	0	MR	STAT272 & NUR225	None	Yes
NUR*	Elective Course	2	2	0	0	ME	None	None	Yes

### Year 4 - Semester 7

Course Code	Course Title	Credit	Contact Hours			Course Type	Pre requisite	Co-Requisite	Major GPA
			LEC	Lab	Clinical				
NUR416	Community Health Nursing	3	3	0	0	MR	NUR126 & NUR313 & NUR320, NUR321	None	Yes
NUR417	Community Health Nursing - Clinical	3	0	0	9	MR	NUR314 & NUR321	NUR416	Yes
NUR418	Essentials of Critical Care Nursing	2	2	0	0	MR	NUR315 & NUR316	None	Yes
NUR419	Essentials of Critical Care Nursing –Clinical	2	0	0	6	MR	NUR315 & NUR316	NUR418	Yes
NUR430	Health policy and Nursing leadership	3	3	0	0	MR	NUR312	None	Yes
NUR413	Health and Professional Issues	2	2	0	0	MR	NUR220 & NUR216	None	Yes

### Year 4 - Semester 8

Course Code	Course Title	Credit	Contact Hours			Course Type	Pre requisite	Co-Requisite	Major GPA
			LEC	Lab	Clinical				
NUR421	Integrated Nursing Practicum I	6	0	0	18	MR	NUR413 & NUR322 & NUR323 & NUR416 & NUR417 & NUR418 & NUR419	NUR422	Yes
NUR422	Integrated Nursing Practicum II	6	0	0	18	MR		NUR421	Yes

## Major Elective Courses

Course Code	Course Title	Credit	Contact Hours			Course Type	Pre requisite	Co-Requisite	Major GPA
			LEC	Lab	Clinical				
*NUR324	Transcultural Nursing	2	0	0	0	ME	None	None	yes
*NUR325	Counselling	2	0	0	0	ME	None	None	yes
*NUR329	Technology in Nursing	2	0	0	0	ME	None	None	yes
*NUR330	Complementary and Alternative Therapies	2	0	0	0	ME	None	None	yes

\* The students can select one of the elective courses

## Course Description

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### Major Requirements Courses Descriptions

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**Course Code: NUR115****Course Title: Introduction to Nursing**

Comprehend an overview of the history of nursing, its nature, and roles at the national and international level with emphasis on the basic concepts of ethical and legal aspects of the Nursing profession. Utilize the nursing process as a framework to provide safe and competent nursing care.

**Course Code: NUR126****Course Title: Health Education and Promotion**

Discover the theoretical foundations of health promotion and wellness across life span. Comprehend the concepts of health education, teaching methods and skills in primary health care. Apply the concepts disease prevention and management to enhance the health of individuals, families, and society. Explore the health promotion services available in the Kingdom of Bahrain and apply various health promotion models to promote, maintain, and restore health.

**Course Code: NUR125****Course Title: Fundamentals of Nursing I**

Acquire knowledge and competencies required to provide basic nursing care for simulated clients using the nursing process approach in the skill lab. Apply the principles of asepsis, body mechanics, vital signs, and fluid regulation. Provide basic nursing care to meet simulated client's needs concerning hygiene and grooming, nutrition, elimination, and sleep.

**Course Code: NUR210****Course Title: Health Assessment**

Develop theoretical knowledge, skills, and attitude to conduct health assessment of an adult client. Practice the skills of history taking, and different methods of physical examination. Apply critical thinking and effective communication skills while conducting a comprehensive health assessment to evaluate the health status of an adult client.

**Course Code: NUR215****Course Title: Fundamentals of Nursing II**

Explore theoretical knowledge for the fundamentals of nursing practice. Utilize nursing process as framework in medication administration, providing perioperative nursing care, and supporting the client/family through the loss and grieving process following the Bahrain code of ethics.

**Course Code: NUR216****Course Title: Fundamentals of Nursing II-Clinical**

Integrate the basic nursing skills in the real clinical situation with emphasis on assessment and meeting client's needs using the nursing process approach. Administer medication and provide perioperative nursing care.

**Course Code: NUR225****Course Title: Adult Health Nursing I**

Explore the common medical /surgical problems of adult clients. Analyze the incidence, pre-disposing factors, etiology, pathophysiology, and diagnostic studies of various disease conditions concerning gastrointestinal, metabolic/endocrine, urinary, immunological, and musculoskeletal systems. Utilize the nursing process as a framework to formulate nursing diagnosis and nursing interventions directed towards promoting, maintaining, and restoring health of adults and their families.

