



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)									

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

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	Nutritional disorders
9	Theoretical	Nutrition Mistakes caused by diseases
10	Theoretical	Disease-specific patterns of healthy eating
11	Theoretical	Turkey also malnutrition resulting from diseases
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 (First and Emergency Aid)

1	To be able to be aware of their professional authorities and responsibilities.
2	To be able to use the principles of individual and organizational communication skills.
3	To be able to define the emergency medical services and the pre-hospital emergency medical system devices used in Turkey and the world .
4	To be able to perform physical assessment of the patient and primary and secondary inspection.
5	To be able to apply the methods of handling and transportation of the patient
6	To be able to recognize the rules of the general approach to trauma patients and to be able to be capable of handling and maintenance of trauma equipment.
7	To be able to recognize emergency vehicles' mechanical and technical equipment and to be able to drive emergency vehicles.
8	To be able to identify the principles of pre-hospital emergency care in cases of environmental emergencies.
9	To be able to identify the principles of pre-hospital emergency care in medical emergencies.
10	To be able to analyze the ECG rhythm and apply the principles of pre-hospital emergency care for rhythm Disorders.
11	To be able to recognize and apply the pre-hospital emergency care drugs and fluids.
12	To be able to identify basic life support applications, Advanced Life Support applications and Advanced air way applications.
13	To be able to recognize the principles of pre-hospital emergency during disasters.
14	To be able to protect and maintain the highest level of physical and mental health.
15	To be able to recognize human anatomy and physiology.
16	To be able to develop good communication and human relations skills with colleagues and patients.
17	To be able to apply Infection Control Methods and check infectious situations of emergency vehicles and equipment, ensure the conditions of asepsis-antisepsis and pre-hospital emergency care with Infectious Diseases.
18	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
P14	4	4	4	4	4

