

Course Title	Code	Semester	Theoretical (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECTS
Principles of Nutrition	HEM112	1.Year/2.Semester / spring	2	0	0	3
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Compulsory					
Learning and teaching techniques of the Course	Lecture, Discussion, Question & Answer, laboratory studies, other.					
Instructor(s)						
Goal	The purpose of this course, students in the protection of the health of an important environmental factor, raise awareness about nutrition, food items, and to teach the principles of nutrition in specific cases.					
Learning Outcomes	<ol style="list-style-type: none"> <li>1. To know the nutrition-health interaction</li> <li>2. To learn both the chemical and the physical constructions of the food component</li> <li>3. To know the effects of the operations that are made during the process of food preparing to the food quality</li> <li>4. To comprehend the rules of nutrition on private situations (pregnancy, nursing, geriatrics etc.)</li> <li>5. To know the principles of ill nutrition</li> <li>6. To comprehend the principles of diet</li> <li>7. To learn the methods of nutrition at mass nutritive places</li> <li>8. To learn the culture of nutrition</li> <li>9. To know the tourism, menu planning and nutrition interactions</li> </ol>					
References	<ol style="list-style-type: none"> <li>1. Baysal, A.(2009). Beslenme. Hatipoğlu Yayınları:93,12.Baskı, ANKARA</li> <li>2. Berdrier, CD.(2002). HANDBOOK OF NUTRITION and food (ed by) CRC Press</li> <li>3. Sharlin J., Edelstein S.(2011). Life Cycle Nutrition, Jones and Barlett Publishers (USA)</li> </ol>					

#### Course Outline Weekly:

Weeks	Topics
1. Week	Basic Concepts of Nutrition Science, Nutrition and Nutrition Factors
2. Week	Carbohydrate-Posada
3. Week	Lipids
4. Week	Proteins
5. Week	Water-Energy metabolism
6. Week	Minerals (Macro and Micro Elements)
7. Week	Fat soluble vitamins (A, D, E, K)
8. Week	<b>I. MIDTERM EXAM</b>
9. Week	Water-soluble vitamins (B group vitamins, vitamin C, Folic acid,)
10. Week	Water-soluble vitamins (Pantothenic acid, Choline, Niacin, biotin, etc.)
11. Week	Food groups (meats, legumes, eggs, milk and dairy products, cereals, fruits and vegetables, beverages)
12. Week	In special cases nutrition (infancy, dairy, school children, pregnant and lactating mothers, celiac disease, lactose intolerance)
13. Week	Nutrition in special situations (old, athletes,)
14. Week	Enteral feeding
15. Week	Total parenteral nutrition
16. Week	<b>FINAL EXAM</b>

## Evaluation System

Mid-Term Studies	Number	Contribution
Midterm exams	1	%50
Quiz		
Laboratory		
Practice		
Field Study		
Course Internship (If There Is)		
Homework's		
Presentation and Seminar		
Project		
Other evaluation methods		
<b>Total Time To Activities For Midterm</b>		%50
<b>Final works</b>		
Final	1	%50
Homework		
Practice		
Laboratory		
<b>Total Time To Activities For Midterm</b>		%50
Contribution Of Midterm Studies On Grades		%50
Contribution Of Final Exam On Grades		%50
<b>Total</b>		100

## ECTS (Student WorkLoad Table)

Activities	Number	Duration	Total Work Load
Course Duration (X14 )	14	2	28
Laboratory			
Practice			
Field Study			
Study Time Of Outside Of Class (Pre-Study, Practice, Etc.)	14	2	28
Presentations (Video shoot/Poster preparation/Oral presentation, Etc.)			
Seminars			
Project			
Case study			
Role playing, Dramatization			
Writing articles, Critique			
Time To Prepare For Midterm Exam	1	8	8
Final Exam Preparation Time	1	11	11
<b>Total Work Load ( hour) / 25(s)</b>	75/25=3		
<b>ECTS</b>	3		

**The relationship between learning outcomes and the program qualifications of the courses**

Program Qualifications		Learning outcomes			
		L.O1	L.O2	L.O3	L.O.4
1.	1. Competent and has the capabilities to fulfill their occupational duties.	5	5	4	4
2.	2. Knows the theories and models that form the basis of Professional practice.				
3.	3. Has the general knowledge required to be both an individual and a member of the occupation.	5	5	5	5
4.	4. Carries out nursing practice based on the principles and standards.	4	4	4	4
5.	5. Meets the health-care needs of the individuals, families and the society with a holistic approach.	3	3	3	3
6.	6. Makes use of effective communication.				
7.	7. Utilizes information and care technologies in professional practice and research.				
8.	8. Uses scientific principles and techniques in Nursing practice.				
9.	9. Follows the latest advances and communicates with colleagues in a foreign language.				
10.	10. Behaves according with the professional ethics and values.				
11.	11. Takes the related legislation and regulations into account in Nursing practice.				
12.	12. Follows the politics and regulations affecting the Nursing profession.				
13.	13. Uses the learning-teaching and management processes in Nursing practice.				
14.	14. Uses the life-long learning, problem-solving and critical thinking abilities.	3	3	3	3
15.	15. With a sense of social responsibility takes part in studies, projects and some other activities with other team members and other disciplines.				
16.	16. Joins in activities that can contribute to professional development.				
17.	17. Sets as a model for colleagues and the society with their professional identity.				
18.	18. Protects the basic values and social rights.				
<b>Contribution to the level of proficiency: 1. Lowest, 2. Low / Medium, 3. Average, 4. High,</b>					

**5. Excellent**