



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Diet Therapy in Diseases I							
Course Code		BDB303		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	6	Workload	149 (<i>Hours</i>)	Theory	2	Practice	4	Laboratory	0
Objectives of the Course		To teach etiologies, complications, symptoms, and medical nutrition therapy of obesity, eating disorders, Diabetes Mellitus, reactive hypoglycemia, metabolic syndrome, coronary heart diseases, hypertension, gastrointestinal system diseases and gout disease to teach the methods and application of enteral-parenteral nutrition							
Course Content		Obesity and Medical Nutrition Therapy, Anorexia Nervosa, Bulimia Nervosa, Diabetes Mellitus, Reactive hypoglycemia, Cardiovascular diseases, Hypertension, Gastrointestinal system diseases, Movement system impairments, Dietary fiber and health effects							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Discussion, Case Study, Individual Study, Problem Solving					
Name of Lecturer(s)									

Prerequisites & Co-requisites

Prerequisite	BDB115
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Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	20
Final Examination	1	45
Practice	1	35

Recommended or Required Reading

1	Baysal, A., Aksoy, M., Besler, T., Bozkurt, N., Keçecioglu, S., Mercanligil, S., Merdol-Kutluay, T., Pekcan, G., Yıldız, E. (2011). Diyet El Kitabı (6.Baskı). Ankara: Hatiboğlu Yayınevi
2	Uluslararası Beslenme ve Diyet Dergileri (Euro. J. Clin. Nutr. JADA, Am J ClinNutr vb.)

Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction to Medical Nutrition Therapy on Adults' Disease
	Practice	General aspect of meal planning methods
2	Theoretical	Obesity and Medical Nutrition Therapy
	Practice	Medical Nutrition Therapy Practices in Obesity
3	Theoretical	Obesity and Medical Nutrition Therapy
	Practice	Medical Nutrition Therapy Practices in Obesity
4	Theoretical	Obesity, Anorexia Nervosa, Bulimia Nervosa
	Practice	Medical Nutrition Therapy Practices in Obesity, Anorexia Nervosa, Bulimia Nervosa
5	Theoretical	Diabetes Mellitus
	Practice	Medical Nutrition Therapy Practices in Diabetes Mellitus
6	Theoretical	Diabetes Mellitus
	Practice	Medical Nutrition Therapy Practices in Diabetes Mellitus



7	Theoretical	Diabetes Mellitus, Reactive hypoglycemia, metabolic syndrome
	Practice	Medical Nutrition Therapy Practices in Diabetes Mellitus, Reactive hypoglycemia, metabolic syndrome
8	Intermediate Exam	Midterm Exam
9	Theoretical	Cardiovascular diseases
	Practice	Medical Nutrition Therapy Practices in Cardiovascular diseases
10	Theoretical	Cardiovascular diseases, Hypertension
	Practice	Medical Nutrition Therapy Practices in Cardiovascular diseases, Hypertension
11	Theoretical	Gastrointestinal system diseases
	Practice	Medical Nutrition Therapy Practices in Gastrointestinal system diseases
12	Theoretical	Gastrointestinal system diseases Dietary fiber and health effects
	Practice	Medical Nutrition Therapy Practices in Gastrointestinal system diseases
13	Theoretical	Enteral-Parenteral Nutrition
	Practice	Enteral-Parenteral Nutrition applications
14	Practice	Practice Exam
15	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	12	2	2	48
Lecture - Practice	12	1.5	4	66
Practice Examination	1	10	1	11
Midterm Examination	1	10	2	12
Final Examination	1	10	2	12
Total Workload (Hours)				149
[Total Workload (Hours) / 25*] = ECTS				6

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	Comprehend the interactions of etiology, symptoms and complications of acute /chronic diseases and nutrition in adults
2	Learn medical nutrition therapy methods of acute /chronic diseases.
3	Learn the efficiency of nutrition in prevention of acute /chronic diseases
4	Gain the skill of development, apply and follow of individual medical nutrition therapy program in patients with acute /chronic diseases.
5	Gain the skill of assessment of nutritional status and educating about nutrition

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

