

**ECTS COURSE DESCRIPTION FORM**

**PART I (Senate Approval)**

<b>Offering School</b>	Antalya Bilim University - Faculty of Health Sciences			<b>Offering Department</b>	Department of Nutrition and Dietetics
<b>Program(s) Offered to</b>	Department of Nutrition and Dietetics	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Course Name</b>	Nutrition Principles and Practices-I			<b>Course Code</b>	BES 101
<b>Level of Course</b>	Undergraduate			<b>Type of Course</b>	Compulsory
<b>Language of Instruction</b>	Turkish			<b>ECTS Credits</b>	6
<b>Hours per Week</b>	Lecture: 3	Practical: -	Studio: -	Other: -	-
	Laboratory: 3	Recitation: -			
<b>Pre-requisites</b>				<b>Co-requisites</b>	None
<b>Registration Restriction</b>	None			<b>Grading Mode</b>	Letter Grade
<b>Educational Objective</b>	To teach general nutrition principles and their effects on health, to determine nutritional status, to comprehend individual food consumption records and physical activity recording				
<b>Course Description</b>	Understanding general nutrition principles, importance of carbohydrates, proteins and lipids in healthy nutrition, chemical structure, properties, classification, functions, sources, daily intake recommendations, excessive intake. Individual food consumption records and physical activity				
<b>Learning Outcomes</b>	LO1	Comprehending the biochemical structures, functions and requirements of macronutrients (carbohydrate, fat, protein) in the body			
	LO2	Learning food preparation, cooking and processing techniques			
	LO3	Evaluation of foods in terms of nutrients			
	LO4	Understanding general nutrition principles			
	LO5				
	LO6				
	LO7				

**PART II (Faculty Board Approval)**

		Program Outcomes						
		LO1	LO2	LO3	LO4	LO5	LO6	LO7
<b>Basic Outcomes (University-wide)</b>	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.	✓	✓	✓	✓		
<b>Faculty Specific Outcomes</b>	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		✓		✓		
<b>Program Specific Outcomes</b>	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.			✓			
	PO13	Explains the theoretical knowledge about basic medicine and clinical sciences with the main lines and relates them to Nutrition and Dietetics.	✓		✓	✓		
	PO14	Applies Nutrition and Dietetics assessment methods, analyzes and interprets theoretical knowledge by associating	✓	✓	✓	✓		
	PO15	Plans and implements the individual Nutrition and Dietetics program	✓		✓	✓		
	PO16	Records and archives assessment and treatment data			✓	✓		
	PO17	Plans, conducts and presents a scientific research	✓			✓		
	PO18	Has effective communication skills	✓	✓	✓	✓		
	PO19	Defines professional duties and responsibilities legally and applies them within the framework of ethical principles.	✓	✓	✓	✓		
	PO20	Has lifelong learning skills related to the profession	✓	✓	✓	✓		
	PO21	Can use foreign language effectively to follow professional developments	✓		✓	✓		
	PO22	Knows and applies quality, occupational health and safety issues related to the profession	✓		✓	✓		

