

**FACULTY OF HEALTH SCIENCES
DEPARTMENT OF NUTRITION AND DIETETICS**

1st SEMESTER

Anatomy I (5 ECTS)

It provides systematic, topographical and functional theoretical and practical knowledge of human anatomy to acquire knowledge, skills and attitudes that can be used in the professions of the graduates.

Basic Chemistry and Laboratory I (4 ECTS)

Atoms and atomic theory, chemical compounds, chemical reactions, introduction to reactions in aqueous solutions, gases, electrons in atoms, the periodic table and some atomic properties, chemical bonding and bonding theories.

Physiology I (3 ECTS)

The working mechanisms of cell, tissue, organ and different systems that make up the human body.

Medical biology and genetics (3 ECTS)

Living systems, biomolecules, cell structure and function, energy metabolism, DNA structure, synthesis and function; DNA packaging and fine structure of chromosomes, RNA structure, synthesis and function, genetic code and protein synthesis, basic principles in inheritance and Mendel inheritance in single gene disorders, cell cycle and cell divisions, mutation, genetic modified organism.

General Business (3 ECTS)

Basic information about business administration; establishment of enterprises; Legal structures of enterprises; business ethics and social responsibility; management and functions; marketing management; healthcare Management; production management; Human Resources Management; accounting and finance management.

Nutrition Education and Consultancy (3 ECTS)

Nutrition education principles, methods, teaching methods.

Basic English I (6 ECTS)

This course is a learner-centred, integrated-skills based course that will develop students in the four skills (reading, writing, listening and speaking) in an academic context.

Health Communication (3 ECTS)

Overview of communication research and practice in various care contexts: client/provider interactions, provider/provider communication, communication in health care organizations, mediated messages in the marketing and promotion of health information, consumer advocacy, politics of health care.

2nd SEMESTER

Anatomy II (5 ECTS)

It provides systematic, topographical and functional theoretical and practical knowledge of human anatomy to acquire knowledge, skills and attitudes that can be used in the professions of the graduates.

Physiology II (3 ECTS)

The working mechanisms of cell, tissue, organ and different systems that make up the human body.

Principles of Metabolism (3 ECTS)

Giving information to the students of the Faculty of Health Sciences about synthesis, breakdown and metabolism disorders in biomolecules in human metabolism. Studying the etiology of metabolical disorders like diabetes mellitus, obesity, cancer and cardiovascular disorders and the signal pathway defects causing metabolical disorders. Explain functional and content characteristics of devices used in clinics and laboratories.

Psychology (3 ECTS)

The history of psychology includes fields, methods, theories, behavior and physiology, lifelong development, mental processes, intelligence, personality, abnormal behaviors, health stress and coping, learning, motivation and motivation.

Professional Orientation (3 ECTS)

Information about the department and the subdivisions, professional ethics and deontology, introduction to the courses, regulations and students responsibilities, professional standards and practices, professional history and international associations, introduction to professional literatures.

Basic Knowledge And Technology (3 ECTS)

Introduction to computer, basic concepts, hardware and software, keyboard usage, operating systems, Windows operating system, internet access, using mail, using search engines.

Nutritional Anthropology (3 ECTS)

Anthropological factors that affect nutrition, origin and basic characteristics of human nutrition, evolution of nutritional habits in history.

Basic English II (6 ECTS)

This course is a learner-centred, integrated-skills based course that will develop students in the four skills (reading, writing, listening and speaking) in an academic context.

Manifesto of İstinye (1 ECTS)

3rd SEMESTER

Principles of Nutrition I (5 ECTS)

The importance of nutrition, structures, definitions, classifications, functions, sources, recommended dietary allowances, and excessive intakes of carbohydrates, lipids and proteins. To teach of foods nutrient contents, preparations and cooking methods of foods and the applications of some basic and conventional recipes in the laboratory, according to the nutritional principles.

Nutritional Biochemistry I (6 ECTS)

Carbohydrates, lipids, protein and amino acids metabolism, hormones and enzymes functions, nucleic acids as well as purine and pyrimidine metabolism.

