



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Principles of Nutrition							
Course Code		ST204		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	3	Workload	80 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		It's aimed to connet between health and nutrition, make it known the significance of food groups and items on the side of nutrition, learn the feeding types and the reasons of the obezity and gracility and energy methabolism, learn the significance of preparing, cooking and preserveing the foods, feeding according to age groups and learn the importance of the nutrition subjects in common diseases.							
Course Content		This is the course which contains nutrition and health, nutrition items; carbonhydrats, lipids, proteins, water and minerals, vitamins, other refreshments, energy metabolism, nutrition principles in gracility and obezity, nutrition groups, storing the foods by treating, nutrition of pregnants and breastfeeding women, nutrition of workers and nutrition of sportsmen							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Individual Study, Problem Solving					
Name of Lecturer(s)									

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading

1	1. Baysal A (2004). Beslenme, Ankara.
2	2. Baysal A (2002). Genel Beslenme, Ankara.
3	3. Ersoy G. (2005). Egzersiz ve Spor Performansı için Beslenme, Ankara.
4	4. Güneş Z. (1998). Spor ve Beslenme, Ankara.
5	5. Kutluay Merdol M., Başoğlu S. (1997). Beslenme ve Diyetetik Açıklamalı Sözlük, Ankara.

Week	Weekly Detailed Course Contents	
1	Theoretical	Definition of nutrition, aim of nutrition, sufficient and balanced feding, the effects of nutrition to health and work rate, the main reasons of nutrition problems
2	Theoretical	Definition of carbohydrats, general features, significance, classifications, metabolism, storing, missions during body process, sources and daily need
3	Theoretical	Definitions of lipids, general features, significance, classifications, metabolism, storing, missions during body process, sources and daily need
4	Theoretical	Definitions of proteins, general features, significance, classifications, metabolism, storing, missions during body process, sources and daily need
5	Theoretical	General information about water and minerals, their sources, biological effects and problems during insufficiency
6	Theoretical	General information about vitamins, their sources, biological effects and problems during insufficiency
7	Theoretical	Energy metabolism, the basal metabolism speed, consuming energy during physical activity, thermic effect of foods and calculating the daily energy need
8	Intermediate Exam	Mid-term Exam
9	Theoretical	Energy metabolism, the basal metabolism speed and the ralation between pyhsical activity and energy metabolism
10	Theoretical	Meat, leguminous seeds, eggs, milk and milk derives, cereal, fruit and vegetables, fats and desserts, preserving foods and food hygen
11	Theoretical	The reason of gracility and obezity and feding types
12	Theoretical	Feeding of pregnant and breastfeeding women
13	Theoretical	Feeding of babies and children
14	Theoretical	Nutrition at malnutrition and metabolic diseases
15	Theoretical	Principles of feding old people, workers and sportsmen
16	Final Exam	Final exam



Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	2	2	56
Assignment	2	3	1	8
Term Project	1	6	0	6
Quiz	2	0	1	2
Midterm Examination	1	3	1	4
Final Examination	1	3	1	4
Total Workload (Hours)				80
[Total Workload (Hours) / 25*] = ECTS				3

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	1- Students will learn the importance of energy and macronutrients of body function and healthy nutrition.
2	2- Be able to assess foods according to energy, carbohydrate, protein and fat contents
3	3- Learn daily energy, carbohydrate, protein and fat requirements and food sources and amounts according to gender and ages, be able to interpret the dietary patterns of this groups.
4	The knowledge of energy metabolism, the basal metabolism speed, consuming energy during physical activity, thermic effect of foods and calculating the daily energy need
5	Learning of baby, child, pregnant and old people nutrition.

Programme Outcomes (Dairy Technology)

1	Having sufficient infrastructure in basic sciences and engineering subjects and ability to use the theoretical and applied info instantly in this field.
2	Determining the modern techniques, tools and information technologies required for applications related with his field and ability to use them efficiently
3	Ability for planning, projecting, and designing, following up, analyzing and finding target-driven solutions related with his field
4	Ability to have professional ethic and awareness.
5	Ability to work, decide, express opinions orally and in written individually
6	Ability to participate team studies, taking responsibility, making leadership.
7	Ability to conceive Atatürk's principles and reforms, to communicate in Turkish and foreign language.
8	Ability to comprehend the necessity to learn for a life time, to monitor developments in science and technology and continuously renew himself.
9	Having sufficient level of information about production and quality control of milk and dairy products and also product development, increasing product quality and food security fields.
10	Ability to detect, define, solve problems related with his field and to select and apply suitable methods and modeling techniques for this purpose.
11	To be conscious about workplace applications, worker health, work security and environment subjects, to have knowledge about legal results of the engineering applications related with his subject.

Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3	L4	L5
P1	4	4	4	4	4
P2	4	4	4	4	4
P3	4	4	4	4	4
P5	4	4	4	4	4
P6	4	4	4	4	4
P7	4	4	4	4	4
P8	4	4	4	4	4

