FACULTY OF HEALTH SCIENCES

DEPARTMENT OF NUTRITION AND DIETETICS

QUALIFICATION AWARDED

Upon successful completion of this program, students are awarded with the qualification of bachelor's degree in Nutrition and Dietetics.

LEVEL OF QUALIFICATION

This program offers education at the undergraduate level.

SPECIFIC ADMISSION REQUIREMENTS

Admission of the national students to the Nutrition and Dietetic program is conditioned by the success on the nationally centralized Student Selection Examination (ÖSYS) conducted by the Student Selection and Placement Centre (OSYM)- process regulated by the Higher Education Council (YOK).

Students who are enrolled in a higher education institution in accordance with the provisions of the relevant legislation, maintain their right to continue their education at the same level in case they opt for an horizontal transfer to another degree program within the same or a different higher education institution.

The above regulation does not apply for the students enrolled in the pre-university preparatory education, the students enrolled in the first and fourth semester of their vocation programme education as well as the students enrolled in the first and fourth semester of their bachelor`s degree programme.

The graduate students of an associate programme willing to continue their bachelor`s studies must enter and obtain enough points from the yearly vertical transfer exam (DGS) administered by the Student Selection and Placement Centre (OSYM)- process regulated by the Higher Education Council (YOK). The students fulfilling the above conditions, will be placed by to the Student Selection and Placement Centre (OSYM) to the bachelor programs available, according to their DGS exam results and the order of their choices.

The acceptance of the exchange students is conditioned by the existence of signed bilateral agreements within the framework of the Erasmus Programme, between İstanbul Yeni Yüzyıl University and its partner universities.

QUALIFICATION REQUIREMENTS AND REGULATIONS

The Qualification of Nutrition and Dietetics bachelor`s programme is obtained upon graduation from the programme Nutrition and Dietetics, which requires;

- Completion with passing grades of all the courses designated within the curriculum of the programme, including the work placements and the graduation project having a total of 240 ECTS Credits, and
- Achievement of a cumulative grade point average (CGPA) of at least 2.00 out of 4.00.

RECOGNITION OF PREVIOUS EDUCATION

Students who went to another university before enrolling via OSYM at İstanbul Yeni Yüzyıl University and passed some of the courses therein can be exempt from the same courses at Istanbul Yeni Yüzyıl University provided that the content of the courses taken previously is appropriate to the content of the course delivered at İstanbul Yeni Yüzyıl University. Decision for the course exemption is taken by the Faculty of Health Sciences committee.

DEFINITION OF PROGRAMME

Department of Nutrition and Dietetics aims at the undergraduate program; graduates can work in all health units (hospitals, mother and child health centers, dialysis centers, policlinics etc.), various public and private establishments, food and beverage enterprises, hotels, nursing homes, nurseries and food industry and / can be employed as academician in the department of Nutrition and Dietetics.

PROGRAMME OUTCOMES

1) Providing fundamantal knowledge about nutrition and dietetics

2) Participate national and international scientific meetings during education and after graduation

3) Gain skills of design projects and production systems about nutrition and dietetics field, data gathering and to analyze, practice of results

4) Access scientific information, following current literature and possessing the information of practise and assessment in the field of nutrition and dietetics

5) Learn and practise laws, regulations, rules of professional ethics about own rights and responsibilities

6) Participate quality management process and take appropriate action

7) Determine and apply the learning targets

8) Carry out independently a study using own knowledge about the field of nutrition and dietetics. Take responsibility as a team member in cooperation with other professional groups working in this field

