AYDIN ADNAN MENDERES UNIVERSITY
COURSE INFORMATION FORM

Course Title	Determination Methods of Nutritional Status						
Course Code	BDB321		Couse Level	First Cycle (Bachelor's Degree)			
ECTS Credit	2	Workload	48 *(Hours)*	Theory	2	Practice	0	Laboratory	0
Objectives of the Course	To teach the nutritional status of patients and healthy individuals by using the methods used to determine nutritional status of the individual and the society and screening tests / tools of nutritional status.						
Course Content	Community nutrition, community health dietitian and nutritional epidemiology, Methods of detection of nutritional status, Anthropometric measurements, Clinical manifestations, Biochemical and biophysical methods, Food consumption researches, Health statistics; age-specific mortality and morbidity rates, etc., Nutritional status screening tests / tools, Application of anthropometric measurements, Application, evaluation, reporting of individual nutritional consumption research						
Work Placement	N/A						
Planned Learning Activities and Teaching Methods			Explanation (Presentation), Discussion, Case Study, Problem Solving				
Name of Lecturer(s)	Ins. Mahmut ÇERİ						

Prerequisites & Co-requisites

ECTS Requisite	90

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Pekcan, G. Beslenme Durumunun Saptanması, Diyet El Kitabı, (Ed. A. Baysal ve ark.) 67-142, Hatiboğlu Yayınevi, Ankara, 2011.
2	Margetts BM, Nelson M (1997). Design Concepts in Nutritional Epidemiology. Oxford University Press, Oxford, 2nd Ed.
3	Gibson RS (2005). Principles of Nutritional Assessment. Oxford University Press, Newyork, 2nd Ed.
4	Willett W (1998). Nutritional Epidemiology. Oxford University Press. NewYork, 2nd Ed.
5	Jelliffe DB, Jelliffe EFP. Community Nutritional Assessment. Oxford University Press, Oxford, 1989.
6	Lee RD, Nieman DC (2007). Nutritional Assessment. McGrawHill, Boston, 4th Ed

Week	Weekly Detailed Course Contents	
1	Theoretical	Community nutrition and nutritional epidemiology
2	Theoretical	Community nutrition and nutritional epidemiology
3	Theoretical	Methods of determining nutritional status
4	Theoretical	Methods of determining nutritional status
5	Theoretical	Nutrition anthropometry
6	Theoretical	Nutrition anthropometry
7	Theoretical	Clinical manifestations, Biomarkers: Biochemical and hematological methods
8	Intermediate Exam	Midterm Exam
9	Theoretical	Clinical manifestations, Biomarkers: Biochemical and hematological methods
10	Theoretical	Health statistics; age-specific mortality and morbidity rates
11	Theoretical	Health statistics; age-specific mortality and morbidity rates
12	Theoretical	Food consumption researches, Ecological factors
13	Theoretical	Food consumption researches, Ecological factors
14	Theoretical	General Repetation
15	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	13	0	2	26

Midterm Examination	1	10	1	11
Final Examination	1	10	1	11
Total Workload (Hours)				48
[Total Workload (Hours) / 25*] = **ECTS**				2

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	To be able to learn the concept of community nutrition and methods of determining nutritional status in patients and healthy individuals.
2	To be able to learn methods of community nutrition, nutritional epidemiology and determination of nutritional status.
3	To be able to gain the knowledge and skills that can be applied in determining the nutritional status of patients and healthy individuals.
4	To learn nutritional anthropometry, clinical indications, biophysical methods, biochemical and hematological methods.
5	To be able to learn health statistics, age-specific mortality and morbidity rates, nutrient consumption researches, determination of ecological factors.
6	Determination of nutritional status and determination of nutritional status of patients and healthy individuals

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	L6
P1	3	4	3	4	3	3
P2	3	3	3	4	3	4
P3	4	3	3	2	2	4
P4	2	3	2	3	4	2
P5	3	2	4	3	2	3
P6	2	4	2	3	3	4

P7	3	2	3	2	3	3
P8	2	2	2	4	3	2
P9	2	3	4	2	2	2
P10	3	4	2	2	4	4
P11	3	2	3	3	2	2
P12	4	3	2	2	3	3
P13	4	2	4	4	2	4
P14	3	4	2	2	4	3