Course Syllabus

Code - Course Title	**SAĞ232 - Hydration and Health**
Course Type	IV. SEMESTER
Laboratory + Practice	2+0
ECTS	**3.0**
Language of Instruction	Türkçe
Course Type	Area Elective 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	https://www.hydrationforhealth.com/en/Popkin, D\'Anci and Rosenberg. Water, Hydration and Health. Nutr Rev. 2010 August ; 68(8): 439–458. doi:10.1111/j.1753-4887.2010.00304.xEFSA. 2018, Scientific Opinion on Dietary Reference Values for water. EFSA J. 2010;8(3):2–3.Strippoli GFM, Craig JC, Rochtchina E, Flood VM, Wang JJ, Mitchell P. 2011, Fluid and nutrient intake and risk of chronic kidney disease. Nephrology. 2011;16(3):326–34.https://www.hsph.harvard.edu/news/hsph-in-the-news/the-importance-of-hydration/#:~:text=Drinking enough water each day,quality, cognition, and mood.
Work Placement	Not applicable.
Aims of the Course	The objective is to teach students the principles of water metabolism and hydration, and to provide them with the knowledge and skills to assess fluid requirements across different life stages, special conditions, and diseases, determine hydration status, and support healthy and sustainable water consumption.

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1	**LO-1**	Definition of Hydration, Importance of Water for Living Beings	Lecture
Week - 2	**LO-1**	Water Metabolism	Lecture, Question & Answer
Week - 3	**LO-1**	Drinks and Hydration	Lecture, Question & Answer, Research and Inquiry
Week - 4	**LO-2**	The Importance of Hydration in Pregnancy and Lactation	Lecture, Question & Answer, Case Study
Week - 5	**LO-2**	Hydration in Certain Special Conditions and Diseases	Lecture, Question & Answer, Case Study
Week - 6	**LO-2**	Hydration in Certain Special Conditions and Diseases	Lecture, Question & Answer, Case Study
Week - 7	**LO-2** **LO-3**	The Importance of Hydration in Women's Health	Lecture, Question & Answer, Case Study
Week - 8	**LO-2** **LO-3**	The Importance of Hydration in Elderly	Lecture, Question & Answer, Case Study
Week - 9	**LO-2** **LO-3**	The Importance of Hydration for Athletes	Lecture, Question & Answer, Case Study

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 10	LO-2	The importance of hydration in children	Lecture, Question & Answer, Discussion
Week - 11	LO-1 LO-3	Methods of Evaluating Hydration	Lecture, Case Study
Week - 12	LO-1 LO-2 LO-3	Ways to Increase Water Consumption	Lecture, Case Study, Brain Storming, Research and Inquiry
Week - 13	LO-1	Ecologically Water and Sustainability	Lecture, Brain Storming, Research and Inquiry
Week - 14	LO-3	Excessive Hydration	Lecture, Case Study

Learning Outcomes

#	Learning Outcome
1	Explain the importance of hydration for health.
2	Explain the importance of hydration in various periods of life.
3	Knows the need for water according to age and gender.

Sustainable Development Goals

✓ No more hunger ✓ Health and Quality of Life ✓ Clean Water and Sanitation

Course Theme

✓ Health Sciences and Medical Technologies

AKTS Workload

Activity	Duration (Hour)	Count	Workload
Teorik Derse Katılım	2.00	14	28
Sınıf Dışı Çalışma (Ön Hazırlık & Pekiştirme Amaçlı)	1.00	14	14
Ödevler	5.00	2	10
Proje - Rapor - Sunum Hazırlama	0.00	0	0
Ara Sınav Hazırlığı (sınav süresi dahil)	6.00	1	6
Final Sınavı Hazırlığı (sınav süresi dahil)	12.00	1	12
Uygulama (Laboratuvar, Müzik/Enstrüman Uygulaması, Atölye/Saha Çalışması vb.)	0.00	0	0
Staj Uygulaması	0.00	0	0
		Calculated ECTS	**3.0**

Assessment Method and Passing Requirements

✓ Open-Ended Test ✓ Multiple Choice Test ✓ Short-Answer Test ✓ True-False Test ✓ Fill-in-the-Blank Test

Community Service Activity

This course does not include any Community Service activities.