



Course Specification

(Bachelor)

Course Title: Fundamental of nursing 1

Course Code: 221NUR-6

Program: Nursing

Department: Nursing

College: Nursing and Health Sciences

Institution: Jazan University

Version: 2024 - 2025

Last Revision Date: 23 December 2024



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A. General information about the course:

1. Course Identification

1. Credit hours: (Theory = 3, Practical = 6)

6 credits (3 theory + 6 practical)

2. Course type

A.

A.

A.

A.

A.

A.

B.

B.

B.

3. Level/year at which this course is offered: 2nd year / level 3

4. Course general Description:

Fundamentals of Nursing 1 is an introduction of nursing students to the fundamentals of nursing care, including principles of person-centered care, clinical decision-making and clinical assessment.

5. Pre-requirements for this course (if any):

105-BIO-4

6. Co-requisites for this course (if any):

None

7. Course Main Objective(s):

At the end of this course, the students will be able to:

1. Explain the historical perspectives of nursing.
2. Discuss the role and function of nursing.
3. Describe concepts of health, wellness and illness.
4. Discuss nursing theories and its applications into practice
5. Interpret the skills in nursing process.
6. Discuss body temperature, pulse, respiration, blood pressure and oxygen saturation
7. Practice vital signs procedure.
8. Apply theoretical knowledge in the practice of the physical examination.
9. Discuss different diagnostic testing methods.
10. Explain methods of drug administration and apply knowledge while practicing.
11. Demonstrate skill in hygienic care.
12. Describe asepsis and demonstrate the ability to use aseptic techniques for every nu procedure.

13. Explain the normal body alignment, activities, exercise and immobility.

2. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom	Theory 3 x 15 =45, Practical 6 x 15 = 90	100%
2	E-learning		
3	Hybrid <ul style="list-style-type: none"> Traditional classroom E-learning 		
4	Distance learning		

3. Contact Hours (based on the academic semester)

No	Activity	Contact Hours
1.	Lectures	45
2.	Laboratory/Studio	90
3.	Field	
4.	Tutorial	
5.	Others (specify)	
Total		135

B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
1.0	Knowledge and understanding			
1.1	Describe the fundamental concept of care, history of nursing, scope of nursing practice and	K1	Traditional lectures, Power point presentation, Active Learning	Mid-term exam - Final written exam

Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
	manage response to actual health problems.			
1.2	Recognize the essential medical and health sciences requirements of professional nursing practice in diverse population.	K2	Traditional lectures, Power point presentation, Active Learning	Mid-term exam - Final written exam
1.3	Apply nursing process skills to interpret physiological, psychological, spiritual, cultural need of individual, families and communities.	K3	Traditional lectures, Power point presentation, Active Learning	Mid-term exam - Final written exam
2.0	Skills			
2.1	Demonstrate commitment to provide safe and evidenced based nursing care to patient in a variety of settings with consideration of the professional, ethical and legal standard.	S1	Laboratory demonstrations, Simulation,	Practical exam
2.2	Perform essential and advanced nursing practices skillfully.	S2	Laboratory demonstrations, Simulation,	Participation, practical exam or case study

Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
2.3	Utilize new technology in the retrieval and reporting of pertinent information related to fundamental nursing concepts	S3	Laboratory demonstrations, Simulation,	Participation, practical exam or case study
2.4	Communicate effectively with patients, families, and interdisciplinary team members to foster open communication, collaboration, mutual respect, and shared decision-making	S4	Simulation of clinical scenarios	Lab performance test

Code	Course Learning Outcomes	Code of PLOs aligned with the program	Teaching Strategies	Assessment Methods
2.5	Solve problems arising in nursing practices critically, creatively, and innovatively for effective decision making	S5	Simulation of clinical scenarios	Lab performance test
3.0	Values, autonomy, and responsibility			
3.1	Synthesize knowledge and skills gained throughout integrating ongoing lifelong learning strategies to support critical thinking and problem-solving approaches in nursing practice	V1	Individual or Group assignments	Observations, Group assignments
3.2	Demonstrate commitment to provide safe and evidence-based nursing care to patients in a variety of settings with consideration of the professional, ethical, and legal standard	V2	Individual or Group assignments	Observations, Group assignments
...				