Food Chemistry and Analyses I (5 ECTS)

Structures, classifications and properties of carbohydrates, proteins and lipids with related quantitative and qualitative analysis. Structures and classifications of enzymes; their occurrence in foods and usage in food industry. Factors affecting enzymatic reactions. Functions and specifications of pigments, aroma and flavor compounds.

Microbiology (3 ECTS)

Introduction to microbiology, structure, physiology and genetics of bacteria, antibiotics and resistance mechanisms, Introduction to immunology, basic immunological response mechanisms, serological tests, analysis methods of fungi, protozoa, helminth and viruses.

Occupational Health and Safety (3 ECTS)

The concepts and rules of occupational health and safety, Occupational health and safety in the world and Turkey, Occupational health and safety Committees, general information about worker health and safety, factors that affect the health of workers.

Medical English I (5 ECTS)

The use and understanding of English terms related to nutrition and dietetics.

Health Occupation Ethics (3 ECTS)

Ethical concepts, principles, boards, patient rights, professional health worker-patient relationship, problems related to the beginning and end of life, death, organ transplantation and euthanasia, HIV and infectious diseases.

4th SEMESTER

Principles of Nutrition II (5 ECTS)

To teach of foods vitamin and mineral contents, preparations and cooking methods of foods and the applications of some basic and conventional recipes in the laboratory, according to the nutritional principles.

Nutritional Biochemistry I (5 ECTS)

Carbohydrates, lipids, protein and amino acids metabolism, hormones and enzymes functions, nucleic acids as well as pyrimidine metabolism.

Food Chemistry and Analyses II (5 ECTS)

Food quality and affecting factors. Sensory evaluation of foods. Functional foods, pre-and probiotics, genetically modified foods, soy. Functions and properties of components which are found in fruits and vegetables, egg, milk and milk products, meat and meat products, cereals, tea, coffee, cacao and chocolate

Food Microbiology (5 ECTS)

Importance of microbiology for food production, food spoilage and food borne infectious diseases.

Phytotherapy (4 ECTS)

Historical development and conception of phytotherapy, herbal medicine definition, the current situation and the regulations in the world, standardization and production of herbal extracts, side effects and toxicity of herbal drugs, modern phytopharmacotherapy and their formulations, quality control of herbal drugs, plants used in the treatment of gastrointestinal diseases, cardiovascular diseases, respiratory diseases, urinary tract diseases, rheumatic complaints, nervous system diseases; gynecology, ophthalmology, dermatology and cancer, plants effective on the immune system.

Medical English II (5 ECTS)

The use and understanding of English terms related to nutrition and dietetics.

Manifest of İstinye (1 ECTS)

5th SEMESTER

Medical Nutrition Therapy in Adult Disease I (4 ECTS)

The definitions, etiologies, complications, symptoms and medical nutrition therapy of obesity, eating disorders, Diabetes mellitus, Reactive hypoglycemia, coronary heart diseases, hypertension, gastrointestinal system diseases, skeletal system disorders, gout and practice about medical nutrition therapy.

Medical Nutrition Therapy in Childhood Diseases I (3 ECTS)

Acute gastroenteritis, malnutrition, lactose intolerances, other carbohydrate malabsorption, coeliac diseases-other protein malabsorption, food allergies, childhood obesity, metabolic syndrome, eating

disorders, type 1 diabetes mellitus, kidney diseases and nutrition therapy.

Mother and Child Nutrition (3ECTS)

The importance of nutrition in child and mother, methods of increasing the effectiveness of nutrition, taching of the nutritional status according to age groups.

Food Service Systems I (3 ECTS)

Commercial enterprises in institutional food service systems, organization of this companies/kitchen personnel, commercial companies kitchen/restaurant plan, large range preparation, methods of cooking and service, hygiene / HACCP, cost control.

Biostatistcs (3 ECTS)

Description of Biostatistcs, methods, use of reseach methods.

