



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Nutrition and Cancer							
Course Code		BDB220		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		Learning of the basic concepts of cancer, clinical picture of cancer and therapeutic approaches to cancer. Understanding the nutrition principles in cancer prevention and therapy.							
Course Content		Cancer, development of cancer, the clinical picture of cancer,nutritional therapy practices in cancer patients, the effects of food and food compounds in cancer development and treatment, the usage of medical nutritional product in cancer patients, food carcinogens.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Individual Study, Problem Solving					
Name of Lecturer(s)		Lec. Ayçıl ÖZTURAN ŞİRİN							

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	Articles published about cancer and nutrition
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Week	Weekly Detailed Course Contents	
1	Theoretical	Cancer and Carcinogenesis, Defining cancer, Defining carcinogenesis and mechanisms of carcinogenesis
2	Theoretical	The genetical and environmental factors in carcinogenesis (foods, food processing
3	Theoretical	Cancer and energy intake
4	Theoretical	Cancer and macronutrients: carbohydrate and protein
5	Theoretical	Cancer and macronutrients: Fat
6	Theoretical	Cancer and micronutrients: Vitamins (A, C, E vitamins and D vitamin)
7	Theoretical	Cancer and micronutrients: Vitamins II (Choline, Folic acid and selected B vitamins)
8	Intermediate Exam	Midterm Exam
9	Theoretical	Cancer and micronutrients: Minerals (Selenium, zinc, iron)
10	Theoretical	Cancer and micronutrients: Minerals II (Copper, calcium and iodine)
11	Theoretical	Cancer and functional food compounds (Phytochemicals)
12	Theoretical	Cancer and fibre
13	Theoretical	The clinical Picture of cancer and treatment approaches (Chemotherapy, radiotherapy and their effects on nutritional status of cancer patient)



14	Theoretical	Assessment of nutritional status of cancer patients, defining nutritional products and selection of nutritional products Nutrition and lifestyle in prevention of cancer
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	Defines cancer, learns the cancer mechanisms
2	Explains the genetical and enviromental factors that effect cancer genesis
3	Learns the clinical picture of cancer
4	Assesses the nutritional status of cancer patient
5	Knows the cancer therapy methods and the side effects of these methods
6	Plans medical nutrition therapy according to the treatment of cancer patients
7	Knows foods and food compounds which have affect on cancer development and treatment, uses these foods and food compounds in treatment appropriately.
8	Knows the nutritional products for cancer patients, gives recommandation about the usage and dosage of these products.

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	L8
P1	3	3	3	4	2	3	2	3
P2	4	3	2	2	3	2	2	3
P3	4	2	2	4	2	3	3	2
P4	4	2	2	4	2	2	2	2
P5	3	3	4	2	4	1	4	2
P6	3	2	2	2	2	1	2	3
P7	3	3	3	1	4	4	2	2
P8	4	2	2	2	2	2	3	2
P9	4	2	3	2	3	2	2	3
P10	3	4	2	3	3	3	2	4
P11	2	2	3	2	2	2	3	4
P12	3	2	3	3	3	2	2	2
P13	2	3	2	2	2	3	4	3
P14	4	3	3	4	2	2	2	2