**Course Code: NUR226****Course Title: Adult Health Nursing I - Clinical**

Demonstrate nursing competencies in managing an adult client with various health problems concerning gastrointestinal, metabolic/endocrine, urinary, reproductive, immunological, and musculoskeletal systems in a variety of health care settings. Utilize critical thinking, clinical reasoning, clinical judgment, and effective communication skills using the code of professional conduct to provide comprehensive nursing care to an adult client.



**Course Code: NUR315****Course Title: Adult Health Nursing II**

Develop the knowledge in providing evidence-based nursing care to meet the needs of adult clients with common medical and surgical health problems. Analyze the incidence, pre-disposing factors, etiology, pathophysiology, and diagnostic studies of various disease conditions concerning respiratory, cardiovascular, neurology, and hematology, integumentary, and sensorineural systems. Utilize the nursing process as a framework to formulate nursing diagnosis and nursing interventions directed towards promoting, maintaining, and restoring the health of adults and their families.

**Course Code: NUR316****Course Title: Adult Health Nursing II-Clinical**

Apply nursing competencies in managing an adult client with various health problems concerning respiratory, cardiovascular, neurology, and hematology, reproductive, integumentary, and sensorineural systems in a variety of health care settings. Incorporate critical thinking, clinical reasoning, clinical judgment, and effective communication skills using code of professional conduct to provide comprehensive nursing care to an adult client.

**Course Code: NUR312****Course Title: Nursing Research and Evidence Based Practice**

Comprehend the research process related to professional nursing practice. Explore both quantitative and qualitative methodologies with a focus on how to conduct research related to the area of practice. Apply the ethical considerations and philosophical underpinnings of research. Integrate the basic research skill in literature review, research methodologies, data collection and analysis methods.

**Course Code: NUR 313****Course Title: Mental Health Nursing**

Explore the basic concepts, principles, and theories related to various mental health disorders. Provide comprehensive nursing care for clients with mental health disorders. Develop positive attitude toward the prevention, treatment and rehabilitation of mental illness.

**Course Code: NUR 314****Course Title: Mental Health Nursing-Clinical**

Utilize the clinical experience to explore and gain insight into mental health problems. Apply the essential knowledge, skills, and attitudes to provide comprehensive nursing care in the prevention, treatment, and rehabilitation of clients with mental health problems using nursing process as a framework.

**Course Code: NUR220****Course Title: Gerontological Nursing**

Scrutinize the basic concepts of gerontological nursing and its social implications. Develop awareness about the clients in older adulthood stages of the human life cycle. Explore the older adult's needs and problems facing the current generation of older adults and minimizing dependency.

**Course Code: NUR320****Course Title: Obstetrics and Gynecological Nursing**

Develop knowledge and competencies on the concepts and principles of obstetrics and gynecological nursing, which comprise of antenatal, intra-natal, postnatal care and family planning including assessment and immediate care of the normal newborn. Identify the high-risk pregnancy, and gynecological conditions of women in different stages of their lives. Utilize the nursing process approach as a framework to meet the reproductive health care needs of women

**Course Code: NUR321****Course Title: Obstetric and Gynecological Nursing -Clinical**

Apply the maternal nursing competencies in the provision of care for women during perinatal period. Implement the clinical skills in different areas of pregnancy, labor, puerperium, and gynecological problems.

**Course Code: NUR322****Course Title: Pediatric Nursing**

Explore the common pediatric medical/surgical problems in Bahrain. Apply the principles of growth and development and identify the deviations from normal in common childhood illnesses. Provide comprehensive nursing care to children from conception to adolescence in medical/surgical and critical care settings. Utilize the nursing process and family-centered care approach as a framework to promote, maintain, and restore the health of pediatric clients and their families.



**Course Code: NUR323****Course Title: Pediatric Nursing –Clinical**

Develop skills necessary for providing nursing care of healthy as well as ill children from conception through adolescence. Perform a health assessment and design a holistic nursing care plan to meet the physical and psychological needs of children. Incorporate the nursing process and family-centered care approach in providing nursing care.

