

# NUTRITION AND HEALTH

1	Course Title:	NUTRITION AND HEALTH
2	Course Code:	GK002
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:	Prof. Dr. Nimet HAŞIL KORKMAZ
15	Course Lecturers:	
16	Contact information of the Course Coordinator:	nhasil@uludag.edu.tr, tlf: 02242940686 Bursa Uludağ Üniversitesi, Spor Bilimleri Fakültesi, Beden Eğitimi ve Spor Öğretmenliği Bölümü, Bursa/GÖRÜKLE
17	Website:	<a href="http://bilgipaketi.uludag.edu.tr/Ders/IndexENG/1107528">http://bilgipaketi.uludag.edu.tr/Ders/IndexENG/1107528</a>
18	Objective of the Course:	To give information about the individual, social and global problems and results of nutritional science. Struggle with obesity; food additives; wellness and exercise; Growth and development; to provide information about the fight against addiction (tobacco, alcohol, substance addiction, etc.).
19	Contribution of the Course to Professional Development:	Analyze issues and concepts related to nutrition and health
20	Learning Outcomes:	
	1	Knows the definition and importance of nutrition and establishes its relation with health.
	2	Recognizes and knows the nutritional elements.
	3	Knows foods, nutritional values ??and enrichment of foods.
	4	Knows what obesity is and what causes obesity.
	5	Knows what to do in the fight against obesity.
	6	Establishes the relationship between food additives and health and knows their harm.
	7	Knows the importance of healthy life and exercise.
	8	She knows that the basic condition for growth and development is an adequate balanced diet.
	9	Current diets in weight control
	10	Knows health and hygiene rules in food preparation.
21	Course Content:	
	<b>Course Content:</b>	
Week	Theoretical	Practice
1	What is health? We must be healthy. Factors affecting health	

<b>2</b>	Healthy Living Knowledge / Body Hygiene, Health in the Family	
<b>3</b>	Introduction to Nutrition Science, What is Nutrition?	
<b>4</b>	Changing Us and Our Eating Behaviors / Our Eating Habits	
<b>5</b>	Our Nutrition Metabolism	
<b>6</b>	Essential Nutrients and Requirements for the Body	
<b>7</b>	Behavioral Disorders in Nutrition	
<b>8</b>	Interaction of obesity, exercise, health and nutrition	
<b>9</b>	Interaction of obesity, exercise, health and nutrition	
<b>10</b>	Diets in the World and Their Effects	
<b>11</b>	Vegetarian and Vegan Nutrition	
<b>12</b>	Fighting Infections and Pandemic Diseases	
<b>13</b>	Protection from Pandemic and Pandemic	
<b>14</b>	General repetition of the topics	

Activities		Number	Duration (hour)	Total Work Load (hour)
<b>THEORETICAL LEARNING ACTIVITIES</b>		<b>24</b>	<b>2.00</b>	<b>28.00</b>
Practicals/Labs		0	0.00	0.00
Midterm Exam	1	10.00		
Self study and preparation	0	0.00	0.00	0.00
Quiz	0	0.00		
Homeworks		6	5.00	30.00
Home work project	0	0.00		
Projects		6	5.00	30.00
Final Exam	1	60.00		
Field Studies		0	0.00	0.00
Total	2	100.00		
Midterm exams		1	1.00	1.00
Contribution of Term (Year) Learning Activities to		10.00		
Others		0	0.00	0.00
Final Exams		1	1.00	1.00
Contribution of Final Exam to Success Grade		60.00		
Total Work Load				91.00
Total		100.00		
Total work load/ 30 hr		3		3.00
ECTS Credit of the Course				3.00

[illegible]

ÖK5	0	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
LO: Learning Objectives    PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			