

Medicine			
Bachelor	TR-NQF-HE: Level 7	QF-EHEA: Second Cycle	EQF-LLL: Level 7

## Course Introduction and Application Information

Course Code:	UNI347		
Course Name:	The Relationship between Metabolic Paths and Health in the Organism		
Semester:	Spring Fall		
Course Credits:	<div>ECTS</div> <div>5</div>		
Language of instruction:	Turkish		
Course Condition:			
Does the Course Require Work Experience?:	Yes		
Type of course:	University Elective		
Course Level:	<div>Bachelor</div> <div>TR-NQF-HE:7. Master`s Degree</div> <div>QF-EHEA:Second Cycle</div> <div>EQF-LLL:7. Master`s Degree</div>		
Mode of Delivery:	E-Learning		
Course Coordinator:	Prof. Dr. HİKMET KOÇAK		
Course Lecturer(s):	Prof. Dr. Hikmet Koçak		
Course Assistants:			

## Course Objective and Content

Course Objectives:	In this courses where the chemical reactions occurring in living organisms are studied; the metabolic events in which the biomolecules like proteins, carbohydrates and lipids take place and their interactions with each other will be explained to the students. It is also aimed to gain the competencies related to metabolism, to establish some relationships with biochemistry in the professional field and to gain the ability to evaluate them as a whole.
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Course Content:	It is the functioning of the main metabolic pathways of the organism in a healthy state and raising awareness about pathological conditions in daily life.
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## Learning Outcomes

The students who have succeeded in this course;

- 1) Must be able to distinguish the structural differences of biochemical macromolecules.
- 2) Must be able to list the concept of nutritional energy sources and the body's energy stores.
- 3) Must be able to explain the energy metabolism of carbohydrates, lipids, protein.
- 4) Must define postprandial status and explain hormonal changes in postprandial status.
- 5) Must be able to explain the digestion, absorption and outcome of food.
- 6) Must be able to explain the conversion pathways of glucose in the liver and its metabolism in other tissues.
- 7) Must be able to explain the outcome of lipoproteins and amino acids in postprandial status.
- 8) Must be able to define fasting and explain the metabolic changes in short-term fasting.
- 9) Must be able to explain the role of liver and adipose tissue in short term fasting.
- 10) Must be able to explain the occurring metabolic changes and roles of liver and adipose tissue in prolonged fasting.
- 11) Must be able to explain the basal metabolism (resting metabolic rate), physical activity, and control of body weight.
- 12) Must be able to explain the importance of carbohydrates, essential fatty acids, essential amino acids, vitamins and minerals which supply the basic nutritional requirements.

## Course Flow Plan

Week	Subject	Related Preparation
1)	Basic Concepts and Explanation of The Syllabus	Lecture Notes-presentations notes
2)	Structural Overview of Basic Elements of Metabolic Pathways in the Organism	Lecture Notes-presentations notes
3)	Events Affecting the Energy Requirement of the Body	Lecture Notes-presentations notes
4)	Proteins- definition, properties, structure, types and Metabolism	Lecture Notes-presentations notes
5)	Lipid Metabolism	Lecture Notes-presentations notes
6)	The Carbohydrates and Metabolism	Lecture Notes-presentations notes
7)	Integration of Metabolism (fasting/starving-fed state, postprandial Status)	Lecture Notes-presentations notes





[illegible]



Course Learning Outcomes	1	2	3	4	5	6	7	8	9	10	11	12
24) The graduate chooses the right learning resources to improve the quality of the health care service she/he provides, organizes her/his own learning process.												