**Course Code: NUR430****Course Title: Health policy and Nursing leadership**

Comprehend the concepts, principles and theories of nursing management and leadership. Implement strategic management interventions at diverse healthcare facilities. Apply contemporary managerial and leadership skills in various health care settings.

**Course Code: NUR413****Course Title: Health and professional Issues**

Explore legal, professional, and ethical issues and their impact on nursing profession. Apply the ethical theories, concepts, principles in the contemporary nursing practice's ethical issues. Engage in a thoughtful discussion and debate ethical dilemmas related to professional nursing practice.

**Course Code: NUR 416****Course Title: Community Health Nursing**

Explore a broad perspective of community health nursing (CHN) and health care delivery system, health promotion and disease prevention. Apply the basic concepts of epidemiology, biostatistics, and communicable diseases prevention. Identify the family and community's health needs and problems and their management.

**Course Code: NUR 417****Course Title: Community Health Nursing – clinical**

Conduct community and family assessment to identify healthcare needs. Provide comprehensive nursing care to clients and their families. Implement strategies of health promotion, and disease prevention in diverse community settings. Utilize critical thinking and a problem-solving approach utilizing the nursing process approach.

**Course Code: NUR418****Course Title: Essentials of Critical Care Nursing**

Scrutinize the various acute and critical health problems affecting adults' patients with cardiovascular, pulmonary, nervous, digestive, and endocrine systems. Acquire advanced health assessment skills to effectively provide comprehensive nursing care for critically ill patients.

**Course Code: NUR419****Course Title: Essentials of Critical Care Nursing-Clinical**

Provide comprehensive nursing care for adult patients with cardiovascular, pulmonary, nervous, digestive, and endocrine health problems in acute care settings. Incorporate critical thinking, problem-solving, discussion making, and effective communication skills using a code of ethics.

**Course Code: NUR421****Course Title: Integrated Nursing Practicum I**

Integrate the cumulative knowledge, skills, and attitude in the provision of comprehensive nursing care under the mentorship of a registered nurse. Demonstrate safe nursing care following the Professional Code of Conduct and leadership skills

**Course Code: NUR422****Course Title: Integrated Nursing Practicum II**

Consolidate the theoretical knowledge and clinical competencies acquired from different nursing fields throughout the program. Provide competent, holistic, and evidence-based nursing care at any clinical area under supervision. Apply critical thinking and clinical decision-making skills at various clinical settings.

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## Major Support Courses Descriptions

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**Course Code: SBS117**

**Course Title: Introduction to Sociology**

Acquire the basic sociological concepts that are useful in understanding the features of the larger society. Discover the influence of the societal circumstances on people's life.

**Course Code: SBS125**

**Course Title: Introduction to Psychology**

Explore approaches and concepts in contemporary psychology. Adopt the basic psychological principles to meet the clients' psychological needs.

**Course Code: SBS315**

**Course Title: Developmental Psychology**

Explore various developmental theories such as psychosocial, cognitive, and moral. Examine the factors influencing the humans' development at different stages of life.

**Course Code: LFS233**

**Course Title: Clinical Nutrition**

You will be introduced to the impact of nutrition on health. You will learn to use nutritional tools to evaluate the adequacy of a diet based on individual needs. General concepts of diet modification in various diseases and special conditions are discussed to help you to select /suggest suitable foods for patients with special needs.

**Course Code: CGS125**

**Course Title: Biochemistry**

Apply the principles of biochemistry and their relevance to the clinical field. Acquire the knowledge of the major metabolic pathways and their clinical significance and explore the role of these pathways and their contribution in maintaining homeostasis.

**Course Code: PHA320**

**Course Title: Pharmacology for Nurses**

This course will introduce you to the pharmacology of various drug classes acting on different body systems. You will also explore various aspects of drugs, how to effectively apply them and educate patients on their use for maximum safety and efficacy.

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## Major Elective Courses Descriptions

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**Course Code: NUR324**

**Course Title: Transcultural Nursing**

Explore specific transcultural nursing concepts, principles and strategies to help the students in making nursing clinical decisions. Assess cultural care differences and similarities among cultures to provide culturally congruent and competent nursing care. Utilize transcultural nursing theory to discover and guide nursing care practices.

**Course Code: NUR325**

**Course Title: Counselling**

Employ the basic concepts of counselling and self-awareness required for interacting with individuals. Implement therapeutic communication techniques, self-awareness, counselling, and its process in clients' interview. Explore therapeutic relationship and ethical issues in nursing practice. Acquire knowledge and counselling skills in managing the clients in various situations.

