

ECTS COURSE DESCRIPTION FORM

PART I (Senate Approval)

Offering School	Antalya Bilim University - Faculty of Health Sciences			Offering Department	Department of Nutrition and Dietetics		
Program(s) Offered to	Department of Nutrition and Dietetics	<input checked="" type="checkbox"/>				<input type="checkbox"/>	
		<input type="checkbox"/>				<input type="checkbox"/>	
		<input type="checkbox"/>				<input type="checkbox"/>	
Course Name	Healthy Eating and Physical Activity			Course Code	SBF 101		
Level of Course	Undergraduate			Type of Course	Elective		
Language of Instruction	Turkish			ECTS Credits	3		
Hours per Week	Lecture:	2	Practical:	-	Studio:	-	
	Laboratory:	-	Recitation:	-	Other:	-	
Pre-requisites	None			Co-requisites	None		
Registration Restriction	None			Grading Mode	Letter Grade		
Educational Objective	nutritional practices in different types of exercise.						
Course Description	This course; It includes topics such as the definition of nutrition, the importance of healthy eating, the importance of adequate and balanced diet, the definitions of physical activity and exercise, the relationship between exercise, health and nutrition, nutrition in different types of exercise in children and adults.						
Learning Outcomes	LO1	Students taking this course; know and explain what is healthy nutrition, nutrients, properties, importance or types in terms of health.					
	LO2	know and explain the difference between the definitions of physical activity, exercise and sport.					
	LO3	knows and explains the relationship between exercise, health and nutrition.					
	LO4	know and explain nutrition practices in exercise in different groups.					
	LO5						
	LO6						
	LO7						

PART II (Faculty Board Approval)

		Program Outcomes	LO1	LO2	LO3	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		✓		✓			
Program Specific Outcomes	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)												
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 of healthy eating	D1-D4	D1-D4	D1-D4	D1-D4					
	S2	2	Definitions of physical activity, exercise, sport	D1-D4	D1-D4	D1-D4	D1-D4					
	S3	3	Physical activity level, exercise habits of Turkish society	D1-D4	D1-D4	D1-D4	D1-D4					
	S4	4	Body composition	D1-D4	D1-D4	D1-D4	D1-D4					
	S5	5	nutrition	D1-D4	D1-D4	D1-D4	D1-D4					
	S6	6	Energy requirement calculation applications	D1-D4	D1-D4	D1-D4	D1-D4					
	S7	7	performance	D1-D4	D1-D4	D1-D4	D1-D4					
	S8	8	Midterm	D1-D4	D1-D4	D1-D4	D1-D4					
	S9	9	General nutritional recommendations for exercisers	D1-D4	D1-D4	D1-D4	D1-D4					
	S10	10	nutrition practices in exercises for children	D1-D4	D1-D4	D1-D4	D1-D4					
	S11	11	nutrition practices in exercises for adults	D1-D4	D1-D4	D1-D4	D1-D4					
	S12	12	consumption	D1-D4	D1-D4	D1-D4	D1-D4					
	S13	13	Ergogenic supports	D1-D4	D1-D4	D1-D4	D1-D4					
S14	14	Overview	D1-D4	D1-D4	D1-D4	D1-D4						
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%	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		40%	The Midterm Exam will be administered in the middle of the semester and will cover all 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	Field Work										
	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.)			<input type="checkbox"/>	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							
			A+	4	Successful							
	95-100		A	4	Successful							
	85-94		A-	3,7	Successful							
	80-84		B+	3,3	Successful							
	75-79		B	3	Successful							
	65-74		B-	2,7	Successful							
	60-64		C +	2,3	Successful							
	55-59		C	2	Successful							
	50-54		C-	1,7	Pass							
	45-49		D+	1,3	Unsuccessful							
40-44		D	1	Unsuccessful								
0-39		F	0	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.			28				
	2	Interactive Lecture										
	3	Recitation										
	4	Laboratory										
	5	Practical										
	6	Field Work										
	Time expected to be allocated by student											
	7	Project										
	8	Homework						28				
	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.	3	Min.	2	Grand Total	84				

IV. PART

Instructor	Name Surname	
	E-mail	
	Phone Number	+90 242 245 00 00
	Office Number	
	Office Hours	
Course Materials	Mandatory	
	Recommended	
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.

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