

ECTS COURSE DESCRIPTION FORM

PART I (Senate Approval)

Offering School	Antalya Bilim University Faculty of Health Sciences			Offering Department	Nursing	
Program(s) Offered to	Nursing	<input type="checkbox"/>			<input type="checkbox"/>	
		<input type="checkbox"/>			<input type="checkbox"/>	
		<input type="checkbox"/>			<input type="checkbox"/>	
Course Name	Introduction to Nutrition			Course Code	HEM226	
Level of Course	Licence			Type of Course	Compulsory	
Language of Instruction	Turkish			ECTS Credits	3	
Hours per Week	Lecture:	2	Practical:	0	Studio:	0
	Laboratory:	0	Recitation:	0	Other:	
Pre-requisites	None			Co-requisites		
Registration Restriction	None			Grading Mode		
Educational Objective	With this course, it is aimed to gain basic nutritional knowledge that will lay the groundwork for adequate and balanced nutrition and explain the relationship between nutrition and health.					
Course Description						
Learning Outcomes	LO1	Can explain the basic concepts related to adequate and balanced nutrition.				
	LO2	Can explain the relationship between nutrition and health and diseases.				
	LO3	Can give nutrition education about health protection.				
	LO4					
	LO5					
	LO6					

PART II (Faculty Board Approval)

		Program Outcomes			ÖÇ1	ÖÇ2	ÖÇ3	LO4	LO5	LO6	LO7
Basic Outcomes (University-wide)	PO1	Ability to communicate effectively with oral, written and visual methods, report writing and presentation.			✓	✓					
	PO2	Ability to work effectively both individually and in disciplinary and multi-disciplinary teams.				✓	✓				
	PO3	Awareness of the necessity of lifelong learning and the ability to access information, to follow developments in science and technology, and to constantly renew itself.				✓					
	PO4	Information about project management, risk management, innovation and change management, entrepreneurship, and sustainable development.			✓						
	PO5	Awareness about sectors and ability to prepare business plans.			✓		✓				
	PO6	Awareness of professional and ethical responsibility and acting in accordance with ethical principles.			✓		✓				
Faculty Specific Outcomes	PO7	To have universal thoughts and values			✓	✓					
	PO8	To be committed to academic and ethical values,				✓					
	PO9	To provide qualified education, research and consultancy services at universal information and technology standards			✓	✓	✓				
	PO10	To be open to new goals, strategies and action plans that will take undergraduate and graduate education / training programs and scientific studies further				✓	✓				
	PO11	To support, maintain and increase interdisciplinary / multidisciplinary studies in the services provided.			✓		✓				
	PO12	To contribute and develop health policies for the benefit of the country.			✓	✓					
Program Specific Outcomes	PO13	Using theoretical, evidence-based and applied knowledge in the field of nursing, with a holistic and systematic approach to the individual, family and society; Gives culturally sensitive nursing care, evaluates and records the effect of care.				✓					
	PO14	It determines the health education needs of the individual, family and society, and provides training and consultancy in this direction.			✓	✓	✓				
	PO15	Uses problem solving, decision making, critical thinking and leadership skills in the field of nursing.				✓					
	PO16	Communicates by expressing her opinions, having the ability to work individually and make independent decisions.			✓	✓					
	PO17	Respects human rights and dignity by acting in accordance with the relevant legislation, professional values and ethical principles in nursing education, practice, research and management			✓		✓				
	PO18	It works in cooperation with disciplinary and interdisciplinary team members.				✓	✓				
	PO19	Uses information and care technologies in nursing education, practice, research and management.			✓	✓					
	PO20	In line with the lifelong learning approach, he / she reaches scientific and current information specific to the field of nursing, evaluates the accuracy, validity and reliability of the information.			✓		✓				
	PO21	It fulfills the responsibility of producing scientific knowledge specific to nursing by participating in all kinds of research, projects and activities that will contribute to individual and professional development.				✓	✓				
	PO22	Uses at least one foreign language at a level to reach scientific information and communicate effectively.				✓					

PART III (Department Board Approval)

