



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Nutrition Education							
Course Code		BDB308		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	2	Workload	48 ( <i>Hours</i> )	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		To give information and gain skills about the nutrition education, education methods.							
Course Content		Defining of education and education principles, methods and materials used in education, communication skills in education, the basic principles of child and adult education, behaviour therapy's principles and applications, preparing education modules, demonstrations of education modules, presentation of education modules, reading and discussing a book advised.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Case Study, Individual Study					
Name of Lecturer(s)									

### Prerequisites & Co-requisites

ECTS Requisite	90
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### Assessment Methods and Criteria

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

### Recommended or Required Reading

1	Nutrition Education, Isabel Contento, Jones and Barlett Publishers, 1st Edition
2	Journal of Nutrition Education

Week	Weekly Detailed Course Contents	
1	Theoretical	Definition, principles and methods of education
2	Theoretical	Education materials, points to consider on preparing education material
3	Theoretical	Properties of educator
4	Theoretical	Communication technics and barriers
5	Theoretical	Nutrition education for child and parents
6	Theoretical	The main specialities of adult education and communication skills
7	Theoretical	Education in Food Service System
8	Intermediate Exam	Midterm Exam
9	Theoretical	The main specialities of overweight and obese people, behaviour therapy
10	Theoretical	Preparing an education plan and model application of an education module
11	Theoretical	Presentation of education modules
12	Theoretical	Presentation of education modules
13	Theoretical	Presentation of education modules
14	Theoretical	Presentation of education modules



15	Final Exam	Final Exam
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**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	Learns the definition, principles and methods of education
2	Learns methods and materials used in nutrition education
3	Prepares an education plan and learns presentation methods
4	Learns the communication technics and barriers, learns the importance of communication in child and adult education
5	Learns the application of education modules mostly practiced (community, children, adults, nutritional service staff, patients)
6	Gains knowledge about the education principles of losing weight in overweight and obese patients, learns the behaviour therapy principles
7	Prepares a presentation about nutrition education

**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	L7
P1	3	3	2	3	4	4	3



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

