# METABOLISM AND NUTRITION PHYSIOLOGY

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| **1** | Course Title: | METABOLISM AND NUTRITION PHYSIOLOGY | |
| **2** | Course Code: | BYL4129 | |
| **3** | Type of Course: | Optional | |
| **4** | Level of Course: | First Cycle | |
| **5** | Year of Study: | 4 | |
| **6** | Semester: | 7 | |
| **7** | ECTS Credits Allocated: | 4.00 | |
| **8** | Theoretical (hour/week): | 2.00 | |
| **9** | Practice (hour/week): | 0.00 | |
| **10** | Laboratory (hour/week): | 0 | |
| **11** | Prerequisites: | none | |
| **12** | Language: | Turkish | |
| **13** | Mode of Delivery: | Face to face | |
| **14** | Course Coordinator: | Prof. Dr. SIBEL TAŞ | |
| **15** | Course Lecturers: | Prof. Dr. Sibel TAŞ | |
| **16** | Contact information of the Course Coordinator: | Uludağ Üniversitesi Fen-Edebiyat Fakültesi Biyoloji Bölümü<br>Görükle Kampüsü, Nilüfer/BURSA 16059<br>e-posta: smeral@uludag.edu.tr<br>Telefon: 0 (224) 294 1795<br><br>Uludag University Faculty of Arts and Science Department of Biology<br>Gorukle Campus, Nilufer/BURSA 16059<br>e-mail: smeral@uludag.edu.tr<br>Phone: 0 (224) 294 1795 | |
| **17** | Website: | | |
| **18** | Objective of the Course: | The knowledge are given about diet, the metabolism of nutrients , follow-up of nutrients in the body have the metabolic pathways | |
| **19** | Contribution of the Course to Professional Development: | | |
| **20** | Learning Outcomes: | | |
| | | **1** | The students learn energy intake and energy balance |
| | | **2** | They learn benefits for the body of carbohydrates |
| | | **3** | They learn protein metabolism |
| | | **4** | To get knowledge about fat metabolism |
| | | **5** | To get knowledge about hormonal regulation of metabolism |
| | | **6** | To get knowledge about the importance of the metabolism of vitamin |
| | | **7** | They learn obesity and weakness |
| | | **8** | To get knowledge about the importance of a balanced diet |
| | | **9** | To get knowledge basal metabolic rate |
| | | **10** | |
| **21** | Course Content: | | |
| | **Course Content:** | | |

| Week | Theoretical | Practice |
|---|---|---|
| **1** | The energy released from the food , the role of ATP in metabolism | |
| **2** | The importance of carbohydrates in the diet | |
| **3** | The importance of protein nutrition | |
| **4** | Importance of fat in the diet | |
| **5** | Diseases of importance to the body and lack of vitamins | |
| **6** | Mineral metabolism and its importance for the body | |
| **7** | Energy release and metabolic rate of the control cells | |
| **8** | Factors affecting energy consumption | |
| **9** | Basal metabolic rate daily energy needed for daily activities | |
| **10** | Thermogenic effect of energy- nutrients used during physical activity | |
| **11** | The regulation of food intake and energy storage | |
| **12** | Nerve centers that regulate food intake | |
| **13** | To the importance of a balanced diet- Obesity | |
| **14** | Pathological cause of obesity and eating | |

| Activites | Number | Duration (hour) | Total Work Load (hour) |
|---|---|---|---|
| Theoretical | Dorothy Luciano,1997<br>3-Tıbbi Biyoloji, Ayse Basaran, İstanbul 1999 | | |
| Practicals/Labs | | | |
| Self study and preperation | 5-Yaşamın Temel Kuralları, Ali Demirsoy, Cilt II kısım I-II, Cilt III kısım I-II 2001 | | |
| Homeworks | | | |
| Projects | Ismail Türkan 2000 | | |
| Field Studies | | | |
| Midterm Exams | | | |
| Others | | | |
| Final Exams | | | |
| Total Work Load | | | |
| Total work load/ 30 hr | | | |
| ECTS Credit of the Course | | | 4.00 |

| TERM LEARNING ACTIVITIES | NUMBE | WEIGHT |
|---|---|---|
| Midterm Exam | 1 | 50.00 |
| Home work-project | 0 | 0.00 |
| Total | 2 | 100.00 |
| Contribution of Term (Year) Learning Activities to Success Grade | | 50.00 |
| Contribution of Final Exam to Success Grade | | 50.00 |
| Total | | 100.00 |
| Measurement and Evaluation Techniques Used in the Course | | |

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| **24** | **ECTS / WORK LOAD TABLE** |

| 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** | 3 | 1 | 1 | 5 | 5 | 5 | 4 | 3 | 5 | 5 | 5 | 4 | 0 | 0 | 0 | 0 |
| **ÖK2** | 3 | 1 | 1 | 5 | 5 | 5 | 4 | 3 | 5 | 5 | 5 | 4 | 0 | 0 | 0 | 0 |
| **ÖK3** | 3 | 1 | 1 | 5 | 5 | 5 | 4 | 3 | 5 | 5 | 5 | 4 | 0 | 0 | 0 | 0 |
| **ÖK4** | 3 | 1 | 1 | 5 | 5 | 5 | 4 | 3 | 5 | 5 | 5 | 4 | 0 | 0 | 0 | 0 |
| **ÖK5** | 3 | 1 | 1 | 5 | 5 | 5 | 4 | 3 | 5 | 5 | 5 | 4 | 0 | 0 | 0 | 0 |
| **ÖK6** | 3 | 1 | 1 | 5 | 5 | 5 | 4 | 3 | 5 | 5 | 5 | 4 | 0 | 0 | 0 | 0 |
| **ÖK7** | 3 | 1 | 1 | 5 | 5 | 5 | 4 | 3 | 5 | 5 | 5 | 4 | 0 | 0 | 0 | 0 |
| **ÖK8** | 3 | 1 | 1 | 5 | 5 | 5 | 4 | 3 | 5 | 5 | 5 | 4 | 0 | 0 | 0 | 0 |
| **ÖK9** | 3 | 1 | 1 | 5 | 5 | 5 | 4 | 3 | 5 | 5 | 5 | 4 | 0 | 0 | 0 | 0 |
| **LO: Learning Objectives PQ: Program Qualifications** | | | | | | | | | | | | | | | | |
| **Contribution Level:** | **1 very low** | | **2 low** | | | **3 Medium** | | | **4 High** | | | **5 Very High** | | | | |