Course Contents, Contribution of Course Contents to Learning Outcomes, and Methods for Assessing Learning of Course Contents	Subject	Week	Details of Course Contents	LO1	LO2	LO3	LO4	LO5	LO6	LO7	
	S1	1	Definition and importance of nutrition	A1/A4	A1/A4	A1/A4					
	S2	2	Carbohydrates, the importance of pulp	A1/A4	A1/A4	A1/A4					
	S3	3	Lipids, their importance in cardiovascular disease	A1/A4	A1/A4	A1/A4					
	S4	4	Proteins, protein-energy malnutrition	A1/A4	A1/A4	A1/A4					
	S5	5	Energy metabolism, water, its importance in human nutrition, diarrhea and nutrition	A1/A4	A1/A4	A1/A4					
	S6	6	Minerals I (sodium, potassium, chlorine calcium, fluorine, magnesium)	A1/A4	A1/A4	A1/A4					
	S7	7	Midterm exam								
	S8	8	Minerals II (iron, copper, iodine, zinc)	A1	A1	A1					
	S9	9	Fat-soluble vitamins (A, D, E, K vitamins)	A1	A1	A1					
	S10	10	Water-soluble vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, choline, vitamin C)	A1	A1	A1					
	S11	11	Food groups I (meats, legumes, eggs, milk and dairy products)	A1	A1	A1					
	S12	12	Food groups II (cereals, vegetables-fruits, oils, desserts)	A1	A1	A1					
	S13	13	Nutrition in special situations I (pregnant-lactating, 0-1 year old baby feeding, preschool child, school age, adolescent nutrition, elderly nutrition)	A1	A1	A1					
	S14	14	Diets used in the hospital and their characteristics	A1	A1	A1					
	S15	15	Final exam								

Assessment Methods, Weights in Grading Scheme, Implementation and Make-Up Rules	No	Type	Weight	Implementation Rule	Make-Up Rule
	A1	Exam-Final Jury, Final Project	60%	Exams are held with closed book and notes.	Students who cannot take the final exam due to an excuse and whose excuse is accepted by the Unit Board take the make-up exam on the date determined by the Unit.
	A2	Quiz			
	A3	Homework			
	A4	Midterm	40%	All product exams that have been processed until the midterm exam period are held.	Students who cannot take the exam due to an excuse and whose excuse is accepted by the Unit Board take the make-up exam on the date determined by the Unit.
	A5	Project			
	A6	Presentation			
	A7	Attendance/Interaction			
	A8	Field Work			
	A9	Others			
		TOTAL			

Evidence of Achievement of Learning Outcomes

Direct Conversion System ("DDS" in the regulation.)		<input type="checkbox"/>	Relative Evaluation ("BDS" in the regulation.)		<input type="checkbox"/>
A different method/system, not listed above, determined by the Faculty Member / Instructor (This method is explained below)					
Method for Determining Letter Grade	Success Grade Range	Letter, Success Note	Success Coefficient	Success Assessment	
	95-100	A+	4,00	Successful	
	85-94	A	4,00	Successful	
	80-84	A-	3,70	Successful	
	75-79	B+	3,30	Successful	
	70-74	B	3,00	Successful	
	65-74	B-	2,70	Successful	
	60-64	C+	2,30	Successful	
	55-59	C	2,00	Successful	
	50-54	C-	1,70	Passes	
	45-49	D+	1,30	Unsuccessful	
	40-44	D	1,00	Unsuccessful	
	0-39	F	0	Unsuccessful	

No	Method	Explanation	Total Hours
Time expected to be allocated by instructor			
1	Lecture	Lesson topics are explained by writing on the board or with a computer presentation. Sample questions are solved during the lesson.	28
2	Interactive Lecture		
3	Recitation		
4	Laboratory		
5	Practical		
6	Field Work		
Time expected to be allocated by student			
7	Project		
8	Homework	14 weeks x 1 hour	14
9	Pre-class Learning of Course Material	New topics are learned before being taught in the classroom.	14
10	Review of Course Material	Topics are repeated to prepare for exams and assignments.	28
11	Studio		
12	Office Hour	One-on-one meeting with the faculty member	
Calculated ECTS Credit(s)		Max.	3
		Min.	2
		Grand Total	84

IV. PART

Instructor	Name Surname	
	E-mail	
	Phone Number	
	Office Number	
	Office Hours	
Course Materials	Mandatory	
	Recommended	Özpinar H. Beslenme ve Diyet, 2. baskı, İstanbul Tıp Kitabevi, İstanbul, 2018
		Escott S, Stump MA. Nutrition and Diagnosis-Related Care, 8 th.ed, Wolters&Kluwer Health, P Mahan LK, Raymond J, Escott-Güdük S. Krause's. Food & Diet Therapy, 12 th ed., Elsevier (US
Other	Scholastic Honesty	Violations of scholastic honesty include, but are not limited to cheating, plagiarizing, fabricating information or citations, facilitating acts of dishonesty by others, having unauthorized possession of examinations, submitting work of another person or work previously used without informing the instructor, or tampering with the academic work of other students. Any for of scholastic dishonesty is a serious academic violation and will result in a disciplinary action. It is explained in Article 25 of the Directive on Associate and Undergraduate Programs of Antalya Bilim University.
	Students with Disabilities	Reasonable accommodations will be made for students with verifiable disabilities.
	Safety Issues	
	Flexibility	Circumstances may arise during the course that prevents the instructor from fulfilling each and every component of this syllabus; therefore, the syllabus is subject to change. Students will be notified prior to any changes.

Form No: ÜY-FR-1047 Yayın Tarihi 01.04.2021 Değ. No 0 Değ. Tarihi-