

**BDB234 - Nutritional Anthropometry**

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
Nutritional Anthropometry	BDB234	4. Spring	1	0	2	4
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Elective					
Learning and Teaching Techniques of The Course	Lecture, Question-answer, Experiment					
Instructor(s)						
Goal	In children and adults, it is the ability to gain evaluation and interpretation skills by teaching certain basic anthropometric measurements.					
Learning Outcomes	1. Defines nutritional anthropometry. 2. Interpret the body composition 3. Body weight, height, length (knee length, ulna length, stroke length), circumference (neck, upper middle arm, wrist, waist, hip, calf), diameter and width (elbow), skin fold thickness in children and adults (triceps, biceps, subscapular, suprailiac), bioelectric impedance analysis measurements. 4. Evaluates the measurements according to the reference values.					
References	1. Pekcan, G. (2011). Beslenme Durumunun Saptanması, Diyet El Kitabı, (Ed. A. Baysal ve ark.) 67-142, Hatiboğlu Yayınevi, Ankara. 2. Beslenme ve Diyet dergisi <a href="https://beslenmevediyetdergisi.org/index.php/bdd">https://beslenmevediyetdergisi.org/index.php/bdd</a>					

**Course Outline Weekly:**

WEEKS	TOPICS
1. Week	Nutritional anthropometry, definition and use
2. Week	Body composition
3. Week	Determination of body weight and height, reference values / standards, indices Practice: Gaining measurement practice
4. Week	Length measurements and width measurements Practice: Gaining measurement practice
5. Week	Length measurements and width measurements Practice: Gaining measurement practice
6. Week	Environmental measurements Practice: Gaining measurement practice
7. Week	Environmental measurements Practice: Gaining measurement practice
8. Week	<b>MIDTERM EXAM</b>
9. Week	Skinfold thickness measurements Practice: Gaining measurement practice
10. Week	Skinfold thickness measurements Practice: Gaining measurement practice
11. Week	BIA Measurements Acquisition of LAB-Measurement practice
12. Week	BIA Measurements Acquisition of LAB-Measurement practice
13. Week	Scanning and discussing publications on the subject
14. Week	Presentation and discussion of homework
15. Week	Presentation and discussion of homework

**Student Work Load Table**

Activities	Number	Duration	Total Work Load
Course Duration	14	1	14
Laboratory	14	2	28
Practice			
Field Study			
Study Time Of Outside Of Class (Pre-Study, Practice, Etc.)	14	3	42
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
<b>Total Work Load ( hour) / 25(s)</b>	100/ 25=4		
<b>ECTS</b>	4		

**Evaluation System**

<b>Mid-Term Studies</b>	<b>Number</b>	<b>Contribution</b>
Midterm exams	1	50%
Quiz		
Laboratory	5	50%
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>		100
<b>Final works</b>		
Final	1	100%
Homework		
Practice		
Laboratory		
<b>Total Time To Activities For Midterm</b>		100
Contribution Of Midterm Studies On Grades		40% %
Contribution Of Final Exam On Grades		60
<b>Total</b>		100

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

<b>Program Qualifications</b>	<b>Learning outcomes</b>			
	<b>L.O.1</b>	<b>L.O. 2</b>	<b>L.O.3</b>	<b>L.O.4</b>
1. Enables the students to use theoretical knowledge based on basic and social sciences in practice.	5	5	5	5
2. Has the ability to use equipments and information Technologies required for the professional practice efficiently.	5	5	5	5
3. Knows his rights, duties and responsibilities towards the society, colleagues, and other professions, individuals and patients, and learns how to behave in harmony with the professional ethical rules.	2	2	3	3
4. When confronted with problems within any field of Nutrition and Dietetics, has the ability to observe, diagnose, assess, report and come up with solutions thanks to their up-to-date knowledge and skills.	5	5	5	5
5. Gains efficient working skills based on the principles of effective communication, responsibility, solution-oriented working in disciplinary and interdisciplinary conditions.	5	5	5	5
6. Has the ability to make a plan for a research individually or as part of a team, make experiments, collect and analyze the data, interpret and write a report by using theoretical / practical knowledge and skills gained in the field of Nutrition and Dietetics.	4	4	5	5
7. Develops suggestions for healthy/sick individuals and those at risk considering their lifelong diet.	3	3	3	3
8. Gains knowledge to contribute to the diet plans and politics to be developed based on the needs of the individuals and the society.	3	3	3	3
9. Improves themselves by following the latest advances in their profession nationally and internationally, and acquires awareness in lifelong learning.	2	2	2	2

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