**Course Code: NUR329**

**Course Title: Technology in Nursing**

Develop knowledge required for using information technology and health care data management systems in nursing education, practice, and research. Utilize information technology in nursing care, decision-making, quality improvement initiatives, and client education. Apply the professional, legal, and ethical challenges surrounding the use of informatics in nursing practice.

**Course Code: NUR330**

**Course Title: Complementary and Alternative Therapies**

Explores alternative remedies as complementary to the existing western medical treatments. Figure out the description, therapeutic action, and cultural origin of different types of complementary and alternative therapies.

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## University Requirements Courses Descriptions

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**Course Code: ARAB 110**

**Course Title: Arabic Language Skills**

This course focuses on basic Arabic skills including form, function, and meaning. It also helps the student to appreciate and understand structures and approach them from a critical point of view, through various genres in literature.

**Course Code: HIST 122**

**Course Title: Modern History of Bahrain and Citizenship**

Spatial identity of Bahrain: Brief history of Bahrain until the 18th century; the historical roots of the formation of the national identity of Bahrain since the 18th century; the modern state and evolution of constitutional life in Bahrain; the Arabic and Islamic dimensions of the identity of Bahrain; the core values of Bahrain's society and citizenship rights (legal, political, civil and economic); duties; responsibilities and community participation; economic change and development in Bahrain; Bahrain's Gulf, Arab and international relations.

**Course Code: HRLC 107**

**Course Title: Human Rights Principles**

This course deals with the principles of human rights in terms of the definition of human rights, scope, sources with a focus on the International Bill of Human Rights; The Charter of the United Nations; Universal Declaration of Human Rights; The International Covenant on Economics, Social and Culture rights; Convention against Torture and other Cruel, Inhuman or Degrading Treatment or Punishment; Mechanics and the Constitutional Protection of Rights and Public Freedoms in Kingdom of Bahrain.

**Course Code: ISLM 101**

**Course Title: Islamic Culture**

An introduction to the general outline and principles of Islamic culture, its general characteristics, its relationships with other cultures, general principles of Islam in beliefs, worship, legislation and ethics.

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## College Requirement Courses Descriptions

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**Course Code: ENG115**

**Course Title: English for Healthcare Professionals I**

Develop the language skills of reading, listening, speaking, and writing, emphasizing the language needs of healthcare professionals. Examine verbal and non-verbal communication skills, extracting ideas, paraphrasing, writing using the APA style and guidelines, and writing assessment reports. Comprehend the medical terminologies, prefixes, suffixes, and word roots.

**Course Code: ENG125**

**Course Title: English for Healthcare Professionals II**

Apply the language and communication skills of reading, listening, speaking, and writing at a higher level. Adopt critical reading skills, inferential comprehension, analytical report writing, and a research essay based on medical terminologies and the APA style and guidelines.

**Course Code: LFS118**

**Course Title: Anatomy and Physiology I**

The course covers the organization of the human body structure and function of cells, tissues, and organs. It also includes the gross and microscopic anatomy and physiology of the integumentary, skeletal, muscular, blood, cardiovascular and lymphatic systems.

**Course Code: LFS128**

**Course Title: Anatomy and Physiology II**

The course covers gross and microscopic anatomy and physiology of the nervous, special senses, endocrine, respiratory, digestive, urinary, and reproductive systems.

**Course Code: STAT272**

**Course Title: Introduction to Biostatistics**

Descriptive statistics, some basic probability concept, discrete and continuous probability distribution, estimation, hypothesis testing: one and two sample interference, analysis of variance, Inference of categorical data, simple linear and multiple regression and correlation, logistic regression, use statistical packages.

**Course Code: LFS227**

**Course Title: Pathophysiology**

In this course you will understand the basic pathophysiology of disease processes, their clinical manifestations, complications, diagnostic findings and management. You will also acquire knowledge to provide better disease management and apply critical thinking and analytical methods of inquiry regarding the disease processes.

**Course Code: LFS217**

**Course Title: Microbiology**

You will be introduced to the basic concepts of microbiology with special emphasis on microbial ecology, epidemiology and pathogenesis of infectious diseases. As health care professionals, you will be equipped to apply the concepts of microbial growth control in preventing the spread of infections in your daily life and in your professional field.