**PART III (Department Board Approval)**

	Subject	Week	Details of Course Contents	Implementation Rule						
				LO1	LO2	LO3	LO4	LO5	LO6	LO7
<b>Course Contents, Contribution of Course Contents to Learning Outcomes, and Methods for Assessing Learning of Course Contents</b>	S1	1	Importance of nutrition	D1-D4-D8	D1-D4-D8	D1-D4-D8	D1-D4-D8			
	S2	2	Carbohydrates-1	D1-D4-D8	D1-D4-D8	D1-D4-D8	D1-D4-D8			
	S3	3	Carbohydrates-2	D1-D4-D8	D1-D4-D8	D1-D4-D8	D1-D4-D8			
	S4	4	Nutrients: starch, grains, sugar and sweeteners	D1-D4-D8	D1-D4-D8	D1-D4-D8	D1-D4-D8			
	S5	5	Oils-1	D1-D4-D8	D1-D4-D8	D1-D4-D8	D1-D4-D8			
	S6	6	Oils-2	D1-D4-D8	D1-D4-D8	D1-D4-D8	D1-D4-D8			
	S7	7	Proteins-1	D1-D4-D8	D1-D4-D8	D1-D4-D8	D1-D4-D8			
	S8	8	Midterm	D1-D4-D8	D1-D4-D8	D1-D4-D8	D1-D4-D8			
	S9	9	Proteins-2	D1-D4-D8	D1-D4-D8	D1-D4-D8	D1-D4-D8			
	S10	10	The quality of the protein	D1-D4-D8	D1-D4-D8	D1-D4-D8	D1-D4-D8			
	S11	11	Foods: meat, eggs, legumes	D1-D4-D8	D1-D4-D8	D1-D4-D8	D1-D4-D8			
	S12	12	Energy metabolism and physical activity	D1-D4-D8	D1-D4-D8	D1-D4-D8	D1-D4-D8			
	S13	13	Student Presentations-1	D1-D4-D8	D1-D4-D8	D1-D4-D8	D1-D4-D8			
	S14	14	Student Presentations-2	D1-D4-D8	D1-D4-D8	D1-D4-D8	D1-D4-D8			
No	Type	Weight		Implementation Rule			Make-Up Rule			

Assessment Methods, Weights in Grading Scheme, Implementation and Make-Up Rules	A1	Exam-Final Jury, Final Project	60%	The exam, which will be applied as the Final Exam, will cover all the topics and resources covered during the semester.	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	30%	The Midterm Exam will be administered in the middle of the semester and will cover the topics and resources covered until the exam date.	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	Class/Lab./	10%		
	A9	Others			
TOTAL			100%		
Evidence of Achievement of Learning Outcomes	At least one question from each subject is asked during the exams. A weighted average is calculated for each student based on the percentage of each assessment method. Students are required to collect a minimum score over 100, which is announced by the instructor, to pass the course. This score is determined based on class average.				
Method for Determining Letter Grade	Direct Conversion System ("DDS" in the regulation.)		<input checked="" type="checkbox"/>	Relative Evaluation ("BDS" in the regulation.)	
	A different method/system, not listed above, determined by the Faculty Member / Instructor (This method is explained below)		<input type="checkbox"/>		
	Success Grade Range	Letter Success Note	Success Coefficient	Success Assessment	
	95-100	A+	4	Successful	
	85-94	A	4	Successful	
	80-84	A-	3,7	Successful	
	75-79	B+	3,3	Successful	
	65-74	B	3	Successful	
	60-64	B-	2,7	Successful	
	55-59	C+	2,3	Successful	
50-54	C	2	Successful		
45-49	C-	1,7	Pass		
40-44	D+	1,3	Unsuccessful		
0-39	D	1	Unsuccessful		
		F	Unsuccessful		
Teaching Methods, Student Work Load	No	Method	Explanation		Total Hours
	Time expected to be allocated by instructor				
	1	Lecture	Course topics are explained by writing on the board or by computerized presentation. Sample questions are solved during the lesson.		42
	2	Interactive Lecture			
	3	Recitation			
	4	Laboratory			42
	5	Practical			
	6	Field Work			
	Time expected to be allocated by student				
	7	Project			
	8	Homework			48
	9	Pre-class Learning of Course Material	New topics are learned before they are taught in the classroom.		14
	10	Review of Course Material	Topics are repeated to prepare for exams and assignments.		14
11	Studio				
12	Office Hour	One-on-one meeting with the lecturer			
Calculated ECTS Credit(s)		Max.	6	Min.	5
		Grand Total		160	
<b>IV. PART</b>					
Instructor	Name Surname	Ayşel SAHİN KAYA			
	E-mail	aysel.kaya@antalya.edu.tr			
	Phone Number	+90 242 245 00 00			
	Office Number				
Course Materials	Mandatory				
	Recommended	1. Besimie. Ayşe Baysal. 2. Türkiye ye Özgü Besimie Kenleri 3. Introduction to Human Nutrition. Michael Gibson. Dietetics 4. Nutrition: From Food to Dietetics and Dietitians. Amy			
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 form 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.			