

**Vocational School / Physiotherapy**  
**2023 - 2024 Academic Year**  
**PRINCIPLES of NUTRITION**  
**Syllabus**

<b>Course Description</b>					
<b>Name</b>	<b>Code</b>	<b>Semester</b>	<b>T+A Hour</b>	<b>Credit</b>	<b>ECTS</b>
PRINCIPLES of NUTRITION	FZT1127900	Fall Semester	2+0	2	3
<b>Prerequisites Courses</b>					
<b>Recommended Elective Courses</b>					
<b>Language of Instruction</b>	Turkish				
<b>Course Level</b>	Short Cycle (Associate's Degree)				
<b>Course Type</b>	Required				
<b>Course Coordinator</b>	Prof.Dr. Gülgün ERSOY				
<b>Name of Lecturer(s)</b>	Lect. Emre BAYRAKTAROĞLU				
<b>Assistant(s)</b>					
<b>Aim</b>	The aim of the course is to explain the correlation between nutrient and health, nutrients, their sources and functions, energy metabolisms, nutrition during pregnancy, lactation, infancy, childhood, adolescent and clinical nutrition in renal diseases				
<b>Course Content</b>	This course contains; Health and nutrition,Nutrients-Carbohydrates,Proteins,Lipids,Energy metabolism,Nutrients-Vitamins,Minerals,Water,Nutrition during pregnancy and lactation,Nutrition during infancy (0-12 months),Nutrition during preschool, school,Nutrition during adolescent,Diet applications for clinical nutrition in renal disease I,Diet applications for clinical nutrition in renal disease II.				
<b>Course Learning Outcomes</b>			<b>Teaching Methods</b>	<b>Assessment Methods</b>	
1. Explains the food elements, sources and requirements of nutrients.			16, 9		
2. Define the nutritional characteristic during pregnancy and lactation periods			16, 9		
3. Evaluate the the nutritional characteristic during infant, children and adolescents periods			16, 9		
4. Explains the diet treatment in renal diseases and nutritional related clinical findings and complications			16, 9		
5. Define the applications of nutritional support in hemodialysis, peritoneal dialysis patients			16, 9		
<b>Teaching Methods</b>	16: Question - Answer Technique, 9: Lecture Method				
<b>Assessment Methods</b>					
<b>Lecture Schedule</b>					
<b>Sequence</b>	<b>Topics</b>	<b>Preliminary Preparation</b>			
1	Health and nutrition				
2	Nutrients-Carbohydrates				
4	Proteins				
4	Lipids				
5	Energy metabolism				
6	Nutrients-Vitamins				
7	Minerals				
8	Water				
9	Nutrition during pregnancy and lactation				
10	Nutrition during infancy (0-12 months)				
11	Nutrition during preschool, school				
12	Nutrition during adolescent				
13	Diet applications for clinical nutrition in renal disease I				
14	Diet applications for clinical nutrition in renal disease II				
<b>Evaluation Methods</b>		<b>Weight(%)</b>			
Midterm Exam		40			
General Exam		60			

<b>Resources</b>
Powerpoint notes will be given to students.1. Baysal A. Nutrition. 12th Edition, Hatiboglu Publishing. 2009 2. Gökçay G, Garipağaoğlu M. Nutrition in childhood and adolescence.