



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Nutritional Psychology							
Course Code		BDB109		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	100 (<i>Hours</i>)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		To explain the relationship between nutrition and psychology and to explain the psychological causes and consequences of various eating behaviors							
Course Content		Diet, psychology, fast food, starvation psychology, carbohydrates and happiness, cats and psychology, mental illnesses, mental illnesses, mental illnesses, mental illnesses nutrition, ways of making healthy and delicious food, mind-opening and happiness foods, diversification of food, natural foods and processed foods, travel and food culture							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Case Study, Individual Study, Problem Solving					
Name of Lecturer(s)		Prof. Dide KILIÇALP							

Assessment Methods and Criteria

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

Recommended or Required Reading

1	The Psychology of Eating and Drinking. A. W. Logue. Brunner-Routledge. Taylor-Francis Books. 2004.
2	The Psychology of Eating From Healthy to Disordered Behavior. Wiley-Blackwell. 2010.
3	The Psychology of Food Choice. R. Shepherd and M. Raats. CABI. 2006.
4	The Nutritional Psychology of Childhood. Robert Drewett. Cambridge University Press. 2007

Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction to Nutritional Psychology
2	Theoretical	Taste sensation and nutrient selection
3	Theoretical	Development of feeding behavior in infancy
4	Theoretical	Psychological bases of eating preferences
5	Theoretical	The effects of nutrients on behavior
6	Theoretical	Emotional hunger, appetite and psychology of extreme yelling
7	Theoretical	Psychology of body senses, obesity and weakness
8	Theoretical	Topic review (Quiz)
9	Theoretical	Eating disorders and irregular nutrition. Overview of treatment methods
10	Theoretical	The diet industry
11	Theoretical	Consumer behavior and consumption psychology
12	Theoretical	Fasting and diet psychology
13	Theoretical	Psychology of mass nutrition
14	Theoretical	Psychology of thirst and fluid intake

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	13	4	2	78
Midterm Examination	1	10	1	11
Final Examination	1	10	1	11
Total Workload (Hours)				100
[Total Workload (Hours) / 25*] = ECTS				4

*25 hour workload is accepted as 1 ECTS



Learning Outcomes

1	Understands the development of nutritional behavior.
2	Understand the effects of affect on eating behavior.
3	Explain the effects of the diet industry on nutritional psychology.
4	Understands the effects of worship and social activities on nutrition psychology.
5	Understand the psychological aspects of thirst and fluid intake.

Programme Outcomes (Nutrition and Dietetics)

1	Assess, apply and evaluate the accuracy, reliability and validity of basic knowledge and evidence based current scientific developments on nutrition and dietetics.
2	Assess scientifically the energy and nutrients need of individuals and develop nutrition plans and programs for the clients according to the principles of adequate and balanced nutrition and assessment of energy and nutrient requirements
3	Develop food and nutrition plans and policies for the prevention and promotion of healthy lifestyle applying the methods of nutritional assessment for the population.
4	Assess the nutritional status of the patients, evaluate the clinical symptoms, plan and apply individualized medical nutrition therapy for the patients.
5	Evaluate the factors affecting the quality of food consumed by the individuals and populations from production to consumption and implement the legal standards and legislations on food safety and food security.
6	Consider, interpret and apply the basic scientific knowledge on nutrition and dietetics especially have skills on critical thinking, problem solving and decision making and use effectively the appropriate current technologies and computer, demonstrate skills in preparing research manuscripts, project proposals, collecting and verifying data and writing report.
7	Assess, evaluate and interpret the nutritional status of the individuals and population groups using current knowledge, develop preventive measures, apply medical nutrition therapy, demonstrate active participation, teamwork and contributions with national and international stakeholders in health and social areas, in terms of ethical principles.
8	Plan menus in the institutional food service systems depending on the energy and nutrient requirements of target groups in the scope of nutrition and dietetic principles, take care of food safety in all settings from purchase of food to service, apply appropriate service using technological developments.
9	Develop and use effective strategies for the education, counseling and encouragement of individuals and population groups to facilitate behavior change and choose healthy and safety foods, prepare and update the related educational materials.
10	Apply laboratory work on product development, food analysis and related factors effecting food quality and interpret the results and evaluate them according to the legal arrangements.
11	Plan, manage, evaluate, monitor and report researches and programs to educate and increase and improve the knowledge and awareness of individuals and population groups on healthy nutrition during all lifecycle period, and lead such activities, support and take role in the preparation and implementation of national and international food and nutrition plans and policies.
12	Work and perform duties in the scope of occupational responsibilities and ethical principles, understand the importance of lifelong learning, follow the latest developments (innovations) in science, technology and health, demonstrate professional attributes for the enhancement of nutrition and dietetics profession.
13	Use, apply, discuss and share scientific and evidence based knowledge in nutrition and dietetics practice with team and team members, develop and demonstrate effective skills using oral, print, visual methods in communicating and expressing thoughts and ideas, communicate with all stakeholders within ethical principles. Develop and demonstrate effective communications skills using oral, print, visual, electronic and mass media methods
14	Plan, apply, monitor and evaluate individualized medical nutrition therapy within interdisciplinary approaches, considering the sociocultural, economical status of patients in various age groups and also contribute to clinical researches.

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	3	5	2	3
P2	5	3	3	3	3
P3	4	4	2	2	2
P4	5	5	3	3	3
P5	5	5	4	4	5
P6	5	4	4	2	3
P7	4	5	2	5	2
P8	4	3	3	4	3
P9	4	3	3	4	4
P10	5	3	2	3	3
P11	3	4	4	3	3
P12	4	4	3	2	2
P13	5	3	2	3	3
P14	5	5	3	2	2