Determination of Nutritional Status in the Community (2 ECTS)

Nutritional problems and epidemiology (protein-energy malnutrition, obesity, diet-related chronic diseases, iron deficiency anemia, iodine deficiency disorders, dental caries, zinc deficiency, rickets, osteomalacia, osteoporosis, vitamin deficiencies, folic acid deficiency etc) in Turkey and in the World, nutrition of risk groups (workers and elderly etc), management of nutrition in disasters, intervention programmes, national food and nutrition policies.

Pathophysiology of Diseases (3 ECTS)

Pathophysiology of common diseases in adults.

Medical English III (5 ECTS)

The use and understanding of English terms related to nutrition and dietetics.

Manifest of İstinye (1 ECTS)

Sports Nutrition (3 ECTS)

Interaction between exercise, health and nutrition, energy and macro-nutrient requirements of athletes, micro-nutrient requirements of athletes, nutrition characteristics of before, during, after competition and training, importance of liquid consumption, ergogenic aids, body composition and weight management, special condition (women, child, vegetarian) nutrition.

6th SEMESTER

Medical Nutrition Therapy in Adult Disease II (4 ECTS)

The definitions, etiologies, complications, symptoms and medical nutrition therapy of obesity, eating disorders, Diabetes mellitus, Reactive hypoglycemia, coronary heart diseases, hypertension, gastrointestinal system diseases, skeletal system disorders, gout and practice about medical nutrition therapy.

Medical Nutrition Therapy in Childhood Diseases II (4 ECTS)

Acute gastroenteritis, malnutrition, lactose intolerances, other carbohydrate malabsorption, coeliac diseases-other protein malabsorption, food allergies, childhood obesity, metabolic syndrome, eating disorders, type 1 diabetes mellitus, kidney diseases and nutrition therapy.

Food Service Systems II (3 ECTS)

Commercial enterprises in institutional food service systems, organization of these companies/kitchen personnel, commercial companies kitchen/restaurant plan, large range preparation, methods of cooking and service, hygiene / HACCP, cost control.

Clinical Obesity in Children and Adolescents (3 ECTS)

Prevention, diagnosis and treatment of obesity in children and adolescents.

Research Methods (2 ECTS)

This course provides an introductory overview of approaches to nutrition science research. It will equip students with an understanding of research design and the different research methodologies required to undertake the most common forms of qualitative and quantitative data collection and analysis used in nutrition science research.

Nutritional Problems in the Community and Epidemiology (ECTS 3)

Nutritional problems and epidemiology of nutritional problems in Turkey and in the world, Problems of protein-energy malnutrition, obesity, diet-related chronic diseases, iron deficiency anemia, iodine deficiency disorders, dental caries, zinc deficiency, rickets, osteomalacia, osteoporosis, vitamin deficiencies, folic acid deficiency etc) and their epidemiology, Elderly nutrition, Management of nutrition in disasters, Food supplements and food fortification, Nutritional genomics in public health, National food and nutrition policies.

Nutrition for Special Groups (3 ECTS)

Nutrition for 0-1 year old children, pre-school children, school age children, workers, athletes, pregnant woman, adolescents, athletes and old people.

Medical English IV (5 ECTS)

The use and understanding of English terms related to nutrition and dietetics.

Manifest of İstinye (1 ECTS)

Enteral and Parenteral Nutrition (3 ECTS)

Nutritional status assessment in adult patients, Enteral and parenteral nutrition methods, requirements, products in adult patients, Discussing in different approaches and methods in the field of enteral and parenteral nutrition therapy, Enteral and parenteral nutrition practices in adult patients.

Professional Practice (0 ECTS)

It is aimed to ensure that pupils have knowledge and skills in identifying and assessing the nutritional status of individuals and communities, interpreting, identifying problems, proposing solutions and providing training. In this internship, students will be able to develop nutrition education programs / materials for specific groups that will be able to identify the nutritional status and nutrition habits of the community, design individual and collective adequate and balanced nutrition and health trainings.

