



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Worker Nutrition							
Course Code		İŞH517		Course Level		Second Cycle (Master's Degree)			
ECTS Credit	2	Workload	50 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		The purpose of this course, tell importance of nutrition to the students. At the end of the course students will be able to discuss the energy and nutrient needs of workers and students will be able to understand the role of nutrition in work performance.							
Course Content		Different areas and the importance of nutrition workers in the different conditions, the energy and nutrient requirements,health problems that may occur among workers, according to the working conditions of nutrition							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Case Study, Individual Study					
Name of Lecturer(s)		Assoc. Prof. Belgin YILDIRIM, Assoc. Prof. Nükhet BALLIEL							

### Assessment Methods and Criteria

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

### Recommended or Required Reading

1	Yasemin Beyhan, İşçi Sağlığı- İş Güvenliği ve Beslenme, T.C. Sağlık Bakanlığı Temel Sağlık Hizmetleri Genel Müdürlüğü, 2008, Ankara.
2	WHO, Global strategy on occupational health for all: The way to health at work, 1994.

Week	Weekly Detailed Course Contents	
1	Theoretical	General Introduction
	Preparation Work	Scanning, reading
2	Theoretical	Nutritional conditions and general characteristics of the groups of workers
	Preparation Work	Scanning, reading
3	Theoretical	Seen in workers' health and nutrition issues
	Preparation Work	Scanning, reading
4	Theoretical	Energy and nutrient requirements of workers according to their specific business group I
	Preparation Work	Scanning, reading
5	Theoretical	Energy and nutrient requirements of workers according to their specific business group II
	Preparation Work	Scanning, reading
6	Theoretical	The provision of adequate and balanced nutrition of workers
	Preparation Work	Scanning, reading
7	Theoretical	Energy, nutrients and components work performance and work-related accidents
	Preparation Work	Scanning, reading
8	Preparation Work	Scanning, reading
	Intermediate Exam	Mid-Term Exam
9	Theoretical	Comparison of nutrition according to business groups and interactive discussions
	Preparation Work	Scanning, reading
10	Theoretical	Proper nutrition and menu planning conditions in the workplace
	Preparation Work	Scanning, reading
11	Theoretical	Workers in oxidative stress, nutrition and other health risks
	Preparation Work	Scanning, reading
12	Theoretical	Nutrition of workers in special cases (pregnancy, lactation, chronic disease)
	Preparation Work	Scanning, reading
13	Theoretical	Workers and food-nutrition support
	Preparation Work	Scanning, reading
14	Theoretical	Seminar presentation



14	Preparation Work	Scanning, reading
15	Theoretical	Seminar presentation
	Preparation Work	Scanning, reading
16	Preparation Work	Scanning, reading
	Final Exam	Term Exam

**Workload Calculation**

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	1	28
Midterm Examination	1	10	1	11
Final Examination	1	10	1	11
Total Workload (Hours)				50
[Total Workload (Hours) / 25*] = <b>ECTS</b>				2
*25 hour workload is accepted as 1 ECTS				

**Learning Outcomes**

1	General characteristics of the workers understand the work environment and their effects on nutrition
2	Students can learn nutrition and health problems seen in workers should produce solutions at the community level
3	Workers exceptions and knows the changing energy expenditure and nutritional requirements according to the operating conditions
4	Workers exceptions and knows the changing energy expenditure and nutritional requirements according to the operating conditions
5	Workers exceptions and knows the changing energy expenditure and nutritional requirements according to the operating conditions

**Programme Outcomes (Public Health Nursing Master)**

1	PO 1. Student has the current theoretical and practice knowledge in Master's degree in Public Health Nursing field based on his previous learning in bachelor's degree, student realizes the knowledge, deepens and uses it.
2	PO 2. Student brings solutions to the issues which require expertise and is related to the Public Health Nursing. Student solves the problem, he/she evaluates the results obtained and applies as needed
3	PO 3. To be able to create new information by integrating different disciplinary in Public Health Nursing field
4	PO 4. Student shares and discusses his/her knowledge, current developments and his/her own researches systematically with groups from or outside of his/her field in written, verbal, or visual way
5	PO 5. Student follows based on evidence practices and makes researches creating evidence about professional application in his/her own field
6	PO 6. Student manages researches about his/her field independently or in a team
7	PO 7. Student has information on statistics, uses related soft wares efficiently, chooses correct statistical methods while making researches, has the skills to calculate and comment.
8	PO 8. Student can write report of the researches he/she made or participated and publishes it in an internationally accepted refereed journal or presents it in academic meetings
9	PO 9. Student can make strategy and policy in topics related to Public Health Nursing, comments practice plans, and evaluates obtained results in scientific and ethical frame
10	PO 10. Student makes verbal and writing communication using one foreign language at least B2 level in European language portfolio
11	PO 11. To be able to comprehend the importance of ethical principles and ethical rules for the individual and society and behave ethic

**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	4	4	4	4

