COURSE NAME

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
	BDB305	5. Autumn	3	0	0	3
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Compulsory					
Learning and Teaching Techniques of The Course	Expression, Question & Answer, Display, Practice - Drill, Literature search, Project / Field Study					
Instructor(s)	Prof. Dr. Nurten BUDAK					
Goal	It is to teach how to determine the nutritional status of patients and healthy individuals using the methods used to determine the nutritional status of the individual and the community and screening tests / tools of nutritional status					
Learning Outcomes	1. To learn concepts of community nutrition, community health dietitian and evaluation of nutritional status 2. To be able to learn methods of determining nutritional status (anthropometric measurements, clinical findings and biochemical methods, nutrient consumption surveys) 3. To be able to apply and evaluate methods of detecting nutritional status 4. Being able to understand the importance and necessity of evaluation of food consumption situation 5. Children, adults and older adults should be aware of body weight, length (height, knee height, sitting height, ulna length, flare length, etc.), environment (head, waist, hip, calf, neck, upper middle arm, wrist) compare and interpret measurements with reference values / standards, make measurements of width (elbow, biacromial), skin fold thickness (triceps, biceps, subskapular, suprailyak), bioelectric impedance analysis 6. Assessment of nutritional status; learning nutritional deficiency biochemical and clinical findings 7. To be able to distinguish food consumption situation at national, household and individual level 8. To be able to learn, apply and evaluate methods of evaluation of food consumption studies and dietary quality indices 9. Be able to recognize screening tests / tools of nutritional status and distinguish between valid and safe method 10. Can apply and evaluate screening tests / tools for nutritional status 11. Being able to learn healthy food choices for individuals, groups and communities 12. To be able to learn, apply and evaluate different dietary record methods (24-hour nutrition consumption, weighing method, food consumption frequency etc.) 13. Food consumption data; calculate the intake of energy and other nutrients and evaluate it according to national / international recommendations 14. To be able to learn ecological, environmental or social variables for healthy food selection 15. Plan nutrition research, prepare a questionnaire, apply, evaluate 16. Learning computer programs for nutrition research					
References	1. Pekcan, G. Beslenme Durumunun Saptanması, Diyet El Kitabı, (Ed. A. Baysal ve ark.) 67-142, Hatiboğlu Yayınevi, Ankara, 2011. 2. Margetts BM, Nelson M (1997). Design Concepts in Nutritional Epidemiology. Oxford University Press, Oxford, 2nd Ed. 3. Gibson RS (2005). Principles of Nutritional Assessment. Oxford University Press, Newyork, 2nd Ed. 4. Willett W (1998). Nutritional Epidemiology. Oxford University Press. NewYork, 2nd					

Course Outline Weekly:

WEEKS	TOPİCS
1. Week	Community nutrition and methods of determining nutritional status in society
2. Week	Taking and evaluating anthropometric measurements in adults, elderly and children
3. Week	Determination of body composition with laboratory methods and applications
4. Week	Clinical findings, biophysics and biochemical tests
5. Week	Food consumption studies
6. Week	Assessment methods and applications of food consumption research
7. Week	Diet quality indices
8. Week	**MIDTERM EXAM**
9. Week	Nutritional status screening tests
10. Week	Assessment of screening tests used in determining nutritional status
11. Week	Healthy food selection criteria
12. Week	Nutrition research planning, questionnaire preparation, application, evaluation and report writing
13. Week	Calculation and evaluation of dietary energy and nutrient content with computer based applications
14. Week	Ecological factors
15. Week	Health statistics

Student Work Load Table

Activities	Number	Duration	Total Work Load
Course Duration	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	7	12

Final Exam Preparation Time	1	7	12
Total Work Load (hour) / 25(s)	**75/ 25=3**		
ECTS	**3**		

Evaluation System

Mid-Term Studies	**Number**	**Contribution**
Midterm exams	1	100%
Quiz		
Laboratory		
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**	**L.O.4**	**L.O.5**	**L.O.6**	**L.O.7**	**L.O.8**	**L.O.9**	**L.O.10**	**L.O.11**	**L.O.12**	**L.O.13**	**L.O.14**	**L.O.15**	**L.O16**
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**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**
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.	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**
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	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**	**4**
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**	**5**	**5**	**5**	**5**	**5**	**5**	**5**	**5**	**5**	**5**	**5**	**5**	**5**

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