7th SEMESTER

Clinical Practice I (7 ECTS)

Practicing the techniques of hospital and institutional dietitian (Dietetic Internship) by the supervisors.

Clinical Practice II (7 ECTS)

Practicing the techniques of hospital and institutional dietitian (Dietetic Internship) by the supervisors.

Graduation Project I (3 ECTS)

Planning and conducting a research on food, nutrition and dietetics related subjects. Under supervision of a faculty member, the student will design and conduct a research project and prepare a written paper including a review of literature, identification of the problem, methodology, results and discussion, summary and citing of references.

Seminar I (2 ECTS)

Searching, discussion and presentation of data about special subject in food, nutrition and dietetics area under a supervision of a teaching staff.

Turkish Language I (ECTS 2)

Knowledge of sentences, disorders of expression, written and oral expression.

Atatürk's Principles and History of Turkish Revolution I (ECTS 2)

Parallel to the establishment of the Republic of Turkey, the assessment of the Turkish society as within the level of civilized nation-states, the experience of Turkish revolution with its sui-generis character in definition of the nation-state in a chronological line beginning from the Ottoman Turkish Imperial state: The Classical and post classical ages, late 18th and 19th centuries, the Second Constitutional Era, The First World War, The Turkish National Struggle of 1918-1922 and the interval of 1923-60; the assessment of the modern Turkish nation-state by the restructuring of the state & the nation and the stages of the change and transformation in Turkish political and social system, the analysis of the political, social, economic and cultural transformation with respect to the internal and external political developments and their actors, the evaluation of the historical stages of the establishment of the modern Turkish state as a reference of solution and comparison for current

debates in Turkish society and politics. The understanding of historical dynamism of change in Turkish politics and society.

Bariatric Surgery and Nutrition (3 ECTS)

After bariatric surgery, assess the patient's nutritional status and create an appropriate nutritional treatment plan.

Medical English V (4 ECTS)

The use and understanding of English terms related to nutrition and dietetics.

8th SEMESTER

Clinical Practice III (7 ECTS)

Practicing the techniques of hospital and institutional dietitian (Dietetic Internship) by the supervisors.

Clinical Practice IV (7 ECTS)

Practicing the techniques of hospital and institutional dietitian (Dietetic Internship) by the supervisors.

Graduation Project II (3 ECTS)

Planning and conducting a research on food, nutrition and dietetics related subjects. Under supervision of a faculty member, the student will design and conduct a research project and prepare a written paper including a review of literature, identification of the problem, methodology, results and discussion, summary and citing of references.

Seminar II (2 ECTS)

Searching, discussion and presentation of data about special subject in food, nutrition and dietetics area under a supervision of a teaching staff.

Turkish Language II (ECTS 2)

Knowledge of sentences, disorders of expression, written and oral expression.

Atatürk's Principles and History of Turkish Revolution II (ECTS 2)

Parallel to the establishment of the Republic of Turkey, the assessment of the Turkish society as within the level of civilized nation-states, the experience of Turkish revolution with its sui-generis character in definition of the nation-state in a chronological line beginning from the Ottoman Turkish Imperial state: The Classical and post classical ages, late 18th and 19th centuries, the Second Constitutional Era, The First World War, The Turkish National Struggle of 1918-1922 and the interval of 1923-60; the assessment of the modern Turkish nation-state by the restructuring of the state & the nation and the stages of the change and transformation in Turkish political and social system, the analysis of the political, social, economic and cultural transformation with respect to the internal and external political developments and their actors, the evaluation of the historical stages of the establishment of the modern Turkish state as a reference of solution and comparison for current debates in Turkish society and politics. The understanding of historical dynamism of change in Turkish politics and society.

Cancer and Nutrition (3 ECTS)

Cancer, development of cancer, the clinical picture of cancer, nutritional therapy practices in cancer patients, the effects of food and food compounds in cancer development and treatment, the usage of medical nutritional product in cancer patients, food carcinogens.

Medical English VI (4 ECTS)

The use and understanding of English terms related to nutrition and dietetics.