Course Syllabus

Code - Course Title	**BDY310 - Nutrition Education and Counseling**
Course Type	VI. SEMESTER
Laboratory + Practice	2+1
ECTS	**4.0**
Language of Instruction	Türkçe
Course Type	Required Courses
Course Instructor(s)	DOÇ. DR. OSMAN GÜLDEMİR

Mode of Delivery	This course will only face-to-face training.
Place of Delivery	On Campus
Used Educational Platforms	Face-to-face
Prerequisites	There are no prerequisites or corequisites for this course.
Courses Recomended	It is recommended that students have successfully completed basic nutrition courses.
Recommended Resources	Nutrition Education, Isabel Contento, Jones and Barlett Publishers, 1st Edition.Kutluay-Merdol T. (1990). Okulöncesi Dönem Eğitim Veren Kişi ve Kurumlar için Beslenme Rehberi, Ankara. Kutluay-Merdol T. ve ark. (2003). Çalışan Personel için Sanitasyon /Hijyen Eğitim Rehberi, Ankara.
Work Placement	Assignments are given as part of the course.
Aims of the Course	The primary objective of this course is to provide students with the theoretical framework, teaching principles, and methods of nutrition education. In light of behavioral and educational science theories, the course aims to equip students with the skills to prepare appropriate nutrition education programs for different age and population groups, manage the counseling process, and develop educational materials (computer, internet, social media, etc.).

Course Syllabus

Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1	**LO-1** **LO-4**	Definition and Principles of Education	Lecture, Question & Answer, Discussion
Week - 2	**LO-1** **LO-4**	Education Methods and Tools	Lecture, Question & Answer, Discussion, Case Study
Week - 3	**LO-1** **LO-4**	Educational materials, matters to be considered in preparing materials	Lecture, Question & Answer, Discussion, Case Study, Practice/Practical Work/Workshop
Week - 4	**LO-1** **LO-3** **LO-4**	Features that the trainer should have	Lecture, Observation, Question & Answer, Discussion, Case Study

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 5	**LO-2**	Communication Techniques, Basic Features of Adult and Child Education	Lecture, Question & Answer, Discussion
Week - 6	**LO-2**	Communication Techniques, Basic Features of Adult and Child Education	Lecture, Question & Answer, Discussion, Case Study
Week - 7	**LO-2** **LO-3**	Pregnant, Lactating, Fat, Mother, Elderly, Child, Preschool Child, School Child etc. Considerations in the Training of Groups	Lecture, Question & Answer, Discussion, Case Study
Week - 8	**LO-2** **LO-3**	Pregnant, Lactating, Fat, Mother, Elderly, Child, Preschool Child, School Child etc. Considerations in the Training of Groups	Lecture, Question & Answer, Discussion, Case Study
Week - 9	**LO-3** **LO-4**	Ensuring Community Participation in the Execution of Nutrition Programs	Lecture, Question & Answer, Discussion, Case Study
Week - 10	**LO-3** **LO-4**	Behavior Modification Therapy Basic Principles and Practices	Lecture, Question & Answer, Discussion, Case Study
Week - 11	**LO-4**	Preparing a training plan and an example of a training module	Lecture, Question & Answer, Discussion, Case Study, Practice/Practical Work/Workshop
Week - 12	**LO-1** **LO-4**	Introduction of In-Service Training, Training Programs and Modules	Lecture, Question & Answer, Discussion, Case Study
Week - 13	**LO-4**	Presentation of training modules prepared by students	Lecture, Question & Answer, Discussion, Team/Group Work, Case Study, Problem Solving, Brain Storming, Role Playing/Dramatization, Practice/Practical Work/Workshop

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 14	LO-4	Presentation of training modules prepared by students	Lecture, Observation, Question & Answer, Discussion, Team/Group Work, Case Study, Role Playing/Dramatization, Demonstration and Practice, Practice/Practical Work/Workshop

Learning Outcomes

#	Learning Outcome
1	Knows the definition, principles and ways of education.
2	Learns communication techniques and communication barriers, learns the importance of communication in adult and child education.
3	The community, children, nutrition service personnel, patients, adults, etc. explains the characteristics of the training given to individuals and groups.
4	Applies training master plan preparation and presentation techniques.

Sustainable Development Goals

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

Course Theme

✓ Educational Sciences and Educational Technologies ✓ Health Sciences and Medical Technologies ✓ Agriculture, Food and Livestock ✓ Society, Law and Communication

AKTS Workload

Activity	Duration (Hour)	Count	Workload
Teorik Derse Katılım	3.00	14	42
Sınıf Dışı Çalışma (Ön Hazırlık & Pekiştirme Amaçlı)	1.00	14	14
Ödevler	3.00	3	9
Proje - Rapor - Sunum Hazırlama	7.00	1	7
Ara Sınav Hazırlığı (sınav süresi dahil)	3.00	3	9
Final Sınavı Hazırlığı (sınav süresi dahil)	3.00	5	15
Uygulama (Laboratuvar, Müzik/Enstrüman Uygulaması, Atölye/Saha Çalışması vb.)	0.00	0	0
Staj Uygulaması	0.00	0	0
		Calculated ECTS	**4.0**

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

External stakeholders collaborated with in community service activities within the course:
✓ Public institutions and organizations ✓ Non-governmental organizations (NGOs) ✓ Educational institutions

Target audience of the community service activities carried out within the course:
✓ Children ✓ Youth ✓ Elderly people ✓ Women ✓ Socially disadvantaged groups ✓ Local community / general public ✓ Public sector employees ✓ Students ✓ Educators

Type of community contribution arising from the course:
✓ Awareness raising ✓ Education and knowledge sharing ✓ Contribution to health and quality of life