



AYDIN ADNAN MENDERES UNIVERSITY
AYDIN VOCATIONAL SCHOOL OF HEALTH SERVICES
MEDICAL SERVICES AND TECHNIQUES
MEDICAL LABORATORY TECHNIQUES
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 matters nutritional 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. Hayriye ÇAKMAK								

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	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 (Medical Laboratory Techniques)

1	To be able to have sufficient back ground in medical laboratory techniques and medical laboratory branches (biochemistry, microbiology,parasitology,sitogenetiketc.);the ability to use theoretical and practical knowledge in these fields.
2	To be able to have the basic theoretical and practical knowledgeand other resources have been supported applications and tools based on secondary-level qualifications gained in the field of Medical Laboratory Techniques Program to-date text boks containing formations
3	To be able to have basic knowledge about structure and function of systems in human, to analyse these data on tissue, cell and diseases.
4	To be able to analyse the medical samples necessary for physicians by using tools, equipment and techniques at the diagnostic and the rapeutic laboratories of health agencies and evaluate the data.
5	To be able to use the medical laboratoy tools and equipments according to rules and technics, and make controls and maintenance of them
6	To be able to perform basic tests of related different medical laboratories, prepare solutions.
7	To be able to perform proper sample collection and transport procedures for the medical laboratory tests from the patient.
8	To be able to perform preanalytical sample preparation procedure, prepare inspection preparations, perform disinfection and sterilization
9	To be able to interpret and evaluate data, define and analyze problems, develop solutions based on research and proofs by using acquired basic knowledge and skills with in the field.
10	To be able to have knowledge about work organization and carry out related practice in medical laboratories
11	To be able to carry out laboratory safety protocols, take individual safety precaution and create safe laboratory environment.
12	To be able to gain the ability to apply by viewing and evaluating the processes related to his/her fields in public and private sector.
13	To be able to gain the awareness of the necessity of life long learning, ability to follow developments in science and technology and self-renewal.
14	To be able to help laboratory experts and medical scientists for their researches
15	To be able to be aware of individual and public health, environmental protection and job security issues, under standing the basic level of the relationship.
16	To be able to grasp principles of Atatürk and there volutions, to ensurenational, ethical, spiritual and cultural values, to adopt to universal and contemporary developments
17	To be able to communicate efficiently for medical service and speak Turkish efficiently.
18	To be able to communicate in English at basic level, utilize foreign language on occupational practice

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

	L1
P3	2
P15	2
P16	1
P17	1
P18	3

