Course Syllabus

Code - Course Title	**BDY307 - Determining Nutritional Status**
Course Type	V. SEMESTER
Laboratory + Practice	2+0
ECTS	**3.0**
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	Güler Ç, Akın L: Halk Sağlığı Temel Bilgiler;2006, Ankara.Pekcan, G. Beslenme Durumunun Saptanması, Diyet El Kitabı, (Ed. A. Baysal ve ark.) 67-142, Hatiboğlu Yayınevi, Ankara, 2011. Margetts BM, Nelson M (1997). Design Concepts in Nutritional Epidemiology. Oxford University Press, Oxford, 2nd Ed. Gibson RS (2005). Principles of Nutritional Assessment. Oxford University Press, Newyork, 2nd Ed. Willett W (1998). Nutritional Epidemiology. Oxford University Press. NewYork, 2nd Ed. Jelliffe DB, Jelliffe EFP. Community Nutritional Assessment. Oxford University Press, Oxford, 1989. Lee RD, Nieman DC (2007). Nutritional Assessment. McGrawHill, Boston, 4th Ed.
Work Placement	Not applicable.
Aims of the Course	The objective is to provide students with the knowledge and skills to determine and evaluate nutritional status using anthropometric, clinical, biochemical, food consumption, and energy expenditure methods, as well as screening tools, in accordance with the fundamental principles of community nutrition.

Course Syllabus

Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1	**LO-1**	Introduction to Community Nutrition and Important Definitions	Lecture, Question & Answer
Week - 2	**LO-1**	Introduction to nutritional status, Health	Lecture, Question & Answer, Discussion, Case Study
Week - 3	**LO-3**	Adult anthropometry I	Lecture, Question & Answer, Case Study, Demonstration and Practice, Practice/Practical Work/Workshop

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 4	LO-3	Adult anthropometry II	Lecture, Question & Answer, Case Study, Demonstration and Practice, Practice/Practical Work/Workshop
Week - 5	LO-3	Adult anthropometry - Practise	Lecture, Question & Answer, Team/Group Work, Demonstration and Practice, Practice/Practical Work/Workshop
Week - 6	LO-3 LO-4	Detection and evaluation of nutritional status with clinical symptoms	Lecture, Question & Answer, Discussion, Case Study
Week - 7	LO-3 LO-5	Determination of energy expenditure and physical activity level	Lecture, Question & Answer, Discussion, Case Study, Demonstration and Practice, Practice/Practical Work/Workshop
Week - 8	LO-3 LO-5	Energy expenditure - Practise	Lecture, Question & Answer, Discussion, Case Study, Demonstration and Practice, Practice/Practical Work/Workshop
Week - 9	LO-4	Determination and evaluation of nutritional status by biochemical and biophysical methods	Lecture, Question & Answer, Case Study, Demonstration and Practice, Research and Inquiry
Week - 10	LO-4	Screening tools	Lecture, Question & Answer, Case Study
Week - 11	LO-5	Evaluation of food consumption status	Lecture, Question & Answer, Case Study
Week - 12	LO-1	Ecological factors	Lecture, Brain Storming
Week - 13	LO-1 LO-3 LO-4 LO-5	Project Presentation	Lecture, Proje Design/Management
Week - 14	LO-1 LO-3 LO-4 LO-5	Project Presentation	Lecture, Proje Design/Management

Learning Outcomes

#	Learning Outcome
1	Explains the scope and importance of community nutrition.
2	Evaluates body composition with anthropometric measurements.
3	Knows biochemical tests evaluate clinical symptoms and screening tests.
4	Determines energy expenditure, nutrient intake, and physical activity status.

Sustainable Development Goals

✓ No more hunger ✓ Health and Quality of Life ✓ Quality Education

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	2	2
Ödevler	0.00	0	0
Proje - Rapor - Sunum Hazırlama	10.00	1	10
Ara Sınav Hazırlığı (sınav süresi dahil)	5.00	1	5
Final Sınavı Hazırlığı (sınav süresi dahil)	17.00	1	17
Uygulama (Laboratuvar, Müzik/Enstrüman Uygulaması, Atölye/Saha Çalışması vb.)	2.00	4	8
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 ✓ Homework ✓ Practice

Community Service Activity

This course does not include any Community Service activities.