

### AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Principles of Nutrition								
Course Code		ST204		Couse 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 cou water and min obezity, nutriti nutrition of wo	urse which con nerals, vitamin on groups, sto rkers and nut	ntains nu s, other oring the rition of s	utrition refres foods sports	n and hea hments, e s by treati men	Ith, nutrition ite energy metabo ng, nutrition of	ems; carbonhy blism, nutrition f pregnants and	drats, lipids, prot principles in gra d breastfeeding	teins, cility and women,
Work Placement		N/A								
Planned Learning Activities		and Teaching	Methods	Explan	ation (	Presenta	tion), Discussi	on, Individual	Study, Problem	Solving
Name of Lecturer(s)		Assoc. Prof. E	cem AKAN							

Assessment Methods and Criteria	Assessment	Methods	and	Criteria
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Method	Quantity	Percentage (%)	
Midterm Examination	1	40	
Final Examination	1	60	

# **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	Theoretical	Energy metabolism, the basal metabolism speed and the ralation between pyhsical activity and energy metabolism				
9	Theoretical	Meat, leguminous seeds, eggs, milk and milk derives, cereal, fruit and vegetables, fats and desserts, preserving foods and food hygen				
10	Theoretical	The reason of gracility and obezity and feding types				
11	Theoretical	Principles of feding old people, workers and sportsmen				
12	Theoretical	Feeding of pregnant and breastfeeding women				
13	Theoretical	Feeding of babies and children				
14	Theoretical	Nutrition at malnutrition and metabolic diseases				



# **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			
	80						
	3						

\*25 hour workload is accepted as 1 ECTS

## Learning Outcomes

1	Students will learn the importance of energy and macronutrients of body function and healthy nutrition.
2	Be able to assess foods according to energy, carbohydrate, protein and fat contents
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 knowladge 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 Ataturk'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