### Course - Learning Outcome Relationship

No Effect	1 Lowest	2 Average	3 Highest

	Program Outcomes	Level of Contribution
1)	The graduate integrates the knowledge, skills, attitudes, and behaviours acquired from basic and clinical sciences, behavioural sciences, and social sciences in the form of competencies and uses them for the provision of rational, effective, safe health care services in accordance with quality standards in the prevention, diagnosis, treatment, follow-up, and rehabilitation processes, and during the process considers protection of both patient's health and healthcare workers health including her/his own.	
2)	The graduate shows a biopsychosocial approach in patient management that considers the sociodemographic and sociocultural background of the individual without discrimination of language, religion, race, and gender.	
3)	The graduate prioritizes the protection and development of the health of individuals and society in the provision of health care services.	
4)	The graduate, considering the individual, social, public, and environmental factors affecting health; works towards maintaining and improving the state of health.	
5)	In the provision of health care services, the graduate considers both the changes in the physical and socioeconomic environment on a regional and global scale that affect health, as well as the changes in the individual characteristics and behaviours of the people who apply to her/him.	
6)	The graduate recognizes the characteristics, needs and expectations of the target population and provides health education to healthy/sick individuals and their relatives and other health care workers.	
7)	While carrying out her/his profession, the graduate fulfils her/his duties and obligations with determined behaviours to provide high-quality health care within the framework of ethical principles, rights and legal responsibilities and good medical practices, considering the integrity, privacy, and dignity of the patient.	

8)	The graduate evaluates and improves her/his own performance in professional practices in terms of emotions, cognitive characteristics, and behaviours.	
9)	The graduate physician advocates improving the provision of health services by considering the concepts of social reliability and social commitment to protect and improve public health.	
10)	To protect and improve health, the graduate physician can plan and carry out service delivery, training and consultancy processes related to individual and community health in cooperation with all components.	
11)	The graduate physician evaluates the impact of health policies and practices on individual and community health indicators and advocates increasing the quality of health services.	
12)	The graduate physician attaches importance to protecting and improving her/his own physical, mental, and social health, and does what is necessary for this.	
13)	During the provision of health care, the graduate shows exemplary behaviours and leads within the health team.	
14)	The graduate uses the resources cost-effectively, in the planning, implementation, execution, and evaluation processes of the health care services in the health institution she/he manages, for the benefit of the society and in accordance with the legislation.	
15)	The graduate communicates positively within the health team with whom she/he provides health care services, being aware of the duties and obligations of other health workers and shows appropriate behaviours to assume different team roles when necessary.	
16)	The graduate works harmoniously and effectively with her/his colleagues and other professional groups in her/his professional practice.	
17)	The graduate communicates effectively with patients, patient relatives, health care workers and other professional groups, institutions, and organizations, including individuals and groups that require a special approach and have different sociocultural characteristics.	
18)	The graduate shows a patient-centred approach in the protection, diagnosis, treatment, follow-up, and rehabilitation processes that involve the patient and patient's caregivers as partners in the decision-making mechanisms.	
19)	When necessary, the graduate plans and implements scientific research for the population she/he serves, and uses the results obtained and/or the results of other research for the benefit of the society.	
20)	The graduate reaches the current literature information related to her/his profession, evaluates critically, and applies the principles of evidence-based medicine in the clinical decision-making process.	



21)	The graduate uses information technologies to improve the effectiveness of her/his work in health care, research, and education.	
22)	The graduate effectively manages individual study and learning processes and career development.	
23)	The graduate demonstrates the ability to acquire, evaluate, integrate new knowledge with existing knowledge, apply it to professional situations, and adapt to changing conditions throughout professional life.	
24)	The graduate chooses the right learning resources to improve the quality of the health care service she/he provides, organizes her/his own learning process.	

### Assessment & Grading

Semester Requirements	Number of Activities	Level of Contribution
Attendance	1	% 10
Homework Assignments	1	% 45
Presentation	1	% 45
<b>total</b>		<b>% 100</b>
PERCENTAGE OF SEMESTER WORK		% 100
PERCENTAGE OF FINAL WORK		%
<b>total</b>		<b>% 100</b>

### Workload and ECTS Credit Calculation

Activities	Number of Activities	Preparation for the Activity	Spent for the Activity Itself	Completing the Activity Requirements	Workload
Course Hours	2	0	14	16	60
Study Hours Out of Class	1	4	4	10	18
Presentations / Seminar	1	4	4	10	18
Homework Assignments	1	5	4	10	19
<b>Total Workload</b>					<b>115</b>

