



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Healthy and Balanced Nutrition							
Course Code		TG302		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	76 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		Nutrition, food components and tasks, nutrition and a healthy and balanced diet is to have adequate information mattersnutritional disorders, nutrition Or General information about the level of sickness is intended to have.							
Course Content		Adequate and balanced nutrition health disease concepts, definitions, nutritional status and importance, food components and tasks of nutrients, metabolism, energy requirement, according to the State of human nutrition errors, nutrition and diet, the importance of a healthy diet Healthy shapes of nutrition on the importance in working life, Turkey also malnutrition resulting from diseases							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Case Study, Individual Study					
Name of Lecturer(s)		Ins. Adem KESKİN							

Assessment Methods and Criteria

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

Recommended or Required Reading

1	SAHA PERSONELİ İÇİN TOPLUM BESLENMESİ PROGRAMI EĞİTİM MATERYALİ -TOPLUMUN BESLENMEDE BİLİNÇLENDİRİLMESİ-Haziran , 2002 ANKARA
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Week	Weekly Detailed Course Contents	
1	Theoretical	Health-illness concepts
2	Theoretical	General concepts about healthy eating
3	Theoretical	Nutritional status and significance
4	Theoretical	Adequate and balanced nutrition
5	Theoretical	The nutrients of food components and tasks
6	Theoretical	Metabolism and energy requirement
7	Theoretical	Adequate and balanced nutrition shapes
8	Theoretical	midterm
9	Theoretical	Nutritional disorders
10	Theoretical	Nutrition Mistakes caused by diseases
11	Theoretical	Disease-specific patterns of healthy eating
12	Theoretical	Turkey also malnutrition resulting from diseases
13	Theoretical	The importance of nutrition on health in working life
14	Theoretical	The importance of nutrition on health in working life

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Assignment	1	8	0	8
Individual Work	9	0	2	18
Midterm Examination	1	2	2	4
Final Examination	1	2	2	4
Total Workload (Hours)				76
[Total Workload (Hours) / 25*] = ECTS				3

*25 hour workload is accepted as 1 ECTS



Learning Outcomes

1	Elective courses .medikal unit that will work in a category all staff to gain the most basic information about healthy and balanced diet.
2	Examine the conditions of healthy living. * Learns healthy nutrition * Will be able to know the relationship between nutrition and health of physical activity * Understand the importance of sleep and stress factors in healthy life
3	• will be able to express adequate and balanced nutrition. • Examines some nutritional concepts. • Have information about nutrients. • Learns adequate and balanced nutrition rules. • Discuss whether he / she applies what he / she learned in his / her nutrition.
4	• Recognize healthy metabolism. * Learns the body composition and body composition detection methods * Examines the biology of fat * Obesity and treatment information will have * The body's adaptation to exercise examines, learns the exercise recommendations to be made to individuals
5	• Learns nutrition and menu planning in special groups. * Will learn key points about athlete nutrition * Learn physical and social changes that occur in old age * Make menu planning examples in special groups (elderly, children, athletes, disabled, workers)

Programme Outcomes (Environmental Health)

1	They have the appropriate level of knowledge about the basic sciences which has an interaction with the environment and the environment itself.
2	They have gained the basic concepts, skills and qualifications in the Environmental health theoretical and practical lessons. And then they can establish the connections that are necessary to protect the environment and people's health in the light of these competencies.
3	They can use the approaches and the information of basic and applied research in different disciplines. They can follow the innovations and developments in their field, and have self-development competency with the terms of the day.
4	They know and apply the analysis methods used in the evaluation of environmental factors (drinking water, waste water treatment, air pollution, meteorological data, land values, food control, radiation measurement, etc.).
5	They have a professional and ethical consciousness, and have the ability to recognize the environmental problems and also can formulate a solution to these problems. They apply the gained knowledges and skills faced in real life situations, transfers the knowledge to individuals around, and wins the life-long learning behavior.
6	They are able to use their professional knowledge in their lives and behave sensitively toward the local and global environmental problems and effectively uses to the legislation and management tools the necessary for the solution.
7	Gained the ability to adapt the changing in a positive way themselves, to understand the core values and cultures of the society which are living. Sensitive to the universal and the social values, interests of the country, have adopted the concept of sustainable development, environmentally conscious, productive, behaves aware of the ethical and professional responsibility.
8	Provides a healthy interact of individual, society and the environment and take responsibility in the necessary situations for the continuity.
9	They gain the ecologically-based solving skills the problems and the delays that may arise in interaction with each other of living and nonliving environment. Interests of local and national, and Ecological and historical values of our country, and contribute to the protection and the development of them.
10	Exhibits the appropriate behaviours for the protection and the development of plants, animals, and inanimate environment, and the especially human health.
11	Knows the value of energy for life, recognizes the types of energy, and have conscious of the importance, using and dissemination of renewable energy sources.
12	Knows the properties of information and communication technologies, and uses them in the process efficiently and professionally.
13	They aware of the democracy, rule of law, human rights, the national and universal cultural characteristics, and sensitive towards to the nature, society and people.
14	Knows the importance of Atatürk's principles and reforms, make them a way of life.
15	Uses effectively the Turkish in speaking and writing.
16	Has at least one foreign language ability to be able to follow the knowledge in their profession and to communicate with colleagues.
17	To have the appropriate knowledge of medical sciences at the level of interest, to use specific medical terms and terminology of field

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	3				
P8		4	3		
P10				4	4

