

**ISTINYE UNIVERSITY  
(NUTRITION and DIETETICS)**

| 1st SEMESTER |                                    |           |          |          |                         |
|--------------|------------------------------------|-----------|----------|----------|-------------------------|
| CODE         | COURSE                             | T         | P        | ECTS     | Language of Instruction |
| BES105       | Basic Chemistry and Laboratory     | 2         | 2        | 3        | Turkish                 |
| BES107       | Medical Biology And Genetics       | 2         | 0        | 3        | Turkish                 |
| BES113       | Occupational Principles and Ethics | 2         | 0        | 2        | Turkish                 |
| DIL101       | General English 1                  | 2         | 0        | 2        | Turkish                 |
| SBF101       | General Anatomy                    | 3         | 1        | 4        | Turkish                 |
| SBF103       | General Business                   | 2         | 0        | 3        | Turkish                 |
|              | ELECTIVE COURSE                    | 3         | 0        | 5        | Turkish                 |
|              | ELECTIVE COURSE                    | 3         | 0        | 5        | Turkish                 |
|              | ELECTIVE COURSE                    | 2         | 0        | 3        | Turkish                 |
|              | <b>TOTAL</b>                       | <b>21</b> | <b>3</b> | <b>0</b> |                         |

| 3rd SEMESTER |   |          |          |          |                         |
|--------------|---|----------|----------|----------|-------------------------|
| CODE         | COURSE                                  | T        | P        | ECTS     | Language of Instruction |
| BES201       | Practices and Principles of Nutrition 1 | 2        | 3        | 4        | Turkish                 |
| BES203       | Nutritional Biochemistry 1              | 3        | 0        | 5        | Turkish                 |
| BES205       | Food Chemistry and Analyses 1           | 3        | 3        | 4        | Turkish                 |
| BES213       | Occupational Health and Safety          | 2        | 0        | 2        | Turkish                 |
| SBF201       | Microbiology                            | 2        | 0        | 3        | Turkish                 |
| SEG002       | Elective Course (Manifesto of Istinye)  | 0        | 1        | 1        | Turkish                 |
|              | ELECTIVE COURSE                         | 2        | 0        | 3        | Turkish                 |
|              | ELECTIVE COURSE                         | 2        | 0        | 3        | Turkish                 |
|              | ELECTIVE COURSE                         | 3        | 0        | 5        | Turkish                 |
|              | <b>TOTAL</b>                            | <b>0</b> | <b>0</b> | <b>0</b> |                         |

| 5th SEMESTER |  |          |          |          |                         |
|--------------|--|----------|----------|----------|-------------------------|
| CODE         | COURSE   | T        | P        | ECTS     | Language of Instruction |
| BES301       | Medical Nutrition Treatment in Adult Diseases 1      | 3        | 3        | 6        | Turkish                 |
| BES303       | Principles of Nutrition in Pediatrics                | 2        | 2        | 5        | Turkish                 |
| BES305       | Food Service Systems 1                               | 3        | 0        | 5        | Turkish                 |
| BES307       | Mother and Child Nutrition                           | 2        | 3        | 6        | Turkish                 |
| BES311       | Determination of Nutritional Status in the Community | 4        | 0        | 5        | Turkish                 |
|              | ELECTIVE COURSE                                      | 2        | 0        | 3        | Turkish                 |
|              | <b>TOTAL</b>   | <b>0</b> | <b>0</b> | <b>0</b> |                         |

| 7th SEMESTER |  |           |           |           |                         |
|--------------|--|-----------|-----------|-----------|-------------------------|
| CODE         | COURSE   | T         | P         | ECTS      | Language of Instruction |
| ATA101       | Atatürk's Principles and History of Turkish Revolution 1 | 2         | 0         | 2         | Turkish                 |
| BES405       | Seminar 1  | 2         | 0         | 3         | Turkish                 |
| BES407       | Practices of Nutrition and Dietetics 1                   | 4         | 24        | 12        | Turkish                 |
| BES481       | Professional Practice                                    | 0         | 40        | 5         | Turkish                 |
| BES491       | Graduation Project 1                                     | 3         | 1         | 3         | Turkish                 |
| TRK101       | Turkish Language 1                                       | 2         | 0         | 2         | Turkish                 |
|              | ELECTIVE COURSE  | 2         | 0         | 3         | Turkish                 |
|              | <b>TOTAL</b>   | <b>15</b> | <b>65</b> | <b>30</b> |                         |

