Course Syllabus

Code - Course Title	**BDY323 - Nutritional Supplements**
Course Type	V. SEMESTER
Laboratory + Practice	2+0
ECTS	**3.0**
Language of Instruction	Türkçe
Course Type	Area Elective Courses
Course Instructor(s)	PROF. DR. AYHAN ALTINTAŞ

Mode of Delivery	This course will only face-to-face training.
Recommended Resources	Dietary supplements of plant origin, M. Maffei, Taylor & Francis, 2003.Dietary Supplements, P. Mason, Pharmaceutical Press, 3rd Ed., 2007. Handbook of Vitamins, J. Zempleni, R.B. Rucker,D.B. McCormick, J.W. Suttie, CRC Press, 4th Ed., 2007.
Work Placement	Not applicable.

Course Syllabus

Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1		Introduction to nutritional supplements and general concepts	
Week - 2		Legal regulations in the world	
Week - 3		Legal regulations in Turkey	
Week - 4		Oils	
Week - 5		Proteins and nutritional supplements	
Week - 6		Algae	
Week - 7		Phytoestrogens	
Week - 8		Prebiotics, Probiotics	
Week - 9		Teas	
Week - 10		Glycosaminoglycans	
Week - 11		Products based on amino acids	
Week - 12		Plant-based nutritional supplements-1	
Week - 13		Plant-based nutritional supplements-2	
Week - 14		Vitamins-Minerals	

Learning Outcomes

#	Learning Outcome
1	Classifies nutritional supplements with different chemical composition.
2	Explains the differences between plant and animal based nutritional supplements.
3	Discuss the effects of nutritional supplements on human health.

Sustainable Development Goals

No content has been provided.

Course Theme

No content has been provided.

AKTS Workload

Activity	Duration (Hour)	Count	Workload
Teorik Derse Katılım	0	0	0
Sınıf Dışı Çalışma (Ön Hazırlık & Pekiştirme Amaçlı)	0	0	0
Ödevler	0	0	0
Proje - Rapor - Sunum Hazırlama	0	0	0
Ara Sınav Hazırlığı (sınav süresi dahil)	0	0	0
Final Sınavı Hazırlığı (sınav süresi dahil)	0	0	0
Uygulama (Laboratuvar, Müzik/Enstrüman Uygulaması, Atölye/Saha Çalışması vb.)	0	0	0
Staj Uygulaması	0	0	0
		Calculated ECTS	**0**

Assessment Method and Passing Requirements

No content has been provided.

Assessment Method and Passing Requirements	Quamtity	Percentage (%)
1.Midterm Exam	1	40
Final Exam	1	60
	Sum (%)	**100**