

ELDERLY NUTRITION

Course Title	Code	Semester	Theoretical (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECTS
ELDERLY NUTRITION	BDB337	5. Semester/ Autumn	2	0	0	4
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Elective					
learning and teaching techniques of the Course	Lecture Question&Answer, Brain Storm Case presentation					
Instructor(s)	Lecturer Nezihe OTAY LÜLE					
Goal	The aim of this course is to learn the general characteristics of the elderly in special groups, factors affecting the nutritional status and special nutrition approaches to the elderly.					
Learning Outcomes	<ol style="list-style-type: none"> 1. To be able to recognize the elderly group and understand the special nutritional requirements 2. To be able to comprehend the physical and physiological changes caused by aging 3. To be able to learn the nutritional status of the elderly 4. To be able to learn the principles of preparing nutrition programs according to the needs and needs of the elderly 5. To be able to learn nutrition approaches in the protection, improvement and development of elderly health 					
References	<ol style="list-style-type: none"> 1. Baysal, A (2011). Nutrition. Ankara: Hatipoglu Publishing. 2. Turkey Dietary Guidelines (2015) 3. Turkey Demographic Health Survey 2013 results report. 4. Krause Food and Nutrition Care Process 2019. 5. Geriatric Nutrition (Ed: Morley JE. Thomas DR) CRC Press Taylor & Francis Group, USA 2007. 6. World Health Organization. 					

Course Outline Weekly:

WEEKS	TOPICS
1. Week	Aging and definitions about aging
2. Week	Elderly population in the world and Turkey, life expectancy
3. Week	Physical and physiological changes of aging
4. Week	Physical and physiological changes of aging
5. Week	Social changes caused by aging
6. Week	Energy and nutrient requirements in the elderly
7. Week	Energy and nutrient requirements in the elderly
8. Week	MIDTERM EXAM
9. Week	Assessment of nutritional status in the elderly in hospital and community
10. Week	Common health problems and nutrition recommendations in elderly
11. Week	Improving the quality of life and protecting health in elderly
12. Week	Menu planning in the elderly
13. Week	Case presentations
14. Week	Case presentations
15. Week	Case presentations

ECTS (Student Work Load 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	4	56
Presentations (Video shoot/Poster preparation/Oral presentation, Etc.)			
Seminars			
Project			
Case study	1	4	4
Role playing, Dramatization			
Writing articles, Critique			
Time To Prepare For Midterm Exam	1	4	4
Final Exam Preparation Time	1	8	8
Total Work Load (hour) / 25(s)			100 / 25=4
ECTS			4

Evaluation System

Mid-Term Studies	Number	Contribution
Midterm exams	2	%40
Quiz		
Laboratory		
Practice		
Field Study		
Course Internship (If There Is)		
Homework's		
Presentation and Seminar	1	%60
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
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.	5		4	5	
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	3		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. He/She can use the knowledge to raise the level of community health and the quality of life.		2	5	3	4
5. Assess the nutritional status of the patients, evaluate the clinical symptoms, plan and apply individualized medical nutrition therapy for the patients.			3	5	
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	2	3			3
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.		5			
9. The student can participate in Nutrition and Dietetics practices individually and/or with in 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	4	4

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