

BDB337 - 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) | | | | | | |
| Goal | Learn to the general characteristics of the elderly, the factors that affect the nutritional status and special nutrition approaches for the elderly. | | | | | |
| Learning Outcomes | 1. Recognizes the elderly group and understands special nutritional requirements. 2. Understands the physical, physiological and social changes that occur as a result of aging. 3. Learn to evaluate the nutritional status of the elderly. 4. Learn the principles of preparing a nutrition program according to the needs and needs of the elderly. 5. Learn nutrition approaches in the protection, improvement and development of elderly health. | | | | | |
| References | 1. Baysal A(2012). Beslenme. 13. Baskı, Hatiboglu Publishing, Ankara, 2. Turkiye'ye Ozgu Beslenme Rehberi (2015) 3. Turkiye Nufus Saglik Arastirmasi 2018 sonuc raporu. 4. Turkiye Besin Saglik Arastirmasi sonuc raporu. 5. Gamze AKBULUT (2019). Krause, Besin ve Beslenme Bakim Süreci, Hatiboğlu Publishing, Ankara, 2019. 6. Morley JE. Thomas DR (2007). Geriatric Nutrition CRC Press Taylor & Francis Group, USA 2007. 7. World Health Organization. who.int/public health/publications. 8. Centers for Disease Control and Prevention web sayfasi. www.cdc.gov | | | | | |

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, Menu planning in the elderly |
| 12. Week | Case presentations |
| 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 | 1 | 50% |
| Quiz | | |
| Laboratory | | |
| Practice | | |
| Field Study | 1 | 50% |
| Course Internship (If There Is) | | |
| Homework's | | |
| Presentation and Seminar | | |
| 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 | | 40% |
| Contribution Of Final Exam On Grades | | 60% |
| 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. Enables the students to use theoretical knowledge based on basic and social sciences in practice. | 2 | 3 | 5 | 5 | 3 |
| 2. Has the ability to use equipments and information Technologies required for the professional practice efficiently. | - | - | 3 | - | - |
| 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. | - | - | - | - | - |
| 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. | - | - | 3 | - | 3 |
| 5. Gains efficient working skills based on the principles of effective communication, responsibility, solution-oriented working in disciplinary and interdisciplinary conditions. | 4 | 3 | - | 4 | 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. | - | - | - | - | - |
| 7. Develops suggestions for healthy/sick individuals and those at risk considering their lifelong diet. | 5 | 5 | 5 | 5 | 5 |
| 8. Gains knowledge to contribute to the diet plans and politics to be developed based on the needs of the individuals and the society. | 4 | 4 | 2 | 5 | 5 |
| 9. Improves themselves by following the latest advances in their profession nationally and internationally, and acquires awareness in lifelong learning. | - | - | - | - | 3 |

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