



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Basic Nutritional Principles in the Elderly							
Course Code		YSB623		Course Level		Third Cycle (Doctorate Degree)			
ECTS Credit	5	Workload	128 ( <i>Hours</i> )	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		To teach the basic principles of nutrition in old age							
Course Content		In this course, in old age, changes in metabolism, nutrient requirements, the problems due to lack of food selection and use of, information on special nutrition programs will be transferred.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Individual Study					
Name of Lecturer(s)									

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

### Recommended or Required Reading

1	BAysal A. 2012. Genel Beslenme. Hatipoğlu Yayınları, Ankara.
2	Mc Gee M, Jensen GL. 2000. Nutrition in elderly. J Clin gastroenterol 30: 372.

Week	Weekly Detailed Course Contents	
1	Theoretical	Definition and importance of nutrition
2	Theoretical	Carbohydrates and their significance in old age
3	Theoretical	Proteins and their significance in old age
4	Theoretical	Lipids and their significance in old age
5	Theoretical	Vitamins and their significance in old age
6	Theoretical	Minerals and their significance in old age
7	Theoretical	Water and their significance in old age
8	Intermediate Exam	Midterm exam
9	Theoretical	Pulps and their significance in old age
10	Theoretical	Genetically modified foods
11	Theoretical	Effect on the aging process of a balanced diet
12	Theoretical	What should be the diet in diseases common in old age I
13	Theoretical	What should be the diet in diseases common in old age II
14	Theoretical	What should be the diet in diseases common in old age III
15	Theoretical	What should be the diet in diseases common in old age IV
16	Final Exam	Final Exam

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Assignment	2	0	10	20
Individual Work	7	0	4	28
Midterm Examination	1	20	1	21
Final Examination	1	30	1	31
Total Workload (Hours)				128
[Total Workload (Hours) / 25*] = ECTS				5

\*25 hour workload is accepted as 1 ECTS

### Learning Outcomes

1	Basic food items will be about knowledgeable .
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2	Food additives can identify.
3	How in common diseases in old age will find information on how fed.
4	Unbalanced nutrition can be defined.
5	the impact of nutrition can understand on healthy aging.

**Programme Outcomes (Aging Health and Care Interdisciplinary Doctorate)**

1	Gaining a holistic perspective in approaching the elderly
2	Being able to direct the society in the field of social, political and elderly health with scientific knowledge.
3	Being able to act as a guide for colleagues working in the field of elderly health
4	To be able to have an ethical perspective and behavior in the fields and practices related to aging.
5	Being able to act as a bridge between those working in the field and academicians
6	Producing projects that meet the needs of the society
7	Ability to produce scientific publications in the field of elderly health

**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	4	4	4

