

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, Hatiboğlu Publishing, Ankara, 2. Türkiye'ye Ozgu Beslenme Rehberi (2015) 3. Türkiye Nüfus Sağlık Araştırması 2018 sonuç raporu. 4. Türkiye Besin Sağlık Araştırması sonuç raporu. 5. Gamze AKBULUT (2019). Krause, Besin ve Beslenme Bakım 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 sayfası. 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 policies 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