**DESCRIPTION**  
T: Theoric  
P: Practice  
ECTS: European Credit Transfer System

| 2nd SEMESTER |  |           |          |          |                         |
|--------------|--|-----------|----------|----------|-------------------------|
| CODE         | COURSE                                 | T         | P        | ECTS     | Language of Instruction |
| BES106       | Principles of Metabolism               | 2         | 0        | 4        | Turkish                 |
| BES111       | Nutrition Education and Consultancy    | 2         | 0        | 4        | Turkish                 |
| DIL102       | General English 2                      | 2         | 0        | 2        | Turkish                 |
| SBF102       | Physiology                             | 2         | 0        | 3        | Turkish                 |
| SBF104       | Psychology                             | 3         | 0        | 3        | Turkish                 |
| SEG001       | Elective Course (Manifesto of Istinye) | 0         | 1        | 1        | Turkish                 |
|              | ELECTIVE COURSE                        | 3         | 0        | 5        | Turkish                 |
|              | ELECTIVE COURSE                        | 3         | 0        | 5        | Turkish                 |
|              | ELECTIVE COURSE                        | 2         | 0        | 3        | Turkish                 |
|              | <b>TOTAL</b>                           | <b>19</b> | <b>1</b> | <b>0</b> |                         |

| 4th SEMESTER |   |          |          |           |                         |
|--------------|---|----------|----------|-----------|-------------------------|
| CODE         | COURSE                                  | T        | P        | ECTS      | Language of Instruction |
| BES202       | Practices and Principles of Nutrition 2 | 2        | 3        | 5         | Turkish                 |
| BES204       | Nutritional Biochemistry 2              | 3        | 0        | 5         | Turkish                 |
| BES206       | Food Chemistry and Analyses 2           | 3        | 3        | 4         | Turkish                 |
| BES208       | Food Microbiology                       | 2        | 2        | 4         | Turkish                 |
| SEG003       | Elective Course (Manifesto of Istinye)  | 0        | 1        | 1         | Turkish                 |
|              | ELECTIVE COURSE                         | 2        | 0        | 3         | Turkish                 |
|              | ELECTIVE COURSE                         | 2        | 0        | 3         | Turkish                 |
|              | ELECTIVE COURSE                         | 3        | 0        | 5         | Turkish                 |
|              | <b>TOTAL</b>                            | <b>7</b> | <b>0</b> | <b>11</b> |                         |

| 6th SEMESTER |   |           |          |          |                         |
|--------------|---|-----------|----------|----------|-------------------------|
| CODE         | COURSE  | T         | P        | ECTS     | Language of Instruction |
| BES302       | Medical Nutrition Treatment in Adult Diseases 2   | 3         | 3        | 6        | Turkish                 |
| BES304       | Medical Nutrition Treatment in Childhood Diseases | 3         | 2        | 6        | Turkish                 |
| BES306       | Food Service Systems 2                            | 3         | 0        | 5        | Turkish                 |
| BES312       | Public Nutrition and Epidemiology                 | 3         | 0        | 6        | Turkish                 |
| SBF302       | Research Methods and Biostatistics                | 2         | 1        | 3        | Turkish                 |
| SEG004       | Elective Course (Manifesto of Istinye)            | 0         | 1        | 1        | Turkish                 |
|              | ELECTIVE COURSE                                   | 2         | 0        | 3        | Turkish                 |
|              | <b>TOTAL</b>                                      | <b>16</b> | <b>7</b> | <b>0</b> |                         |

| 8th SEMESTER |  |           |           |           |                         |
|--------------|--|-----------|-----------|-----------|-------------------------|
| CODE         | COURSE   | T         | P         | ECTS      | Language of Instruction |
| ATA102       | Atatürk's Principles and History of Turkish Revolution 2 | 2         | 0         | 2         | Turkish                 |
| BES406       | Seminar 2  | 2         | 0         | 3         | Turkish                 |
| BES409       | Practices of Nutrition and Dietetics 2                   | 4         | 24        | 17        | Turkish                 |
| BES492       | Graduation Project 2                                     | 3         | 1         | 3         | Turkish                 |
| TRK102       | Turkish Language   | 2         | 0         | 2         | Turkish                 |
|              | ELECTIVE COURSE  | 2         | 0         | 3         | Turkish                 |
|              | <b>TOTAL</b>   | <b>15</b> | <b>25</b> | <b>27</b> |                         |

