



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

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|--|---|----------|------------|--------------|---|--------------------------------|---|------------|---|
| 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. 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 & Teaching Methods | |
|------|--|---|
| 1 | Theoretical | Nutritional conditions and general characteristics of the groups of workers |
| 2 | Theoretical | Nutritional conditions and general characteristics of the groups of workers |
| 3 | Theoretical | Seen in workers' health and nutrition issues |
| 4 | Theoretical | Energy and nutrient requirements of workers according to their specific business group I |
| 5 | Theoretical | Energy and nutrient requirements of workers according to their specific business group II |
| 6 | Theoretical | The provision of adequate and balanced nutrition of workers |
| 7 | Theoretical | Energy, nutrients and components work performance and work-related accidents |
| 8 | Theoretical | Energy, nutrients and components work performance and work-related accidents (Exam) |
| 9 | Theoretical | Comparison of nutrition according to business groups and interactive discussions |
| 10 | Theoretical | Proper nutrition and menu planning conditions in the workplace |
| 11 | Theoretical | Workers in oxidative stress, nutrition and other health risks |
| 12 | Theoretical | Nutrition of workers in special cases (pregnancy, lactation, chronic disease) |
| 13 | Theoretical | Workers and food-nutrition support |
| 14 | Theoretical | Seminar presentation |
| 15 | Final Exam | FINAL |

| Workload Calculation | | | | |
|---|----------|-------------|---------------------------------------|----------------|
| Activity | Quantity | Preparation | Duration | Total Workload |
| Lecture - Theory | 14 | 0 | 2 | 28 |
| Midterm Examination | 1 | 10 | 1 | 11 |
| Final Examination | 1 | 10 | 1 | 11 |
| | | | Total Workload (Hours) | 50 |
| | | | [Total Workload (Hours) / 25*] = ECTS | 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 |



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|---|---|
| 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 (*Occupational Health Nursing Master's Without Thesis*)

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|---|--|
| 1 | Student has the current theoretical and practice knowledge in Master's degree in Occupational Nursing field based on his previous learning in bachelor's degree, student realizes the knowledge, deepens and uses it |
| 2 | Student brings solutions to the issues which require expertise and is related to the Occupational Nursing Student solves the problem, he/she evaluates the results obtained and applies as needed |
| 3 | To be able to create new information by integrating different disciplinary in Occupational Nursing field. |
| 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 | Student follows based on evidence practices and makes researches creating evidence about professional application in his/her own field. |
| 6 | Student manages researches about his/her field independently or in a team |
| 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 | Student using research and statistical information 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 | Student can make strategy and policy in topics related to Occupational Nursing, comments practice plans, and evaluates obtained results in scientific and ethical frame |

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 | 3 | 3 | 3 | 3 |
| P3 | 4 | 4 | 4 | 4 | 4 |

