

NUTRITION

1	Course Title:	NUTRITION
2	Course Code:	HEM1021
3	Type of Course:	Compulsory
4	Level of Course:	First Cycle
5	Year of Study:	1
6	Semester:	1
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. METİN GÜLDAŞ
15	Course Lecturers:	
16	Contact information of the Course Coordinator:	Doç.Dr. Metin GÜLDAŞ mguldas@uludag.edu.tr 0224 294 24 84 Uludağ Üniversitesi, Sağlık Bilimleri Fakültesi, Merkez kampüs, Nilüfer, Bursa
17	Website:	
18	Objective of the Course:	The aim of this course is to contribute to the training of nurses with high awareness, who have capability to work multidisciplinary, by commenting the relationship between health and nutrition, the importance and basic principles of nutrition, nutritional elements, adequate and balanced nutrition, nutrition according to age groups and nutrition principles under common chronic diseases.
19	Contribution of the Course to Professional Development:	This course includes the definition of adequate, balanced and healthy nutrition, carbohydrates, proteins, lipids, fiber, water and fluid balance, vitamins, minerals, food groups, nutrition in special cases, the importance of nutrition in chronic diseases seen frequently, food safety and hygiene in nutrition.
20	Learning Outcomes:	
	1	Lists the basic principles of healthy nutrition.
	2	It defines adequate, balanced and healthy nutrition.
	3	Tells that the nutrition plan is personal.
	4	Gains knowledge of nutrients and food groups.
	5	Knows and understands food hygiene, food storage, preparation and cooking conditions for a healthy diet.
	6	Knows and understands the importance of nutrition in malnutrition and metabolic diseases.
	7	Gain information about the importance of nutrition in special conditions and chronic diseases.
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21	Course Content:	
	Course Content:	
Week	Theoretical	Practice
1	Nutrition-related concepts, nutrition and health	
2	Carbohydrates	
3	Proteins	
4	Lipids / Fats	
5	Water, liquid balance and diet fiber	
6	Vitamins	
7	Minerals	
8	Classification of Foods	
9	Food safety and hygiene	
10	Nutrition for the people with specific cases and diseases	
11	Nutrition in obesity and excessive loose weight	
12	Common chronic diseases and nutrition-1	
13	Common chronic diseases and nutrition-2	
14	Mistakes in nutrition and frequently asked questions	

Activites		Number	Duration (hour)	Total Work Load (hour)
23	Theoretical Assessment	14	2.00	28.00
	Practicals/Labs	0	0.00	0.00
	Self study and preperation	14	1.00	14.00
	Midterm Exams	1	10.00	10.00
	Homeworks	1	8.00	8.00
	Quiz	0	0.00	0.00
	Projects	0	0.00	0.00
	Homework project	1	10.00	10.00
	Field Studies	0	0.00	0.00
	Final Exam	1	10.00	10.00
	Midterm exams	1	10.00	10.00
	Total	30	100.00	100.00
	Others	1	10.00	10.00
	Contribution of Term (Year) Learning Activities to Success Grade	1	20.00	20.00
	Total Work Load			100.00
	Contribution of Final Exam to Success Grade	1	10.00	10.00
	Total work load/ 30 hr			3.00
	Total			100.00
	ECTS Credit of the Course			3.00
	Measurement and Evaluation Techniques Used in the Course	Test exam with multiple choices		

24	ECTS / WORK LOAD TABLE
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25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	PQ14	PQ15	PQ16
ÖK1	2	0	0	4	2	0	0	0	0	2	2	0	0	0	0	0
ÖK2	1	0	0	2	2	0	0	1	0	2	1	0	0	0	0	0
ÖK3	1	1	0	0	2	0	0	1	0	2	0	0	0	0	0	0

ÖK4	1	0	0	4	1	0	0	0	0	2	2	0	0	0	0	0
ÖK5	4	1	1	4	2	0	0	0	0	3	4	1	0	0	0	0
ÖK6	2	1	0	4	3	0	0	1	0	0	3	1	0	0	0	0
ÖK7	2	1	0	4	2	0	0	0	0	2	4	2	0	0	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			