

NUTRITION PRINCIPLES

1	Course Title:	NUTRITION PRINCIPLES
2	Course Code:	GMD2214
3	Type of Course:	Compulsory
4	Level of Course:	First Cycle
5	Year of Study:	2
6	Semester:	4
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:	Non
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Doç.Dr. TÜLAY ÖZCAN
15	Course Lecturers:	-
16	Contact information of the Course Coordinator:	Uludağ Üniversitesi Ziraat Fakültesi Gıda Mühendisliği Bölümü 16059 Görükle/Bursa Tel: 0 224 2941498 Fax: 0 224 2941402 e-posta: : tulayozcan@uludag.edu.tr
17	Website:	
18	Objective of the Course:	The main purpose of this course is informing the students about the importance of nutrition, structure of food components, mechanism of action, intimidation and symptoms in case of deficiency and diseases associated with nutrition.
19	Contribution of the Course to Professional Development:	
20	Learning Outcomes:	
	1	Informing about nutrition
	2	Informing about structures and mechanism of action food components
	3	Informing about digestible of nutrients component and recommended daily intakes
	4	Informing about nutrition in chronic diseases, obesity, diet and nutrigenetics
	5	Informing about nutrition of human in special situation and various kinds of age groups
	6	Informing about safety and quality of food component
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21	Course Content:	
	Course Content:	
Week	Theoretical	Practice

1	Importance of Nutrition	
2	Composition of Foods and Food-related Definitions	
3	Structure of Human Body and Nutrition	
4	Water, Water Equilibrium and Electrolytes	
5	Metabolism of Energy and Carbohydrates	
6	Metabolism of Lipids	
7	Class Discussion and Midterm Exam	
8	Metabolism of Protein	
9	Effects of Vitamins	
10	Effects of Minerals	
11	Metabolism of Calcium and Osteoporosis	
12	Metabolism of Cholesterol and Atherosclerosis	
13	Hypertension and Cancer	
14	Obesity, Diet and Nutrigenetics Nutrition	

22	Textbooks, References and/or Other Materials:	Principles of Nutrition (Assoc. Prof. Dr. Tülay ÖZCAN, Unpublished Lecturer Note) Beslenme (A. Baysal) Beslenme (M. Demirci) Introduction to Nutrition and Metabolism (Edited by D.A. Bender) Nutrition: Chemistry and Biology (Edited by J.E. Spallholz, L.M. Boylan, J.A. Driskell)
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23	Assesment
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TERM LEARNING ACTIVITIES	NUMBER	WEIGHT
Midterm Exam	1	40.00
Quiz	0	0.00
Home work-project	0	0.00
Final Exam	1	60.00
Total	2	100.00
Contribution of Term (Year) Learning Activities to Success Grade		40.00
Contribution of Final Exam to Success Grade		60.00
Total		100.00
Measurement and Evaluation Techniques Used in the Course		

24	ECTS / WORK LOAD TABLE
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Activites	Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	2.00	28.00
Practicals/Labs	0	0.00	0.00
Self study and preperation	14	1.00	14.00
Homeworks	0	0.00	0.00
Projects	0	0.00	0.00
Field Studies	0	0.00	0.00
Midterm exams	1	20.00	20.00
Others	0	0.00	0.00
Final Exams	1	25.00	25.00
Total Work Load			107.00
Total work load/ 30 hr			2.90
ECTS Credit of the Course			3.00

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	5	4	4	3	5	4	4	5	5	5	3	0	0	0	0	0
ÖK2	5	5	3	4	5	5	4	5	5	5	3	0	0	0	0	0
ÖK3	5	5	3	4	5	5	4	5	5	5	3	0	0	0	0	0
ÖK4	5	5	3	4	5	5	4	5	5	5	4	0	0	0	0	0
ÖK5	5	5	3	4	5	5	5	5	5	5	4	0	0	0	0	0
ÖK6	5	5	5	4	5	5	5	5	5	5	5	0	0	0	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contrib ution Level:	1 very low		2 low		3 Medium		4 High		5 Very High							