NUTRITIONAL ANTROPHOMETRY

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
NUTRITIONAL ANTROPHOMETRY	BDB234	4. Semester /Spring	2	2	0	4
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Elective					
Learning and Teaching Techniques of The Course	Expression, Discussion, Drill & Practice, Project Design / Management, Homework					
Instructor(s)	Prof. Dr. Nurten BUDAK Research Assistant Saadet ÖZEN					
Goal	In children and adults, it is the ability to gain evaluation and interpretation skills by teaching certain basic anthropometric measurements.					
Learning Outcomes	1. Define nutritional anthropometry and interpret body composition, 2. In children and adults, body weight, height, length (knee height, sitting height, ulna length, flare length, etc.), environment (head, waist, hip, calf, neck, upper middle arm, wrist), diameter and width elbow, biacromial), skin fold thickness (triceps, biceps, subscapular, suprailiac), bioelectrical impedance analysis, 3. Evaluate the measurements according to the reference values.					
References	1. Pekcan, G (2011). Determination of Nutritional Status, Diet Handbook, (Ed A. Baysal et al.) 67-142, Hatiboğlu Publishing House, Ankara. 2. Lohman TG, Roche AF, Martorell R (1988). (Eds): Anthropometric Standardization Reference Manual, Kinetics Books, Champaign, Illinois. 3. Gibson RS (2005). Principles of Nutritional Assessment. Oxford University Press, New York, 2nd Ed 4. Lee RD, Nieman DC (2007). Nutritional Assessment. McGrawHill, Boston, 4th Ed					

Course Outline Weekly:

WEEKS	TOPİCS
1. Week	Nutrition anthropometry, definition and use
2. Week	Body composition
3. Week	Determination of body weight and height, reference values / standards, indices Practical: Acquisition of measurement practice
4. Week	Length measurements and width measurements Practical: Acquisition of measurement practice
5. Week	Length measurements and width measurements Practical: Acquisition of measurement practice
6. Week	Body circumferences measurements Practical: Acquisition of measurement practice
7. Week	Body circumferences measurements Practical: Acquisition of measurement practice
8. Week	**MIDTERM EXAM**
9. Week	Skin fold thickness measurements Practical: Acquisition of measurement practice
10. Week	Skin fold thickness measurements Practical: Acquisition of measurement practice
11. Week	BİA Measurements Practical: Acquisition of measurement practice
12. Week	BİA Measurements Practical: Acquisition of measurement practice
13. Week	Browsing and discussing related publications
14. Week	Presentation and discussion of assignments
15. Week	Presentation and discussion of assignments

Student Work Load Table

Activities	Number	Duration	Total Work Load
Course Duration	14	2	28
Laboratory			
Practice	14	2	28
Field Study			
Study Time Of Outside Of Class (Pre-Study, Practice, Etc.)	14	2	28
Presentations (Video shoot/Poster preparation/Oral presentation, Etc.)	1	10	10
Seminars			
Project			
Case study			
Role playing, Dramatization			
Writing articles, Critique			
Time To Prepare For Midterm Exam	2	2	4
Final Exam Preparation Time	1	2	2
Total Work Load (hour) / 25(s)	**100/ 25=4**		
ECTS	**4**		

Evaluation System

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

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

Program Qualifications	Learning outcomes		
	L.O.1	L.O. 2	L.O.3
1. To acquire information in the basic and social sciences as the Dietitian as he profession entails and make use of it for life.			
2. To develop personalized diet and programme in accordance with the principles of adequate and balanced nutrition.			
3. To improve and develop the food and nutrition plans and policy for the development of individuals with the energy and nutrient element requirements with scientific method detection, health protection			
4. To determine and evaluate individual, the community and the patient's nutritional status by applying up-to-date information gained in the field of nutrition and dietetics. She/he can use the knowledge to raise the level of community health and the quality of life.	2	2	2
5. Assess the nutritional status of the patients, evaluate the clinical symptoms, plan and apply individualized medical nutrition therapy for the patients.			
6. The student can understand the basic values and culture of the society he/she is living in and gain the skill to transform him/herself in a positive way			
7. Dietitian can improve products, make laboratory practice on elements affecting analysis and quality of nutrition, review and evaluate them regarding the legal regulations			
8. The student embraces the concepts with regard to biological systems that form the basis of human health, Anatomy, Physiology, and the sustainability of them.			
9. The student can participate in Nutrition and Dietetics practices individually and/or within a team, use, apply, discuss and share scientific and evidence based knowledge in nutrition and dietetics practice with team and team members, develop and demonstrate effective skills using oral, print, visual methods in communicating and expressing thoughts and ideas, communicate with all stakeholders within ethical principles. Develop and demonstrate effective communications skills using oral, print, visual, electronic and mass media methods			
10. Dietitian has knowledge to develop food and nutrition plans and policies for protection of health, in order to improvement and development by using methods for determining the nutritional status.	5	5	5

Contribution to the level of proficiency: 1. Lowest, 2. Low / Medium, 3. Average, 4. High, 5. Excellent