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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **Dersin Adı** | | **Kodu** | **Yarıyıl** | **T+U** | **Kredi** | **AKTS** | | **Temel Beslenme** | | 2802209 | 2 | 2+0 | 2 | 2 | | Ön koşul Dersler | Yok | | | | | | | Dersin Dili | Türkçe | | | | | | | Dersin Türü | Zorunlu | | | | | | | Dersin Koordinatörü |  | | | | | | | Dersi Veren |  | | | | | | | Dersin Yardımcıları |  | | | | | | | Dersin Amacı | Beslenmenin temel bilgi ve ilkelerini, sağlıklı beslenme modellerini, temel besin öğelerini, beslenme-sağlık etkileşimini bilen ve bu bilgisini hemşirelik rol ve işlevleri ile bütünleştiren, yaş, cinsiyet ve özel durumlarda beslenme planlarını bilen hemşireler yetiştirmek. | | | | | | | Dersin Öğrenme Çıktıları | 1. Sağlıklı, Dengeli ve Yeterli beslenmenin önemini kavrar.  2. Temel besin öğelerini ve gruplarını öğrenir.  3. Yetersiz ve dengesiz beslenmenin sağlık üzerine olumsuz etkilerini açıklar.  4. Sağlıksız beslenme ve normalden sapma durumlarını tanımlar.  5. Özel durumlarda sağlıklı beslenme için rehberlik yapar.  6. Sağlıklı beslenme alışkanlığının kazandırılmasına katkı sağlar.  7. Klinikte beslenmenin hasta beslenmesindeki önemini öğrenir. | | | | | | | Dersin İçeriği | Beslenmenin temel bilgi ve ilkeleri | | | | | | | **Haftalar** | **Konular** | | | | | | | 1 | Temel Beslenmeye Giriş, Beslenmenin Önemi | | | | | | | 2 | Karbonhidratlar | | | | | | | 3 | Proteinler | | | | | | | 4 | Lipidler | | | | | | | 5 | Vitaminler ve Mineraller | | | | | | | 6 | Besin Grupları | | | | | | | 7 | Besinlerin Hazırlanması, Pişirilmesi ve Saklanması İlkeleri | | | | | | | 8 | Besinlerin Hazırlanması, Pişirilmesi ve Saklanması İlkeleri | | | | | | | 9 | Gıda Katkı Maddeleri | | | | | | | 10 | Özel Durumlarda Beslenme | | | | | | | 11 | Enteral-Parenteral Beslenme | | | | | | | 12 | Malnütrisyon ve Gıda Zehirlenmeleri | | | | | | | 13 | Beslenme Davranış Bozuklukları | | | | | | | 14 | Beslenmede Obezite-Diyabet İlişkisi | | | | | |  |  | | --- | | **Genel Yeterlilikler** | | 1. Karbonhidrat, Protein ve Lipitlerin beslenmedeki önemini ve optimum oranlarını öğrenir. 2. Karbonhidrat, Protein ve Lipitlerin metabolizmasını kavrar. 3. Sağlık ve hastalıktaki beslenmeye bağlı biyokimyasal değişimleri kavrar, analitik düşünceye sahip olur. 4. Özel durumlarda hasta beslenmesini öğrenir. | | **Kaynaklar** | | Akşit A. (1991). T.C. Anadolu Üniversitesi Yayınları No: 491, Açıköğretim Fakültesi Yayınları No: 220  Baysal A. (2014). Beslenme, Hatiboğlu Yayınları, 15. baskı. Ankara  Gürdöl F. (2015). Tıbbi Biyokimya. Nobel Tıp Yayınevi, İstanbul  Merdol K. (2015). Temel Beslenme ve Diyetetik. Güneş Tıp Kitabevleri, Ankara | | **Değerlendirme Sistemi** | | Harran Üniversitesi Önlisans ve Lisans Yönetmeliği gereği akademik dönem başında ilan edilen ders izlencelerinde belirtilecektir. |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **PROGRAM ÖĞRENME ÇIKTILARI İLE**  **DERS ÖĞRENİM ÇIKTILARI İLİŞKİSİ TABLOSU** | | | | | | | | | | |  | **PÇ1** | **PÇ2** | **PÇ3** | **PÇ4** | **PÇ5** | **PÇ6** | **PÇ7** | **PÇ8** | **PÇ9** | **PÇ10** | | **ÖÇ1** |  | 3 | 3 | 3 |  | 4 | 3 | 4 | 3 | 3 | | **ÖÇ2** |  | 3 | 3 | 3 |  | 4 | 3 | 4 | 3 | 3 | | **ÖÇ3** |  | 3 | 3 | 3 |  | 4 | 3 | 4 | 3 | 3 | | **ÖÇ4** |  | 3 | 3 | 3 |  | 4 | 3 | 4 | 3 | 3 | | **ÖÇ5** |  | 3 | 3 | 3 |  | 4 | 3 | 4 | 3 | 3 | | **ÖÇ6** |  | 3 | 3 | 3 |  | 4 | 3 | 4 | 3 | 3 | | **ÖÇ7** |  | 3 | 3 | 3 |  | 4 | 3 | 4 | 3 | 3 | | **ÖÇ: Öğrenme Çıktıları    PÇ: Program Çıktıları** | | | | | | | | | | | | **Katkı Düzeyi** | **1 Çok Düşük** | | | **2 Düşük** | **3 Orta** | | | **4 Yüksek** | **5 Çok Yüksek** | | |

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| **PROGRAM ÇIKTILARI VE İLGİLİ DERSİN İLİŞKİSİ** | | | | | | | | | | |
| **Ders** | **PÇ1** | **PÇ2** | **PÇ3** | **PÇ4** | **PÇ5** | **PÇ6** | **PÇ7** | **PÇ8** | **PÇ9** | **PÇ10** |
| **Temel Beslenme** |  | 3 | 3 | 3 |  | 4 | 3 | 4 | 3 | 3 |