

**SBF106 - Nutrition For Special Group**

Course Title	Code	Semester	Theoretical (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECTS
Nutrition For Special Group	SBF106	5. Semester/ fall term	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					
Instructor(s)						
Goal	The importance of nutrition in special groups in the society is to learn the factors affecting nutrition, assessment of nutritional status, nutritional and nutritional requirements, protection, improvement and development of health.					
Learning Outcomes	1. To be able to understand the needs of special groups 2. To be able to understand the differences in the needs of special groups 3. To be able to prepare the nutrition program according to their needs and the needs of special groups.					
References	1. T. C. Sağlık Bakanlığı Temel Sağlık Hizmetleri Genel Md./ H.Ü. Beslenme ve Diyetetik Bölümü. Türkiye'ye Özgü Beslenme Rehberi, Ankara, 2015. 2. Baysal A (2012). Beslenme. 13. Baskı, Hatipoğlu Yayınevi, Ankara. 3. Türkiye Nüfus ve Sağlık Araştırması 2018 sonuç raporu. <a href="http://www.hips.hacettepe.edu.tr/tnsa2018/rapor/sonuclar_sunum.pdf">http://www.hips.hacettepe.edu.tr/tnsa2018/rapor/sonuclar_sunum.pdf</a> 4. Sağlık İstatistikleri Yıllığı. (2017). T.C. Sağlık Bakanlığı, Ankara. 5. World Health Organization. <a href="http://www.who.int/public_health/publications">who.int/public health/publications</a> . 6. Centers for Disease Control and Prevention web sayfası. <a href="http://www.cdc.gov">www.cdc.gov</a>					

**Course Outline Weekly:**

WEEKS	TOPICS
1. Week	Introduction to nutrition for specific groups
2. Week	Nutrition for pre-school children
3. Week	Nutrition for pre-school children
4. Week	Adolescent Nutrition
5. Week	Adolescent Nutrition
6. Week	Nutrition for the elderly
7. Week	Nutrition for the elderly
8. Week	<b>MIDTERM EXAM</b>
9. Week	Sports nutrition
10. Week	Sports nutrition
11. Week	Workers nutrition
12. Week	Workers nutrition
13. Week	Discussion
14. Week	<b>Discussion</b>
15. Week	<b>An overview</b>

**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	2	28
Presentations (Video shoot/Poster preparation/Oral presentation, Etc.)			
Seminars			
Project			
Case study			
Role playing, Dramatization			
Writing articles, Critique			
Time To Prepare For Midterm Exam	1	12	12
Final Exam Preparation Time	1	24	24
<b>Total Work Load ( hour ) / 25(s)</b>	<b>92/25=3.68</b>		
<b>ECTS</b>	<b>4</b>		

**Evaluation System**

<b>Mid-Term Studies</b>	<b>Number</b>	<b>Contribution</b>
Midterm exams	1	% 100
Quiz		
Laboratory		
Practice		
Field Study		
Course Internship (If There Is)		
Homework's		
Presentation and Seminar		
Project		
Other evaluation methods		
<b>Total Time To Activities For Midterm</b>		<b>100</b>
<b>Final works</b>		
Final	1	% 100
Homework		
Practice		
Laboratory		
<b>Total Time To Activities For Midterm</b>		<b>100</b>
Contribution Of Midterm Studies On Grades		% 40
Contribution Of Final Exam On Grades		% 60
<b>Total</b>		<b>100</b>

#### **The relationship between learning outcomes and the program qualifications of the courses**

This course is suitable for all programs within the Faculty of Health Sciences. Therefore, the level of contribution to program qualifications has not been specified.