



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 (Medical Laboratory Techniques)

1	Understands the basic operation, organization, and safety rules of the medical laboratory; takes personal safety precautions and ensures a safe laboratory environment.
2	Accepts samples in the medical laboratory, performs pre-analysis preparation, ensures proper transfer conditions, and delivers results.
3	Performs basic tests in various fields of the medical laboratory, prepares analytical solutions, and effectively uses devices and techniques involved in the analysis process.
4	Applies disinfection and sterilization techniques, ensures laboratory hygiene, and complies with waste management procedures.
5	Evaluates and interprets the results of analyses and prepares laboratory reports in accordance with professional ethical principles.
6	Possesses fundamental knowledge of health sciences and effectively uses medical terminology in professional applications.
7	Communicates effectively in healthcare services, works well in teams, and uses Turkish proficiently; has a basic level of foreign language proficiency in professional applications. Embraces Atatürk's principles and reforms, adopts national, moral, spiritual, and cultural values, and maintains an open perspective toward universal and contemporary developments.
8	Keeps up with advancements in science and technology, continuously updates professional knowledge and skills, and engages in self-improvement.
9	Is aware of individual and public health, environmental protection, and occupational safety issues and fulfills responsibilities in these areas.
10	Possesses awareness of career management and lifelong learning within an academic context.

