

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:	2
6	Semester:	3
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:	
	Course Content:	
Week	Theoretical	Practice
1	Nutrition, nutrients and health	
2	Adequate and balanced diet	
3	Food groups	
4	Food variety	

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

22	Textbooks, References and/or Other Materials:	1- İlk Yardım El Kitabı, Türk Kızılayı, Ankara, 2017. 2-Temel İlk Yardım Uygulamaları eğitim kitabı, T.C. Sağlık Bakanlığı, Ankara, 2011. 3-Kindersley, D. İnsan Vücudu. Tübitak Popüler Bilim Kitapları. 4-Aktümsek, A., Anatomi ve Fizyoloji, Nobel yayınları, Ankara, 2006. 5.Türkiye'ye Özgü Beslenme Rehberi, T.C. Sağlık Bakanlığı, Temel Sağlık Hizmetleri Genel Müdürlüğü,
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Activites		Number	Duration (hour)	Total Work Load (hour)
Theoretical	Rehberi, Hacettepe Üniversitesi Beslenme ve Diyetetik Bölümü. Ankara 2015.	2	2.00	28.00
Practicals/Labs		0	0.00	0.00
23 Self-study and preparation	Assessment	14	2.00	28.00
Homeworks		0	0.00	0.00
Projects		0	0.00	0.00
Midterm Exam	1	40.00		
Field Studies		0	0.00	0.00
Midterm exams		1	15.00	15.00
Home work-project	0	0.00		
Others		0	0.00	0.00
Final Exams		1	20.00	20.00
Total	2	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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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	1	1	1	1	1	1	1	1	1	1	1	2	2	1	1	0
ÖK2	1	1	1	1	1	1	1	1	1	1	1	2	2	1	1	0

ÖK3	1	1	1	1	1	1	1	1	1	1	1	2	2	1	1	0
ÖK4	1	1	3	1	1	1	1	1	1	1	1	2	2	1	1	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low		2 low		3 Medium		4 High		5 Very High							