

**BDB305 - Determination Nutrition Status In Society**

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
DETERMINATION NUTRITION STATUS IN SOCIETY	BDB305	5. Semester Autumn	3	0	0	3
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Compulsory					
Learning and Teaching Techniques of The Course	Expression Question & Answer Brainstorming Group work					
Instructor(s)						
Goal	The importance of nutrition in the protection and development of public health, Determination of the nutritional status of the society; to teach its importance and detection methods, tests and tools, To teach the factors affecting the nutrition of the society, To teach nutrition research planning, questionnaire preparation, application, evaluation, report writing and presentation skills.					
Learning Outcomes	1. Learn the importance of nutrition in the protection and development of public health. 2. Learn ecological factors affecting the nutrition of the society. 3. Learn the methods of indirect determination of the nutritional status of society (anthropometric measurements, clinical findings, biochemical and biophysical methods). 4. Compares and evaluates anthropometric measurements of children, adults and elderly people with reference values / standards. 5. Learns the methods of determining the nutritional status of the society directly (food-beverage recording methods, food consumption, weighing method, frequency of food consumption). Gains the ability to apply and evaluate these methods. 6. Gains the skills of nutrition research planning, questionnaire preparation, application, report writing and presentation.					
References	1. A. Baysal et all (2017). Pekcan, G. Beslenme Durumunun Saptanmasi, Diyet El Kitabı. Hatiboglu Publishing, Ankara. 2. Gibson RS (2005). Principles of Nutritional Assessment. Oxford University Press, Newyork, 2nd Ed. 3. Türkiye Beslenme Rehberi (TUBER) (2015). T.C. Sağlık Bakanlığı Türkiye Halk Sağlığı Kurumu, Ankara. 4. <a href="http://www.turkomp.gov.tr">www.turkomp.gov.tr</a> 5. World Health Organization. <a href="http://who.int/nutrition/publications">who.int/nutrition/publications</a> . 6. <a href="http://unicef.org/nutrition">unicef.org/nutrition</a> 7. Gamze AKBULUT (2019). Krause, Besin ve Beslenme Bakım Süreci, Hatiboğlu Publishing, Ankara. 8. <a href="http://www.who.int/childgrowth/software/anthro_pc_manual_v322.pdf">http://www.who.int/childgrowth/software/anthro_pc_manual_v322.pdf</a>					

**Course Outline Weekly:**

WEEKS	TOPICS
1. Week	Nutrition in society-importance of nutrition in public health
2. Week	Health statistics
3. Week	Methods of determining nutritional status Determination and evaluation of nutritional status with clinical findings Determination and evaluation of nutritional status by laboratory methods
4. Week	Determination and evaluation of nutritional status by laboratory methods (continued)
5. Week	Determination and evaluation of nutritional status with biophysical tests
6. Week	Determination and evaluation of nutritional status with biophysical tests (continued) Determination and evaluation of nutritional status with anthropometric methods in children, adults and the elderly
7. Week	Determination and evaluation of nutritional status with anthropometric methods in children, adults and the elderly (continued)
8. Week	<b>MIDTERM EXAM</b>
9. Week	Determination and evaluation of nutritional status through food consumption research.
10. Week	Ecological factors affecting nutritional status
11. Week	Ecological factors affecting nutritional status (continued)
12. Week	Diet quality indices
13. Week	Healthy food selection criteria
14. Week	Nutrition research planning, survey preparation, implementation, evaluation and writing reports.
15. Week	Using computer programs to evaluate nutritional research.

### 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	1	14
Presentations (Video shoot/Poster preparation/Oral presentation, Etc.)	14	1	14
Seminars			
Project			
Case study			
Role playing, Dramatization			
Writing articles, Critique			
Time To Prepare For Midterm Exam	1	7	7
Final Exam Preparation Time	1	12	12
<b>Total Work Load ( hour) / 25(s)</b>	<b>75/ 25=3</b>		
<b>ECTS</b>	<b>3</b>		

### Evaluation System

Mid-Term Studies	Number	Contribution
Midterm exams	1	75%
Quiz		
Laboratory		
Practice		
Field Study		
Course Internship (If There Is)		
Homework's	1	25%
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**

Program Qualifications	Learning Outcomes					
	L.O.1	L.O.2	L.O.3	L.O.4	L.O.5	L.O.6
1. Enables the students to use theoretical knowledge based on basic and social sciences in practice.	5	5	3	3	3	5
2. Has the ability to use equipments and information Technologies required for the professional practice efficiently.	2	1	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.	1	1	5	5	5	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	3	3	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	3	3	5	3
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	5	5
7. Develops suggestions for healthy/sick individuals and those at risk considering their lifelong diet.	5	5	5	5	5	4
8. Gains knowledge to contribute to the diet plans and politics to be developed based on the needs of the individuals and the society.	5	4	3	3	5	3
9. Improves themselves by following the latest advances in their profession nationally and internationally, and acquires awareness in lifelong learning.	5	5	5	5	5	5

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