



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Balanced Nutrition							
Course Code		TGT122		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	50 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		A negative impact on the health of students, inadequate and unbalanced nutrition, nutrients, food groups, to be informed about the basic principles of healthy nutrition, healthy and balanced menu planning skills.							
Course Content		Nutrition-related concepts, health and nutrition ,Community nutrition problems and their causes ,carbohydrates ,proteins ,fats ,vitamins, minerals and water ,Obesity, weight control and eating disorders.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Individual Study					
Name of Lecturer(s)		Ins. Halise ÇİNAR							

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading

1	Beslenme, Prof. Dr. Ayşe Baysal, Hatiboğlu Yayınevi
2	Beslenme İlkeleri, Prof. Dr. Mustafa Tayar, Yrd. Doç. Dr. Nimet Haşıl Korkmaz, H. Elif Özkeleş, Seçkin Yayıncılık

Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction, purpose and learning objectives
2	Theoretical	Introduction to a balanced diet
3	Theoretical	Nutrients (carbohydrates)
4	Theoretical	Nutrients (fats)
5	Theoretical	Nutrients (proteins)
6	Theoretical	Nutrients (vitamins)
7	Theoretical	Nutrients (vitamins)
8	Theoretical	Midterm
9	Intermediate Exam	Nutrients (minerals)
10	Theoretical	Nutrients (minerals)
11	Theoretical	Food groups
12	Theoretical	Eating disorders
13	Theoretical	Vegan diet
14	Theoretical	Nutrition in special groups
15	Theoretical	Current diets
16	Theoretical	final

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Midterm Examination	1	10	1	11
Final Examination	1	10	1	11
Total Workload (Hours)				50
[Total Workload (Hours) / 25*] = ECTS				2

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	Will be able to explain the negative effects of inadequate and unbalanced nutrition on health
2	Nutrients, food groups, food groups understands the relationship between the health of.



3	Will be able to plan a healthy and balanced menu
4	How to learn about how diseases should be fed will allow.
5	To know how much food should be consumed in a day

Programme Outcomes (Medical Imaging Techniques)

1	THE ANATOMICAL STRUCTURE
2	HUMAN PHYSIOLOGY
3	APPLY FIRST AID FOR PATIENTS OR INJURIES
4	MAKING RADIOGRAPHY AND FILM BATHROOM, PRINTING PROCESSES
5	MAKING FLOROSCOPIC IMAGING
6	MAKING THE MAMOGRAPHY TEST
7	DOING ANGIOGRAPHY
8	MAKING MAGNETIC RESONANCE IMAGING (MRI)
9	MAKING COMPUTERIZED TOMOGRAPHY (CT) ANALYSIS
10	DOING THE BONE MINERAL DANCEITOMETER (DEXA)
11	ULTRASONOGRAPHY (USG)
12	GAMA CAMERA IMAGING
13	RADIOTHERAPY SIMULATION AND APPLICATION
14	RADIATION SAFETY AND RADIATION PROTECTION
15	MAKING BUSINESS ORGANIZATION AND PROVIDING PROFESSIONAL DEVELOPMENT
16	KEEPING RADIOLOGICAL ANATOMY
17	KEEPING MEDICAL TERMS
18	To be able to use modern Turkish language knowledge and language skills.
19	To have knowledge about Atatürk's Principles and Revolution History
20	To communicate at a basic level in a foreign language
21	Knows cancer and its types. Know what needs to be done to prevent cancer
22	To increase student's awareness of gender equality
23	To have information about clinical biochemistry
24	Knows the structure of proteins, carbohydrates and fats
25	To know family planning methods
26	To obey occupational ethic principals
27	To know occupational ethics
28	Understand the importance of teamwork
29	The organizational chart of the institution will be able to understand.
30	Will understand the importance of record keeping.
31	To know the ethical dilemmas in health
32	TTo gain educational and exploratory knowledge about control and protection against infectious diseases
33	To evaluate the general condition of the patient or the injured to take the initiative
34	To know the indications and contraindications of contrast agents
35	To be able to use and maintain the right communication skills with patients and relatives
36	To be able to communicate with colleagues, patient and patient relatives at therapeutic level
37	To evaluate the behavior of patients and their relatives
39	To have general information about health system
40	To learn the rights and obligations of health workers
41	Ability to gain theoretical knowledge about disaster recovery
42	To gain practical knowledge about disaster recovery and to be able to use them in accordance with ethical principles
43	To be able to explain the concepts related to substance abuse
44	Identify the needs of individuals with substance addiction
45	Working organization
46	Prepare promotional material with ready template
47	To be able to prepare personal web site
48	Knows pharmacological agents. know how to apply the drugs according to the indications and contraindications
49	To have knowledge about the effects of radiation on environment and human health.
50	Knows the concepts of quality standards, quality, standardization, standards and accreditation in health.



51	To know the rules of ergonomics
52	To learn the rules of behavior in social and business life
53	Ensuring the development of social sensitivity levels
54	To use their personal knowledge, skills and experiences for the benefit of the society as a team
55	Will be able to apply the basic tasks to use the operating system
56	Demonstrate behavior by understanding the information given about health.
57	Know the learning and teaching methods
58	Will have the ability to prepare educational material and conduct effective training.

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

	L1	L2	L3	L4	L5
P17	4	4	3	3	3
P21	4	5	5	5	5

