Course Syllabus

Code - Course Title	**YAB217 - Elderly Nutrition**
Course Type	III. SEMESTER
Laboratory + Practice	2+0
ECTS	**3.0**
Language of Instruction	Türkçe
Course Type	Required Courses
Course Instructor(s)	NAZAN SEMİZ

Mode of Delivery	The mode of delivery of this course is face to face
Prerequisites	There is no prerequisite or co-requisite for this course.
Courses Recomended	N/A
Work Placement	N/A

Course Syllabus

Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1		Definitions related to ageing -The elderly population in the World and in Turkey. -The situation of the elderly people in Turkey (Socio-demographic features) -Average Life Span, Life Expectancy etc.)	
Week - 2		Some Concepts Related to Nutrition and Sufficient and Well-Balanced Nutrition.	
Week - 3		Rules of Sufficient and Well-Balanced Nutrition. Rules of Preservation of Health. Understanding of Sufficient and Well-Balanced Nutrition Concept.	
Week - 4		Physical and Social Changes Caused By Ageing. Assesment of Nutritive Habits of Elderly People.	
Week - 5		-Diseases Caused By Ageing, Risk factors and Nutrition. -Genetic: Nutrition and Risk of Catching Disease - Nutritive Proposals of some countries and Global Instutions Intended to Reduce the Risks of Age-related Diseases.	
Week - 6		Energy and Nutrition Demands of Elderly People. -Menu Lists for Elderly People. -Principles of Preparing, Cooking and Preserving Foodstuff.	
Week - 7		The Use of Drugs and Nutrition During The Elderly Period of life	
Week - 8		Nutritive Behaviors suitable for the Elderly People Having Health Problems Related to ' Hypertension, Hypercholesterolemia, Hyperlipidemia, Heart and Veins'	
Week - 9		Osteoporosis and Cancer During the Elderly Period of Life.	
Week - 10		Nutritive Behaviors suitable for the Elderly People Having Health Problems Related to ' Dyabetes Mellitus and Constipation'	
Week - 11		Deterioration of the Immune System Response	

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 12		Nutritive Behaviors Suitable for the Elderly People Having Health Problems Related to 'Mental Deficiency, Amnesia, Brain Damages, etc....'	
Week - 13		Importance of Physical Activity During The Elderly Period of Life.	
Week - 14		Summary / Health of Elderly People and Nutrition	

Learning Outcomes

#	Learning Outcome
1	Through this course, it is expected that the students will be able to: 1. Understand what an adequate and well-balanced diet is. 1.1. Examine the several concepts of nutrition. 1.2. Explain elements of nutrition. 1.3. List rules of adequate and balanced diet. 1.4. Take notice of whether their own nutritive behaviors comply with those learned during the course. 2. Learn the physical and social changes taking place during the elderly period of life. 2.1. Learn the changes in a body taking place during the ageing period of life. 2.2. Learn the energy and food demands of the elderly people. 2.3. Learn how to make nutritive plans according to those demands (2.2) 3. Have knowledge about the diseases caught by the elderly people and their nutritive demands. 3.1. Examine the chronic diseases caught by the elderly people. 3.2. Learn the nutritive ways peculiar to those diseases. 3.3. make samples of menü planning suitable for the elderly people.

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**