



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 (Operating Room Services)

1	DIFFERENCE BETWEEN ANATOMIC STRUCTURES
2	DIFFERENCE BETWEEN HUMAN PHYSIOLOGY
3	FIRST AID AND FIRST HELP IN TIMES OF EMERGENCY
4	USING UNITY IN ORDER TO PROGRESS
5	ESTABLISH COMMUNICATION
6	BEING ETHICAL IN WORK
7	DIFFERENCES BETWEEN SURGERY SICKNESSES ACCORDING TO THE SYSTEM
8	USING UNITY IN ORDER TO PROGRESS
9	DIFFERENCES BETWEEN MEDICAL TERMINOLOGY
10	USING WELL ESTABLISHED QUALITIES
11	UPDATING THE SURGERY UTENSILS AND STAYING SKILLED
12	STERILIZATION OF THE SURGICAL EQUIPMENT AND KEEPING THEM FUNCTIONAL
13	KEEPING ALIVE AND LOOKING AFTER SURGERY UTENSILS
14	WORK ORGANIZATION AND PRODUCTIVE WORK
15	SURGERY ROOM SAFETY AND ESTABLISHING A SAFE STERILIZATION ROOM
16	MICROBIOLOGY ANALYSIS PRACTISE
17	STEPPING STONE FOR STERILIZATION
18	LOOKING AT THE HUMAN BODY'S FUNCTION AND MATERIAL
19	IN A SURGICAL ENVIRONMENT KEEPING TRACK OF PHYSIOLOGY AND EFFECTIVELY USING THE SURGICAL UTENSILS
20	THE IMPORTANCE OF SUFFICIENT AND BALANCED NUTRITION
21	To be able to use modern Turkish language knowledge and language skills.
22	To have knowledge about Atatürk's Principles and Revolution History
23	To communicate at a basic level in a foreign language
24	Knows cancer and its types. Know what needs to be done to prevent cancer.
25	To increase student's awareness of gender equality
26	Knows radiological imaging methods
27	Have information about home accidents
28	To know the classification of medical wastes
29	Knows collection and disposal of medical waste
30	To know family planning methods
31	Know the ethical dilemmas
32	Knows basic concepts about sexuality and sexual health
33	To gain educational and exploratory knowledge about control and protection against infectious diseases
34	To be able to use and maintain the right communication skills with patients and relatives
35	To be able to communicate with colleagues, patient and patient relatives at therapeutic level
36	To evaluate the behavior of patients and their relatives
37	To be able to explain the concepts related to substance abuse
38	To be able to integrate the theoretical foundations and applications of their responsibility for disaster recovery
39	Ability to gain theoretical knowledge about disaster recovery
40	At the end of the course students can establish a connection between health policies and state systems
41	Will be able to analyze the health transformation program.
42	Knows the anesthetic drugs and anesthesia methods applied to the patient.
43	Knows pharmacological agents. know how to apply the drugs according to the indications and contraindications
44	DIFFERENTIAL RADIOLOGICAL ANATOMY
45	Knows the concepts of quality standards, quality, standardization, standards and accreditation in health.
46	To know the rules of ergonomics
47	Explain and use the practices related to improving the quality of life.
48	Increased social sensitivity levels
49	To gain the ability to use personal knowledge, skills and experiences for the benefit of the society as a team



50	Will be able to apply the basic tasks to use the operating system
51	Demonstrate behavior by understanding the information given about health.
52	Express the importance of rational drug use and points to be considered.

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

	L1	L2	L3	L4	L5
P20	5	3	3	5	4

