AYDIN ADNAN MENDERES UNIVERSITY
COURSE INFORMATION FORM

Course Title	Nutrition						
Course Code	REH233		Couse Level	First Cycle (Bachelor's Degree)			
ECTS Credit	3	Workload	77 *(Hours)*	Theory	2	Practice	0	Laboratory	0
Objectives of the Course	It is aimed at giving information about basic concepts related with nutrition and nutritional elements; comprehending digestion, absorption, transport and metabolic processes and teaching nutritional groups.						
Course Content	In accordance with the purpose of the course, general information will be given about nutritional elements, carbohydrates, lipids, proteins, energy metabolism, water and minerals, vitamins and nutritional groups.						
Work Placement	N/A						
Planned Learning Activities and Teaching Methods			Explanation (Presentation), Demonstration, Discussion, Individual Study				
Name of Lecturer(s)	Res. Assist. Kağan KARAOSMANOĞLU						

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Bulduk, S.(2005), Beslenme İlkeleri ve Mönü Planlama, Detay Yayıncılık.

Week	Weekly Detailed Course Contents	
1	Theoretical	Nutrition and Health
2	Theoretical	Metabolism and its processes
3	Theoretical	Nutritional elements
4	Theoretical	Carbohydrates, Lipids
5	Theoretical	Proteins, water and minerals
6	Theoretical	Vitamins
7	Theoretical	Nutritional groups
8	Theoretical	Nutritional groups
9	Intermediate Exam	Mid-Term Exam
10	Theoretical	Food pyramid
11	Theoretical	Reading food labels
12	Theoretical	Malnutrition
13	Theoretical	Overnutrition
14	Theoretical	Relationship between menu and nutrition.
15	Theoretical	Relationship between menu and nutrition.
16	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Assignment	1	3	0	3
Reading	4	5	0	20
Midterm Examination	1	5	1	6
Final Examination	1	5	1	6
			Total Workload (Hours)	77
			[Total Workload (Hours) / 25*] = **ECTS**	3

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	Identifies nutrition and nutritional elements.
2	Has information about carbohydrates, lipids, proteins, vitamins, minerals and water.
3	Recognizes digestion, absorption, transfer, metabolism and egestion.
4	Uses diet reference values, daily values for food labels and food pyramid for planning.
5	Reads food labels and comprehends the relationship between nutrition style and cancer; nutrition style and diabetes.

Programme Outcomes *(Tourism Guiding)*

1	To have scientific and professional ethical values
2	To gain the ability of analytical and critical thinking
3	To have an awareness of requirement of gaining lifelong new knowledge and skills
4	To know the basic concepts about tourism sector
5	To comprehend relationship between tourism and natural, cultural and social environment
6	To have enough foreign language knowledge to follow trends and studies in his/her field and to be able to communicate
7	to be able to use the second foreign language at medium level.
8	to have the ability of doing team work.
9	To gain the ability to use information technologies in his/her field at a good level.
10	To gain administrative knowledge and ability in his/her field.
11	To be competent on the subject of human relations and behaviours which are required in tourism industry
12	To be able to track the trends in his/her field.
13	To have knowledge and ability on the subjects required for his/her profession.
14	To have comprehensive knowledge required for his/ her profession about other tourism services
15	To have enough knowledge about culture and customs of his/her own country.
16	To have enough knowledge about different cultures and customs.

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
P2	4	4	4	4	4
P3	5	5	5	5	5
P4	5	5	5	5	5
P5	4	4	4	4	4
P6	3	3	3	3	3
P7	3	3	3	3	3
P8	3	3	3	3	3
P9	3	3	3	3	3
P10	4	4	4	4	4
P11	4	4	4	4	4
P12	5	5	5	5	5
P13	3	3	3	3	3
P14	5	5	5	5	5
P15	5	5	5	5	5
P16	3	3	3	3	3