



## 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 Imaging Techniques)**

1	To be able to get information the working principles of Radiology, Nuclear Medicine and Radiotherapy devices, and distinguish their components, use these devices in accordance with operating instructions.
2	To be able to perform the procedures in accordance with the examination of Radiology and Nuclear Medicine imaging .
3	To be able to apply the radiotherapy treatment, planned by radiation physicist with instruction of radiotherapist.
4	To be able to develop and perform the film printing of the images that obtained by imaging techniques of Radiology, Nuclear Medicine
5	To be able to evaluate the images that obtained by imaging techniques of Radiology, Nuclear Medicine in terms of radiographic quality and takes the necessary measures.
6	To be able to know the medical and radiologic terminology, and pronounce and use them correctly
7	To be able to take the necessary measures in accordance with the rules of Radiation safety and protection from radiation, and apply them.
8	To be able to distinguish the anatomical structures on images, obtained by the conventional and cross-sectional imaging techniques of Radiology, Nuclear medicine.
9	To be able to communicate well with patient, their family and the hospital staff.
10	To be able to move with own professional duties, powers and responsibilities of the consciousness and apply the rules of professional ethics.
11	To be able to adapt to a multi-disciplinary team work.
12	To be able to have a basic knowledge of human physiology.
13	To be able to distinguish anatomical structures.
14	To be able to establish a cause-and-effect relationship between events.
15	To be able to have the ability of analytical thinking and problem solving.
16	To be able to apply the basic principles of first aid.
17	It has basic knowledge about human anatomy
18	Understanding the basic concepts and principles of physics while providing, in the medical field and in particular medical imaging students better understand the issues involving technical vocational courses
19	OHS 'basic concepts; work accidents, occupational diseases, occupational physicians, occupational safety specialist, İSGB, OSGB, hazard classes, risk assessment, OHS employee representatives is
20	Have basic knowledge about basic medical practices and makes applications

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

	L1	L2	L3	L4	L5
P7	5				
P8					5
P9		5			
P10			5		
P11				5	

