



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 (Anesthesia)

1	To be able to recall basic knowledge about human anatomy
2	To be able to recall the knowledge about Atatürk's principles and the history of Turkish Revolution
3	To be able to recall the knowledge about ethical and moral values
4	To be able to recall the knowledge of Turkish grammar and be able to use it
5	To be able to communicate effectively with patient, their family, and own team
6	To be able to control, use, and maintain the anesthesia machines
7	To be able to recall the information about anesthesia application in the system diseases
8	To be able to recall the issues that needed to be considered in follow-up of patients in intensive care.
9	To be able to make the patients' care in intensive care
10	To be able to apply the cardiopulmonary resuscitation.
11	To be able to apply the drug, liquid and blood to the patient.
12	To be able to apply nasogastric tube to the patient and to aspirate.
13	To be able to assist the implementation of general anesthesia to patient.
14	To be able to recall the drugs used in general and regional anesthesia and learn to use them safely.
15	PO15. Can help during the maintenance, ending and post anaesthesia process.
16	Can help the practices of anesthesia and sedation outside the operation room.
17	Can communicate at the basic level of a foreign language and use this language in his job.
18	Be able to communicate at a basic level in a foreign language and be able to use this language in professional fields
19	To have the appropriate knowledge of basic 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	4	4	4	4	4