| Elective Major Area Courses |   |   |   |      |                         |
|-----------------------------|---|---|---|------|-------------------------|
| CODE                        | COURSE                                      | T | P | ECTS | Language of Instruction |
| BES001                      | Nutrition For Healthy Life I                | 2 | 0 | 3    | Turkish                 |
| BES002                      | Nutrition For Healthy Life II               | 2 | 0 | 3    | Turkish                 |
| BES003                      | Recipe Development and Portioning           | 2 | 0 | 3    | Turkish                 |
| BES004                      | Health Communication in Nutrition           | 2 | 0 | 3    | Turkish                 |
| BES005                      | Cancer and Nutrition                        | 2 | 0 | 3    | Turkish                 |
| BES006                      | Nutrition in Surgical Diseases              | 2 | 0 | 3    | Turkish                 |
| BES007                      | Sports Nutrition                            | 2 | 0 | 3    | Turkish                 |
| BES008                      | Food Drug Interaction                       | 2 | 0 | 3    | Turkish                 |
| BES009                      | Legislation and Inspection of Food          | 2 | 0 | 3    | Turkish                 |
| BES010                      | Professional Orientation                    | 2 | 0 | 3    | Turkish                 |
| BES011                      | Food Toxicity                               | 2 | 0 | 3    | Turkish                 |
| BES012                      | Prebiotics and Probiotics                   | 2 | 0 | 3    | Turkish                 |
| BES013                      | Enteral and Parenteral Nutrition            | 2 | 0 | 3    | Turkish                 |
| BES014                      | Eating Disorders                            | 2 | 0 | 3    | Turkish                 |
| BES015                      | Functional Nutrients                        | 2 | 0 | 3    | Turkish                 |
| BES016                      | Nutritional Anthropology                    | 2 | 0 | 3    | Turkish                 |
| BES017                      | Nutrition and Media                         | 2 | 0 | 3    | Turkish                 |
| BES018                      | Elderly Nutrition                           | 2 | 0 | 3    | Turkish                 |
| BES019                      | Sustainable Agriculture, Food and Nutrition | 2 | 0 | 3    | Turkish                 |
| BES020                      | Health and Nutrition: Questions and Answers | 2 | 0 | 3    | Turkish                 |
| BES021                      | False Facts About Nutrition                 | 2 | 0 | 3    | Turkish                 |
| BES022                      | First Aid                                   | 2 | 0 | 3    | Turkish                 |
| BES023                      | Occupational Health and Safety              | 2 | 0 | 3    | Turkish                 |
| BES024                      | Clinical Aromatherapy                       | 2 | 0 | 3    | Turkish                 |
| BES025                      | Phytotherapy                                | 2 | 0 | 3    | Turkish                 |
| BES027                      | Reading and Understanding Article           | 2 | 0 | 3    | Turkish                 |
| BES037                      | Nutrition and Genetics                      | 2 | 0 | 3    | Turkish                 |
| BES035                      | Pathophysiology of Diseases                 | 2 | 0 | 3    | Turkish                 |
| BES036                      | Clinical Psychology                         | 2 | 0 | 3    | Turkish                 |
| BES026                      | Microbiota and Diet Interaction             | 2 | 0 | 3    | Turkish                 |
| BES028                      | Turkish Culinary Culture                    | 2 | 0 | 3    | Turkish                 |
| BES029                      | Nutrition in Cancer Prevention              | 2 | 0 | 3    | Turkish                 |
| BES030                      | Life Cycle in Nutrition                     | 2 | 0 | 3    | Turkish                 |
| BES031                      | Functional Nutrition                        | 2 | 0 | 3    | Turkish                 |
| BES032                      | Food Safety and Food Security               | 2 | 0 | 3    | Turkish                 |
| BES033                      | Nutrition in Disease Prevention             | 2 | 0 | 3    | Turkish                 |
| BES034                      | Demographics and Health                     | 2 | 0 | 3    | Turkish                 |