BDB103 - Nutritional Principles And Application I

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
Nutritional Principles And Application I	BDB103	1.Semester / Autumn	2	0	2	4
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Compulsory					
Learning and Teaching Techniques of The Course	Lecture, Question-answer method, Brainstorming, Problem solving method, Individual working method					
Instructor(s)						
Goal	1. To teach the concept of adequate and balanced nutrition and its importance for health, 2. To teach the functions of energy, macronutrients (carbohydrates, protein, fat), micronutrients (vitamins, minerals), water and pulp in body work, 3. To teach energy, macro, micronutrients, water and pulp content of foods, 4. To teach the daily energy, macro, micronutrients, water and pulp requirements of individuals of different ages and genders and to compare and evaluate them with daily recommended amounts.					
Learning Outcomes	1. Learn the functions of energy, macro (carbohydrate, protein, fat), micronutrients (vitamins, minerals) water and pulp in body work. 2. Learn the energy, macro, micronutrients, water and pulp content of foods. 3. Learn the daily energy, macro, micronutrients, water and pulp requirements of individuals of different ages and genders. Calculates the type and amount of nutrients to provide macro and micronutrients. 4. Learn to measure and evaluate body weight. 5. Learn the methods of recording food and beverage consumption and physical activity. 6. Identifies and evaluates the nutritional status of the individual.					
References	1. Baysal, A. Beslenme (12. baskı). Hatipoğlu Publishing. 2009, Ankara. 2. Shils ME, Olson JA, Shike M. Modern Nutrition in Health an disease (eight edition). Philadelphia Publishing, 1994, London 3. Zempleni J, Suttie JW, Gregory III JF, Stover PJ. Handbook of Vitamins (fifth edition). CRC Press Taylor&Francis Group.2014, New York 4. Passmore R, Easwood MA. Human Nutrition and Dietetics (eighth edition).ELBS. 1986, Edinburg 5. Türkiye Beslenme Rehberi (TÜBER) (2015). T. C. Ministry of Health Public Health Agency of Turkey, Ankara. 6. National Food Composition Database (Türkomp) (2020). www.turkomp.gov.tr					

Course Outline Weekly:

WEEKS		TOPİCS
1.	Week	The importance of nutrition and an overview of nutrition
2.	Week	Carbohydrates
3.	Week	Oils
4.	Week	Proteins and amino acids
5.	Week	Proteins (application: calculation of the actual protein value of food / diet)
6.	Week	Energy metabolism, Application: Calculation of the individual's energy expenditure
7.	Week	Water and Minerals I
8.	Week	**MIDTERM**
9.	Week	Minerals II
10.	Week	Vitamins Fat Soluble Vitamins
11.	Week	Water Soluble Vitamins I
12.	Week	Water Soluble Vitamins II
13.	Week	Application: Determination of individual food consumption status and physical activity level, evaluation of energy and nutrient intake student presentations
14.	Week	Application: Determination of individual food consumption status and physical activity level, evaluation of energy and nutrient intake student presentations
15.	Week	Application: Determination of individual food consumption status and physical activity level, evaluation of energy and nutrient intake student presentations

Student Work Load Table

Activities	Number	Duration	Total Work Load
Course Duration	14	2	28
Laboratory	14	2	28
Practice			
Field Study			
Study Time Of Outside Of Class (Pre-Study, Practice, Etc.)	14	2	28
Presentations (Video shoot/Poster preparation/Oral presentation, Etc.)	1	4	4
Seminars			
Project			
Case study			
Role playing, Dramatization			
Writing articles, Critique			
Time To Prepare For Midterm Exam	1	5	5
Final Exam Preparation Time	1	7	7
Total Work Load (hour) / 25(s)			100 / 25=4
ECTS			**4**

Evaluation System

Mid-Term Studies	Number	Contribution
Midterm exams	1	40%
Quiz		
Laboratory		
Practice		
Field Study		
Course Internship (If There Is)		
Homework's	1	60%
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 of the Course					
	LO1	LO2	LO3	LO4	LO5	LO6
1. Enables the students to use theoretical knowledge based on basic and social sciences in practice.	1	1	5	1	2	1
2. Has the ability to use equipments and information Technologies required for the professional practice efficiently.	1	1	5	3	5	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.	1	1	1	1	1	2
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.	1	1	3	1	3	4
5. Gains efficient working skills based on the principles of effective communication, responsibility, solution-oriented working in diciplinary and interdisciplinary conditions.	1	1	1	1	1	2
6. Has the ability to make a plan for a research individually or as part of a team, make experiments, collectand analyze the data, interpret and write a report by using theoretical / practical knowledge and skills gained in the field of Nutrition and Dietetics.	1	1	4	4	2	4
7. Develops suggestions for healty/sick individuals and those at risk considering their lifelong diet.	4	4	4	2	2	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.	5	5	5	3	4	5
9. Improves themselves by following the latest advances in their profession nationally and internationally, and acquires awareness in lifelong learning.	5	5	5	5	5	5

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