



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Nutrition in Disabled People							
Course Code		BDB209		Coure Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	100 ( <i>Hours</i> )	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		The aim of the course is to be gained knowledge on `Impairment`, `Disability`, `Handicap` terms, on physically and mentally handicapped people's nutritional status and to be taught its indicators, on up-to-date information of childhood- adolescent- adult period handicapped people?s health and their nutrition and on the nutritional assessment methods, requirements, products and practices in disabled people.							
Course Content		The meaning of `Handicapped, Disability and Their Role in Public, The difficulties and impossibleness of Being Handicapped, Physically and Mental Disordered People Nutrition, Nutritional disorders, nutritional assessment, nutritional requirements, development of personal nutritional programs and special feeding methods in physically and mentally disordered people.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Case Study					
Name of Lecturer(s)									

### Prerequisites & Co-requisites

ECTS Requisite	30
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### Assessment Methods and Criteria

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

### Recommended or Required Reading

1	World Health Organization. Mental health: Strengthening Our Response. Fact sheet N°220, September 2010.
2	Psychiatric Nutrition Therapy: A Resource Guide for Dietetics Professionals Practicing in Behavioral Health Care. Behavioral Health Nutrition, a dietetic practice group of the American Dietetic Association, 2006.
3	Van de W. Courtney (2005). Changing Diets, Changing Minds: how food affects mental well being and behaviour .
4	Weil E., Wachterman M., McCarthy E. P., Davis R. . B., O'Day B., Iezzoni L. I., Wee C. C. Obesity Among Adults With Disabling Conditions. JAMA, September 11, 2002- Vol 288, No.10.
5	Zuliani G. Et al (2006) . Nutritional Parameters, Body Composition, and Progression of Disability in Older Disabled Residents Living in Nursing Homes. Journal of Gerontology: MEDICAL SCIENCES, 2001, Vol. 56A, No. 4, M212-M216

Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction, disability and the disabled individual's position in the society
2	Theoretical	The problems and impossibility that the disabled individuals have met
3	Theoretical	The eating disorders of physically and mentally disabled people
4	Theoretical	Nutritional assessment of physically and mentally disabled people
5	Theoretical	Physically and mentally disabled individual, Anthropometry
6	Theoretical	Anthropometry-Class Practice
7	Theoretical	Energy and nutrients requirements of disabled people
8	Intermediate Exam	Midterm Exam
9	Theoretical	The nutrition and nutrients in physically and mentally disabled individual
10	Theoretical	physically and mentally disabled people, specific groups and nutrition
11	Theoretical	Dysphagia; specific feeding methods
12	Theoretical	Physically and mentally disabled sportsman and nutrition
13	Theoretical	Menu planning for the physically and mentally disabled people
14	Theoretical	Homework preparation and presentation
15	Final Exam	Final Exam



**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	Gain the ability of different authorities? (WHO, US, ILO) approaches on disability
2	Learn the terms of impairment, disability, handicap and their practices; exclusively should have examined handicapped people's nutrition towards the new studies,
3	Plan handicapped people?s medical nutritional therapies and modified their diets related to other disorders,
4	Gain information about the nutritional disorders of physically and mentally handicapped people,
5	Gain knowledge on the nutritional assessment methods, requirements, products and practices in disabled people,

**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	3	4	3	3	2
P2	3	2	5	3	5
P3	4	2	4	4	3
P4	3	3	4	4	2
P5	3	3	5	2	4



P6	4	2	4	3	2
P7	4	4	3	2	3
P8	2	2	3	4	2
P9	5	3	5	2	4
P10	2	2	4	3	2
P11	3	4	3	2	3
P12	4	3	5	4	2
P13	2	4	4	2	4
P14	3	2	3	3	3

