



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Biological Antiaging							
Course Code		BDB250		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 relationship between anti aging, its clinical practices with nutrition							
Course Content		Biological aging, energy and nutrient requirements of older people, ORAC, relationship between telomere length and nutrition, importance of nutrition in anti aging therapies, anti aging therapies in different cultures, nutricosmetics, importance of some foods in anti aging therapies.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Individual Study					
Name of Lecturer(s)									

### Prerequisites & Co-requisites

ECTS Requisite	180
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### Assessment Methods and Criteria

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

### Recommended or Required Reading

1	Molecular basis of nutrition and aging. Marco Malavolta, Eugenio Mocchegiani, Elsevier
2	Nutritional Cosmetics, beauty from within. Aaron Tabor, Robert Blair, Elsevier
3	Nutritional supplements and their role in promoting successful aging and longevity. Steven Gambert, Barbara Anne Gambert, Nova Biomedical

Week	Weekly Detailed Course Contents	
1	Theoretical	What's aging? Molecular and cellular aspects of aging
2	Theoretical	Nutrition and nutrient requirements in aging, diseases and drugs-nutrient interaction
3	Theoretical	Relationship between nutrigenetic and nutrigenomic approach with aging
4	Theoretical	Antioxidant network in aging, telomeres and nutrition
5	Theoretical	What's anti aging?
6	Theoretical	Vitamins and anti aging
7	Theoretical	Minerals and anti aging
8	Intermediate Exam	Midterm Exam
9	Theoretical	Protein, fiber and anti aging interaction. Supplements and anti aging
10	Theoretical	Diet planning in anti aging therapies, calorie restriction diets and longevity
11	Theoretical	Super foods and anti aging, Herbs And anti aging
12	Theoretical	Anti aging therapies in different cultures
13	Theoretical	Nutricosmetics
14	Theoretical	Importance of dieticians in anti aging therapy
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	Understanding cellular and molecular aspects of aging
2	Determining requirements of energy and nutrient intake of older people
3	Learning how to approach the patient and practice principles of nutrition in anti aging therapy
4	Discovering the importance of some foods in anti aging therapy
5	Learning anti aging approaches in different cultures
6	Understanding nutricosmetics and their anti aging effects

### 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	4	2
P2	3	2	3	4	2	3
P3	2	2	2	2	2	3
P4	2	3	2	2	3	2
P5	4	3	3	2	3	4
P6	2	2	3	3	3	2
P7	3	2	5	3	3	3
P8	2	4	2	3	2	3
P9	2	2	3	2	4	3



P10	2	5	2	4	2	2
P11	3	2	4	2	3	4
P12	2	3	2	3	2	2
P13	4	2	3	2	3	3
P14	2	3	2	4	4	2

