

## BDB311 - Nutrition Education And Counseling

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
Nutrition Education and Counseling	BDB311	5.Semester / Autumn	2	0	0	2
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Compulsory					
Learning and Teaching Techniques of The Course	Expression, Question & Answer, Group Brainstorming <u>Computer assisted teaching technique work</u>					
Instructor(s)						
Goal	It is the learning of the basic principles, training methods and equipment for providing nutrition education to individuals or groups.					
Learning Outcomes	1. Learn the definition of education and training and the differences between the two. 2. Learns the training methods and the rules to be considered while applying these methods. 3. Learn the basic features of adult and child education. 4. Learn the importance of communication in nutrition education. 5. Gain the ability to prepare and implement training programs for different individuals or groups.					
References	1. Turkan Kutluay Merdol (2012). Okul Oncesi Donem Egitim Veren Kisi ve Kurumlar icin Beslenme Egitimi Rehberi, Hatiboglu Publishing, Ankara. 2. Mehmet Ozden (2013). Saglik Egitimi. Ankara. 3. Irfan Sencan (2014). 2023 yili saglik is gicu hedefleri ve saglik egitimi. T.C. Saglik Bakanligi Publishing, Ankara. 4. Sevkat Bahar Ozvaris (2016). Sagligi gelistirme ve saglik egitimi. Hacettepe University Publishing, Ankara. 5. Umit Deniz ve Omer Rifki Onder (2012). Okul oncesi egitimi ogretmen adayları ve ogretmenler icin anne cocuk sagligi ve ilk yardım, Nobel Akademik Publishing, Ankara. 6. Haluk Yavuzer ve ark. (2010). Cocuk ve ergen egitiminde anne baba tutumları Timas Publishing, Istanbul. 7. Birol Vural (2004). Egitim ve öğretimde teknoloji ve materyal kullanımı, Hayat Publishing, Istanbul.					

### Course Outline Weekly:

WEEKS	TOPICS
1. Week	Introduction to nutrition education and introducing the course
2. Week	Basic concepts of education Definition of Education, Types, History and Basic Principles
3. Week	Setting goals and behaviors in education
4. Week	Education methods
5. Week	Preparing and using educational tools
6. Week	The main features of adult and child education
7. Week	Communication techniques, motivation, creating a positive education environment
8. Week	<b>MIDTERM EXAM</b>
9. Week	Creating a nutritional education and positive education environment for patients and society
10. Week	Individual education, group education, community education planning
11. Week	Adult education, conditions for being a good listener
12. Week	Planning, preparing and implementing different educational programs in the classroom
13. Week	Planning, preparing and implementing different educational programs in the classroom
14. Week	Planning, preparing and implementing different educational programs in the classroom
15. Week	Planning, preparing and implementing different educational programs in the classroom

### 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.)	5	2	10
Presentations (Video shoot/Poster preparation/Oral presentation, Etc.)	1	7	7
Seminars			
Project			
Case study			
Role playing, Dramatization			
Writing articles, Critique			
Time To Prepare For Midterm Exam	1	2	2
Final Exam Preparation Time	1	3	3
<b>Total Work Load ( hour ) / 25(s)</b>		50 / 25	
<b>ECTS</b>			<b>2</b>

### Evaluation System

Mid-Term Studies	Number	Contribution
Midterm exams		
Quiz		
Laboratory		
Practice		
Field Study		
Course Internship (If There Is)		
Homework's		
Presentation and Seminar	1	100%
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>	<b>L.O.5</b>
1. Enables the students to use theoretical knowledge based on basic and social sciences in practice.	3	5	5	-	5
2. Has the ability to use equipments and information Technologies required for the professional practice efficiently.	-	4	1	-	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	-	4
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. Gains efficient working skills based on the principles of effective communication, responsibility, solution-oriented working in disciplinary and interdisciplinary conditions.	-	4	5	5	4
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.	-	-	-	-	-
7. Develops suggestions for healthy/sick individuals and those at risk considering their lifelong diet.	-	3	5	3	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.	3	2	3	-	3
9. Improves themselves by following the latest advances in their profession nationally and internationally, and acquires awareness in lifelong learning.	3	2	-	-	3

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