AYDIN ADNAN MENDERES UNIVERSITY
COURSE INFORMATION FORM

Course Title		Worker Nutrition						
Course Code		İŞH517		Couse 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 occupationalhealthforall: Thewaytohealth 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*] = **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
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)*

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 evalvates 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 an 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