

# NUTRITION AND HEALTH

1	Course Title:	NUTRITION AND HEALTH
2	Course Code:	GKS0002
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	1
6	Semester:	2
7	ECTS Credits Allocated:	3.00
8	Theoretical (hour/week):	2.00
9	Practice (hour/week):	0.00
10	Laboratory (hour/week):	0
11	Prerequisites:	
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Doç. Dr. YETER ŞİMŞEKLİ
15	Course Lecturers:	Doç.Dr. YETER ŞİMŞEKLİ
16	Contact information of the Course Coordinator:	Doç.Dr. YETER ŞİMŞEKLİ ysimsekli@uludag.edu.tr, 2942290, B.U.Ü.Eğ.Fak.FBE ABD
17	Website:	
18	Objective of the Course:	The aim of this course is to provide students with information about nutrition and health.
19	Contribution of the Course to Professional Development:	Analyze issues and concepts related to nutrition and health
20	Learning Outcomes:	
	1	Basic nutrients (carbohydrates, fats, proteins, minerals, vitamins and water) properties may explain the functions in the organism
	2	To be able to explain the importance of food safety
	3	To be able to explain the importance of exercise for obesity and healthy life
	4	Understands the basic applications of first aid
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21	Course Content:	
	<b>Course Content:</b>	
Week	Theoretical	Practice
1	Nutrition, nutrients and health	
2	Adequate and balanced diet	
3	Food groups	
4	Food variety	

<b>5</b>	Fluid consumption and the importance of breast milk	
<b>6</b>	Sugar / salt / alcohol consumption and health	
<b>7</b>	Obesity	
<b>8</b>	Common nutritional deficiency problems	
<b>9</b>	Food safety and hygiene	
<b>10</b>	The human body and its functioning	
<b>11</b>	The human body and its functioning	
<b>12</b>	First Aid Basic Applications	
<b>13</b>	First Aid Basic Applications	
<b>14</b>	First Aid Basic Applications	

22	Textbooks, References and/or Other Materials:	<p>1- İlk Yardım El Kitabı, Türk Kızılayı, Ankara, 2017.</p> <p>2-Temel İlk Yardım Uygulamaları eğitim kitabı, T.C. Sağlık Bakanlığı, Ankara, 2011.</p> <p>3-Kindersley, D. İnsan Vücudu. Tübitak Popüler Bilim Kitapları.</p> <p>4-Aktümsek, A., Anatomi ve Fizyoloji, Nobel yayınları, Ankara, 2006.</p> <p>5.Türkiye'ye Özgü Beslenme Rehberi, T.C. Sağlık Bakanlığı, Temel Sağlık Hizmetleri Genel Müdürlüğü,</p>
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Activities			Number	Duration (hour)	Total Work Load (hour)
Theoretical			23	2.00	28.00
Practicals/Labs			0	0.00	0.00
Self-study and preparation			14	2.00	28.00
Homeworks			0	0.00	0.00
Projects			0	0.00	0.00
Midterm Exam			1	4.00	4.00
Field Studies			0	0.00	0.00
Midterm exams.			1	15.00	15.00
Home work-project			0	0.00	0.00
Others			0	0.00	0.00
Final Exams			1	20.00	20.00
Total			2	100.00	100.00
Total Work Load					91.00
Total work load/ 30 hr					3.03
ECTS Credit of the Course					3.00

Total	100.00
Measurement and Evaluation Techniques Used in the Course	Midterm and final exam are applied for evaluation and the relative system is used.

24	ECTS / WORK LOAD TABLE
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[illegible]

ÖK3	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
ÖK4	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
LO: Learning Objectives    PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			