



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Elderly Nutrition							
Course Code		BDB224		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		The importance of elderly nutrition, factors affect elderly nutrition, nutritional assessment of elderly, dietary food and nutrient requirements of elderly, the information to maintain health and well-being in later life, nutritional recommendations in elderly for health protection, improvement, development.							
Course Content		Factors which effects food intake in elderly, importance of healthy nutrition in elderly, nutritional needs and dietary concerns of the elderly, nutritional assessments of elderly, nutritional deficiency disorders in elderly and nutritional recommendations in elderly for health protection, improvement, development.							
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	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	Geriatric Nutrition (Ed:Morley JE. Thomas DR) CRC Press Taylor & Francis Group, USA 2007.
2	Geriatric ve Gerontoloji, (Ed. Arıoğlu S), MN & Nobel Basım Yayın Tic. ve San. Ltd. Şti. Ankara, 2006.
3	Temel Geriatri, (Ed. Kutsal Gökçe Y), Güneş Tıp Kitapevi Kırt. Tic. Ltd. Şti. Ankara, 2006.
4	Keep Fit For Life. Meeting the Nutritional Needs of Older Persons, WHO, Tufts University Science and Policy, Malta, 2002.

Week	Weekly Detailed Course Contents	
1	Theoretical	Aging, aging population, and life expectancy
2	Theoretical	Physical and physiological changes of aging I
3	Theoretical	Physical and physiological changes of aging II
4	Theoretical	Food and nutrient requirements of elderly I
5	Theoretical	Food and nutrient requirements of elderly II
6	Theoretical	Principles of menu planning of elderly nutrition I
7	Theoretical	Principles of menu planning of elderly nutrition II
8	Intermediate Exam	Midterm Exam
9	Theoretical	Menu planning practice
10	Theoretical	Nutritional assessment of elderly I
11	Theoretical	Nutritional assessment of elderly II
12	Theoretical	Nutritional deficiency diseases in the elderly I
13	Theoretical	Nutritional deficiency diseases in the elderly II



14	Theoretical	Nutrition education in elderly
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	Learns the importance of healthy nutrition in elderly
2	Learns on the factors which effects nutritional status in elderly
3	Knows the special dietary food and nutrient requirements of elderly
4	Learns nutritional deficiency diseases of elderly
5	Assess nutritional status in elderly
6	Applies the information to maintain health and well-being in later life

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	3	4	3



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

