



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Healthy Living and Nutrition							
Course Code		HB106		Couse Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	70 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		During the life of an individual's physiological aging is a process that is required to maintain the healthy nutrients have concomitant diseases, taking into account preparation, provision and consumption							
Course Content		By defining, adequate and balanced nutrition principles, energy consumption, ideal height, weight, food groups, food pyramid, the food items and nutrition and menu planning according to the type of disease in geriatric patients							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Case Study, Individual Study, Problem Solving					
Name of Lecturer(s)									

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

Recommended or Required Reading

1	Klinik Nütrisyon, Temel Kavramlar Lubos Sobotka,2002
2	H.U. Department of Nutrition and Dietetics, published books and lecture notes

Week	Weekly Detailed Course Contents	
1	Theoretical	Health and Nutrition, Community Nutrition Problems and Their Causes
2	Theoretical	Adequate and Balanced Nutrition Principles
3	Theoretical	Energy Requirement, ideal Height and Weight
4	Theoretical	Food Groups and the Food Pyramid
5	Theoretical	Nutrients, Carbohydrates
6	Theoretical	Proteins, Lipids
7	Theoretical	Vitamins, Water and Minerals
8	Theoretical	Pulp and Nutrition in the Elderly People
9	Intermediate Exam	Mid-term
10	Theoretical	Drinks and Properties
11	Theoretical	Nutrition in the Geriatric Patients
12	Theoretical	The Place of Probiotics with Feeding in the Geriatric Patients
13	Theoretical	Menu Planning in the Geriatric Patients
14	Theoretical	Obesity and with Relate to Diseases,
15	Theoretical	Nutrition in Cardiovascular and Diabetes Disease
16	Final Exam	Final exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	2	2	56
Assignment	1	4	2	6
Midterm Examination	1	2	1	3
Final Examination	1	4	1	5
Total Workload (Hours)				70
[Total Workload (Hours) / 25*] = ECTS				3

*25 hour workload is accepted as 1 ECTS



Learning Outcomes

1	Health and Nutrition, Community Nutrition Problems and Their Causes
2	Adequate and balanced nutrition principles
3	Energy Requirement, ideal height and weight
4	Food groups and the food pyramid
5	Nutrients, Carbohydrates
6	.Proteins, Lipids
7	Vitamins, Water and Minerals

Programme Outcomes (Home Patient Care)

1	The protection of patients' health , it is sufficient to gain the qualification to provide development and improvement
2	To identify factors that influence the health of the elderly has the ability .
3	Patients know the basic characteristics and needs of individuals and accordingly gain the skills to meet the needs of the elderly.
4	Use basic knowledge and skills related to patient health and care, interpret and evaluate data and identify and resolve potential problems.
5	with have basic health information , as required by the profession and practice of emergency measures that need to be applied in the work environment is capable of .
6	Healthy and sick individuals structure, physiological functions , the relationship between behavior and health and physical and social environment can grasp at a basic level .
7	Task law on rights and responsibilities, comply with regulations and professional ethics.
8	with other professional groups working in this field using its accumulated knowledge about the field of home care patients to take responsibility as a member of the health team in cooperation
9	activities at the basic level can apply for social rehabilitation in patients with plan.
10	social of patients may meet the needs in this matter by understanding the physical and psychological changes.
11	issues related to patient care , safety , protection of the elderly and health care workers have the knowledge and awareness of environmental protection .
12	It can follow the development of the society about the area and is sensitive to events in the world's agenda.
13	on issues related to health services , social responsibility, ethical values ??and has the knowledge and awareness of patients' rights
14	Act in accordance with quality management and processes and participate in these processes .

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

	L1	L2	L3	L4	L5	L6	L7
P1	4	1	2	2	2	2	2
P2	1	1	1	1	1	1	1
P3		1	1	1	2	2	2
P4	1	1	1	1	1	2	1
P5	2	1	1	1	1	2	1
P6	1	2	1	2	2	2	1
P7		1	1	1	2	2	1
P8	2	2	2	2	2	1	1
P9	1	1	1	2	1	1	1
P10	2	1	2	1	1	1	2
P11	1	2	1	2	1	2	1
P12	1		2	1	1	1	1
P13	1	1	1	2	1	1	1
P14	1	1	2	1	1	1	1

