

Course Name	Code	Term	Theory (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECTS
<b>Principles of Nutrition</b>	HEM112	2.Semester / Fall	2	0	0	2
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Compulsory					
Learning and teaching techniques of the course	Lecture, Discussion, Question & Answer					
Course responsible(s)						
Aim of the lesson	Understanding nutrition, which is one of the leading environmental factors in the protection of health, as a branch of science, and the principles of nutrition in special cases and diseases.					
Learning Outcomes	1. Explain the nutrition-health interaction 2. Compare the chemical and physical structures of macro and micro nutrients 3. Able to comprehend the rules of nutrition in special situations (pregnancy, lactation, geriatrics, etc.), 4. Explain the effectiveness of nutrition in the prevention of acute and chronic diseases,					
References	1. Baysal, A (2020). Beslenme. Hatipoğlu Yayınları: 93, 20.Baskı, ANKARA 2. Berdrier, CD. (2002). HANDBOOK OF NUTRITION and food (enby) CRC Press 3. Sharlin j., Edelstein S. (2011). Life Cycle Nutrition, Jones and Barlett Publishers (USA)					

#### Course Outline Weekly

WEEKS	TOPICS
1. Week	Definition of Food and Nutrient, general introduction
2. Week	Carbohydrates definition, health benefit
3. Week	Lipids definition, health benefit
4. Week	Proteins definition, health benefit
5. Week	Energy Metabolism
6. Week	Minerals, food sources and health benefits
7. Week	Fat-soluble vitamins (A, D, E, K), food sources and health benefits
8. Week	<b>MIDTERM</b>
9. Week	Food sources and health benefits of water-soluble vitamins (B1, B2, B3)
10. Week	Food sources and health benefits of water-soluble vitamins (B6, B12, folate, vitamin C)
11. Week	Food groups (meats, legumes, eggs, milk and dairy products, cereals, fruits and vegetables, beverages, water)
12. Week	Nutrition in risky groups (infancy, infant, school child, pregnant and lactating mothers, celiac patients)
13. Week	Nutrition in special cases (elderly, athletes)
14. Week	Enteral nutrition, Total parenteral nutrition
15. Week	Probiotics and our health

#### ECTS (Student Work-load Table)

Activities	Number	Duration	Total Work Load
Length of course	14	2	28
Laboratory			
Practice			
Field Study			
Study time outside of classroom (Free-study/Group work/Pre-study)	14	2	28
Presentation (Video recording/Poster preparation/Focus Group Interview/Questionnaire/Observation and Writing reports)			
Seminar Preparation			
Project			
Case Study			
Role-play			
Writing articles-Make criticals			
Time to prepare for midterm exams	1	8	8
Time to prepare for final exam	1	11	11
<b>Total Work Load (hour) / 25(h)</b>	75/25=2		
<b>Course ECTS</b>	<b>2</b>		

**Evaluation System**

<b>Workload within semester</b>	<b>Number</b>	<b>Contribution</b>
Midterm Exam	1	%40
Quiz		
Laboratory		
Practice		
Field Study		
Course Internship (If there is)		
Assignments		
Presentations and Seminars		
Projects		
Other		
<b>Total Semester Work Load</b>	1	%40
<b>End-of-year Work Load</b>		
Final Exam	1	%60
Assignments		
Practice		
Laboratory		
<b>Total End-of-year Work Load</b>	1	%60
<b>TOTAL</b>	2	%100

**The Relationship Between Learning Outcomes and the Program Qualifications of the Courses**

<b>Program Qualifications</b>		<b>Learning Outcomes</b>			
		<b>LO1</b>	<b>LO2</b>	<b>LO3</b>	<b>LO4</b>
1.	Have the knowledge and skills to fulfill their professional roles and functions.	5			
2.	Performs, evaluates and records nursing practices toward professional principles and standards.				
3.	Practice the health care needs of the individual, family and society with a holistic approach, toward the nursing process	4		5	
4.	Communicates effectively with the individual, family, community and health team members.				
5.	Performs professional practices toward current scientific data by using information and maintenance technologies.		5		
6.	Have a foreign language proficiency to reach scientific information and communicate effectively				
7.	Behaves in accordance with professional, cultural and ethical values in nursing practices.				
8.	Considers the relevant laws, regulations and legislation in nursing practices.				
9.	Uses the learning-teaching and management process in nursing practices.		4		
10.	Uses lifelong learning, problem solving, critical thinking and career planning skills to contribute to professional development.		4		
11.	With the awareness of social responsibility, takes part in research, projects and activities in cooperation with the health team and other disciplines.			4	
12.	Contributes to the provision and development of safe and quality health care.	5			4
<b>Contribution to the level of proficiency: 1: Lowest, 2: Low/Medium, 3: Average, 4: High, 5: Excellent</b>					