

School of Pharmacy / School of Pharmacy (English)

2024 - 2025 Academic Year

NUTRITIONAL PHARMACY

Syllabus

Course Description					
Name	Code	Semester	T+A Hour	Credit	ECTS
NUTRITIONAL PHARMACY	PHA5115607	Fall Semester	2+0	2	3
Prerequisites Courses					
Recommended Elective Courses					
Language of Instruction	English				
Course Level	First Cycle (Bachelor's Degree)				
Course Type	Elective				
Course Coordinator	Prof.Dr. Fatma TOSUN				
Name of Lecturer(s)	Prof.Dr. Fatma TOSUN				
Assistant(s)					
Aim	Provide information about Nutraceuticals, Functional Foods and Food supplements				
Course Content	This course contains; .				
Course Learning Outcomes			Teaching Methods	Assessment Methods	
1. Define Nutraceuticals, Functional Foods and Food supplements			10, 14, 16, 19, 9	A, E	
Explain nutraceuticals for cardiovascular system.			10, 14, 16, 19, 9	A, E	
1.1. Explain sources of Nutraceuticals in Nature			10, 14, 16, 19, 9	A, E	
1.2. List terpenoid nutraceuticals.			10, 14, 16, 19, 9	A, E	
1.3. Discuss fatty acids as nutraceuticals			10, 14, 16, 19, 9	A, E	
2. Discuss phenolics as nutraceuticals			10, 14, 16, 19, 9	A, E	
2.1. Explain probiotics and prebiotics as nutraceuticals			10, 14, 16, 19, 9	A, E	
2.2. Explain nutraceuticals for sleep enhancement.			10, 14, 16, 19, 9	A, E	
2.3. Explain nutraceuticals for enhancement of sportive performance.			10, 14, 16, 19, 9	A, E	
3. Explain nutraceuticals for bone and joint diseases			10, 14, 16, 19, 9	A, E	
3.1. Explain nutraceuticals for the prevention of cancer			10, 14, 16, 19, 9	A, E	
3.2. Explain nutraceuticals for eye health			10, 14, 16, 19, 9	A, E	
Teaching Methods	10: Discussion Method, 14: Self Study Method, 16: Question - Answer Technique, 19: Brainstorming Technique, 9: Lecture Method				
Assessment Methods	A: Traditional Written Exam, E: Homework				
Lecture Schedule					
Sequence	Topics	Preliminary Preparation			
Evaluation Methods		Weight(%)			
Midterm Exam		40			
General Exam		60			

Resources
Nutritional Pharmacy lecture notes will be provided to the students.
1. Prakash, D., Sharma, G. (2014) Phytochemicals of Nutraceutical Importance, CAB International, UK.
2. Lockwood, B. (2007). Nutraceuticals, Pharmaceutical Press, London, UK.,
3. Ghosh, D., Bagchi, D., Konishi, T (2015) Clinical Aspects of Functional Foods and Nutraceuticals, CRC Press, Boca Raton,
4. Coles, L. (2013). Functional foods: The connection between nutrition, health, and food science. Apple Academic Press, Toronto, New Jersey.