Course Syllabus

Code - Course Title	**BDY101 - Nutrition Principles I**
Course Type	I. SEMESTER
Laboratory + Practice	3+2
ECTS	**5.0**
Language of Instruction	Türkçe
Course Type	Required Courses
Course Instructor(s)	DOÇ. DR. HİLAL HIZLI GÜLDEMİR

Mode of Delivery	This course will only face-to-face training.
Place of Delivery	On Campus
Used Educational Platforms	Face-to-face
Prerequisites	-
Courses Recomended	-
Recommended Resources	Baysal, A. (2019) Beslenme (19.baskı). Ankara: Hatipoğlu Yayıncılık.Mahan, L.K.,Escott-Stump, S., Raymond, J. (2011) Krause'sFood&theNutritionCareProcess; (13.baskı). Washington: Elseiver.Türkiye Beslenme Rehberi 2025 T.C. Sağlık Bakanlığı Temel Sağlık Hizmetleri Genel Müdürlüğü, Ankara.Berdarier, CD. ,Dwyer JT., Heber D. (2013). Handbook of Nutrition and Food (Ed by), Third Edition, CRC Press.Wiseman G. (2002).Nutrition and Health (Ed by), First Edition, CRC Press.
Work Placement	The course is with practical; there is no internship.
Aims of the Course	The aim of this course is to comprehend the importance of energy and macronutrients (carbohydrates, proteins, fats) in healthy nutrition and bodily functions; to explain the energy, macronutrient, and vitamin contents of foods; to learn the daily requirements of these elements according to different ages and genders, as well as the types and amounts of foods from which they can be obtained; and to be able to evaluate energy expenditure.

Course Syllabus

Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1	**LO-1**	Importance of Nutrition	Lecture, Question & Answer, Discussion, Brain Storming
Week - 2	**LO-1** **LO-2** **LO-3**	Carbohydrates	Lecture, Question & Answer, Discussion, Case Study, Practice/Practical Work/Workshop, Research and Inquiry

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 3	LO-1 LO-2 LO-3	Proteins and protein quality	Lecture, Question & Answer, Discussion, Case Study, Brain Storming, Practice/Practical Work/Workshop, Research and Inquiry
Week - 4	LO-1 LO-2 LO-3	Lipids - I	Lecture, Question & Answer, Discussion, Case Study, Brain Storming, Practice/Practical Work/Workshop, Research and Inquiry
Week - 5	LO-1 LO-2 LO-3	Lipids - II	Lecture, Question & Answer, Discussion, Case Study, Brain Storming, Practice/Practical Work/Workshop, Research and Inquiry
Week - 6	LO-3 LO-5 LO-6	Enzymes, hormones and Nucleic acids	Lecture, Question & Answer, Discussion, Case Study
Week - 7	LO-3 LO-5 LO-6	Energy metabolism and water	Lecture, Question & Answer, Discussion, Case Study, Brain Storming
Week - 8	LO-1 LO-2 LO-3 LO-7	Vitamins - I	Lecture, Observation, Question & Answer, Discussion, Team/Group Work, Case Study, Practice/Practical Work/Workshop, Research and Inquiry

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 9	LO-1 LO-2 LO-3 LO-7	Vitamins - II	Lecture, Observation, Question & Answer, Discussion, Team/Group Work, Case Study, Practice/Practical Work/Workshop, Research and Inquiry
Week - 10	LO-1 LO-2 LO-3 LO-7	Vitaminler - II	Lecture, Observation, Question & Answer, Discussion, Team/Group Work, Case Study, Practice/Practical Work/Workshop, Research and Inquiry
Week - 11	LO-1 LO-2 LO-3 LO-7	Vitamins - III	Lecture, Observation, Discussion, Team/Group Work, Case Study, Practice/Practical Work/Workshop, Research and Inquiry
Week - 12	LO-1 LO-2 LO-3 LO-7	Vitamins - III	Lecture, Observation, Question & Answer, Discussion, Team/Group Work, Case Study, Practice/Practical Work/Workshop, Research and Inquiry
Week - 13	LO-1 LO-3	Sweeteners	Lecture, Observation, Question & Answer, Discussion, Brain Storming, Critique/Critical Reading, Research and Inquiry
Week - 14	LO-1 LO-2 LO-3 LO-5 LO-6 LO-7	Overall assessment	Lecture, Discussion, Brain Storming

Learning Outcomes

#	Learning Outcome
1	Comprehends the importance of energy and macronutrients (carbohydrate, protein, fat) and vitamins in healthy nutrition and body work.
2	Evaluates foods in terms of energy, carbohydrate, protein, fat and vitamin contents.
3	Knows the daily energy, carbohydrate, protein, fat and vitamin needs according to different ages and genders and the type and amount of nutrients that can be provided.
4	Develops recommendations for healthy nutrition by evaluating energy balance and the status of water and electrolytes.
5	The student learns the importance of enzymes, hormones, and nucleic acids in the functioning of the body.
6	Explains the types, structures, roles, functions in bodily processes, and requirements of vitamins.

Sustainable Development Goals

✓ No more hunger ✓ Health and Quality of Life ✓ Responsible Production and Consumption

Course Theme

✓ Health Sciences and Medical Technologies

AKTS Workload

Activity	Duration (Hour)	Count	Workload
Teorik Derse Katılım	5.00	14	70
Sınıf Dışı Çalışma (Ön Hazırlık & Pekiştirme Amaçlı)	1.00	14	14
Ödevler	2.00	3	6
Proje - Rapor - Sunum Hazırlama	5.00	1	5
Ara Sınav Hazırlığı (sınav süresi dahil)	10.00	1	10
Final Sınavı Hazırlığı (sınav süresi dahil)	10.00	1	10
Uygulama (Laboratuvar, Müzik/Enstrüman Uygulaması, Atölye/Saha Çalışması vb.)	2.00	6	12
Staj Uygulaması	0.00	0	0
		Calculated ECTS	**5.0**

Assessment Method and Passing Requirements

✓ Open-Ended Test ✓ Multiple Choice Test ✓ Performance Assessment (Individual/Panel-Based) ✓ Homework ✓ Practice

Community Service Activity

This course does not include any Community Service activities.