C. Course Content

No	List of Topics	Contact Hours
1.	Historical perceptive of Nursing and concept of health	3
	PRACTICAL- Hand washing, Gloving and Bed making	6
2.	Nursing Theories and Conceptual Frameworks	3
	PRACTICAL- Hand washing, Gloving and Bed making	6
3.	Nursing Theories and Conceptual Frameworks	3
	Applying nursing process into practice	6
4.	Nursing process	3
	Applying nursing process into practice	6
5.	Vital signs (temperature and pulse)	3
	PRACTICAL- Vital signs measurement	6
6.	Vital signs (temperature and pulse)	3
	PRACTICAL- Vital signs measurement	6
7.	Vital signs (respiration and blood pressure)	3
	PRACTICAL- Vital signs measurement	6
8.	Physical Assessment	3
	PRACTICAL-Physical examination, positioning and transferring the patient	6
9.	Diagnostic testing	3
	PRACTICAL - Urine, Sputum and Stool analysis	6
10.	Medication administration	3
	PRACTICAL-Medication administration with different route and dosage calculation	6
11.	Hygiene and human needs	3
	PRACTICAL- Bed bath, Hair care and Oral care	6
12.	Asepsis	3
	PRACTICAL-Establishing and maintaining sterile field	6
13.	Asepsis	3
	PRACTICAL-Establishing and maintaining sterile field	6
14.	Activity and Exercise	3
	PRACTICAL- Body mechanics and Range of motion	6
15.	Revision	3

	6
Total	135

D. Students Assessment Activities

No	Assessment Activities *	Assessment timing (in week no)	Percentage of Total Assessment Score
1.	Student Discipline and Behavior	Continuous	5%
2.	Practical Assessment	Continuous	15%
3.	Midterm Theory	8 th or 9 th week	20%
4.	Final Practical	17 th or 18 th week	20%
5.	Final Theory	19 th or 20 th week	40%
Total			100%

*Assessment Activities (i.e., Written test, oral test, oral presentation, group project, essay, etc.).

E. Learning Resources and Facilities

1. References and Learning Resources

Essential References	Kozier; Erb, G: Berman, A & Burke, K. (2016) Fundamentals of nursing Concepts, Process and practice. Pearson Publishing
Supportive References	
Electronic Materials	https://www.nlm.nih.gov/(pub med access for all abstracts) https://scholar.google.com/(Google scholar) ICN http://www.icn.ch/ Saudi Council for Health Specialties www.scfhs.org Black board resources- uploaded reading materials/ textbook/ discussion board/ blog
Other Learning Materials	NANDA

2. Required Facilities and equipment

Items	Resources
facilities (Classrooms, laboratories, exhibition rooms, simulation rooms, etc.)	Classroom Fundemntal of Nursing lab Simulation lab

Items	Resources
Technology equipment (Projector, smart board, software)	Smart board Blackboard High-speed internet SDL (Saudi Digital Library)
Other equipment (Depending on the nature of the specialty)	Wheelchair

F. Assessment of Course Quality

Assessment Areas/Issues	Assessor	Assessment Methods
Effectiveness of teaching	Student's	Students' Teaching Evaluation, Questionnaire, Continuing feedback from Students
Effectiveness of Students assessment	Instructor	Course report CLO Evaluation survey Continuing feedback from students
Quality of learning resources	Quality Assurance Unit	Student Satisfaction Survey
The extent to which CLOs have been achieved	Faculty member	Indirect
Other		

Assessors (Students, Faculty, Program Leaders, Peer Reviewers, Others (specify))

Assessment Methods (Direct, Indirect)

G. Specification Approval

COUNCIL /COMMITTEE	Nursing Department Council
REFERENCE NO.	NUR 2508
DATE	Jan 15, 2025