9) Can be a part of a teamwork in the field of nutrition and dietetics research

10) Know vocational english and follow the literature in this field

Total Course-Programme LOs Relationship

	YYU Department of Nutrition and Dietetics Programme Outcomes*									
TYYÇ Department of Nutrition and Dietetics Basic Areas of Competence	**PÇ1**	**PÇ2**	**PÇ3**	**PÇ4**	**PÇ5**	**PÇ6**	**PÇ7**	**PÇ8**	**PÇ9**	**PÇ10**
INFORMATION										
1) Offers and supports advanced theoretical and practical knowledge, basic and current information in the field of health, related textbooks, application tools and multimedia training tools and other resources.	√		√						√	√
2) Is familiar with the nature of the sources, limits, accuracy, reliability, and validity of the evaluation.	√	√	√							
3) Has access to scientific knowledge in the health field, the current literature, monitors, evaluates and is able to apply gained knowledge	√		√							
4) Has the knowledge related to the field of study, to the teaching strategies, assessment and evaluation methods and techniques	√									
5) Has information about students' development, learning characteristics and challenges	√								√	
6) Uses and understands the interaction between the field of study of health and the associated disciplines with it.	√					√		√		
SKILLS										
1) The graduate of the health care management programme has acquired advanced knowledge and skills and uses them TO scientifically prove, interpret data and evaluate, identify problems, analyze, research and apply professional and ethical values, develop solutions, shares information and can be a good team member.	√		√							
2) Uses to research the information technologies related to the health care management.	√									
3) Uses the acquired advanced theoretical and practical knowledge related to the health care management for himself/herself, for family and the community.						√	√			
4) Can provide solutions to problems in accordance with the scientific data / evidence specific to the area of health care management.	√	√						√		√

5) Develops materials to suit the requirements of students In the field of health care management	√									
6) The student is able to evaluate his/her acquisition by using different methods.	√									
COMPETENCIES										
Working independently and taking the responsibility										
1) Has knowledge about healthcare management and use it independently to carry out research and takes the responsibility of being a team member when it comes to using their knowledge in collaboration with other professional groups working in the field.						√			√	
2) Takes the responsibility of solving the complex and unpredictable situations encountered in the field of health practices as individual or as a team member.					√		√	√		
3) Assumes responsibility over his employees in terms of project development, plans, manages and evaluates the process' follow up.					√		√	√		
4) Produces practical research results for his/her area of responsibility.				√						
Learning Competencies										
1) Uses critical evaluation with regard to the advanced knowledge and skills acquired in the field of health care management.	√	√	√							
1) Uses critical evaluation with regard to the advanced knowledge and skills acquired in the field of health care management.	√	√	√							
2) Sets the learning objectives and proves that he/she reached them	√	√	√							
3) Determines the most efficient and fast access to learning resources.	√	√	√							
4) Adopts the lifelong learning behavior and is constantly seeking ways to self- improvement.	√		√							
5) Decides upon ways to access information and how to apply it.										
Communication and Social Competences										
1) In matters of health care: issues and shares information with the people/institutions concerned; is able to express fluently his ideas and proposals both verbally and in writing; is able to listen the expectations and wishes of the concerned people/institutions.			√							
2) Is able to provide suggestions backed up by qualitative and quantitative data to solve the problems of experts and non-experts both as a team member and as individual in matters of health care management							√			
3) Gets involved in social responsibility projects in collaboration with other professional groups and organizes activities to implement them.		√				√				
4) When facing issues, is able to inform the relevant people and institutions.							√			
5) Is able to provide suggestions backed up by qualitative and quantitative data to solve the problems of experts and non-experts.								√		√
6) Is globally aware of the latest news and information related to the field of health care management and is able to monitor and analyze the information									√	
7) Communicate effectively orally and in writing				√				√		

Field-Specific Competences										
1) Is an example in matters of external appearance, attitude, demeanor and behavior in society					√		√			
1) Is an example in matters of external appearance, attitude, demeanor and behavior in society			√					√		
2) Acts accordingly to the human rights, to social, scientific and professional ethics.		√				√	√			√
3) Acts in accordance with quality management and process.			√							
4) Possesses knowledge and acts according to the environmental protection and occupational safety issues.		√	√	√				√		
5) Respects and behaves according to the rules and regulations of his/her environment performing his/her responsibilities.										

Course & Program Outcomes Matrix

ISTANBUL YENİ YÜZYIL UNIVERSITY FACULTY OF HEALTH SCIENCES

DEPARTMENT OF NUTRITION AND DIETETICS BACHELOR'S PROGRAMME
2017-2018 ACADEMIC YEAR

FALL SEMESTER

CODE	COURSES	T	P	ECTS	Programme Competencies 1	2	3	4	5	6	7	8	9	10
I. Year														
NUT101	INTRODUCTION TO NUTRITION AND DIETETICS	3	0	5	5	5	–	5	–	–	5	–	–	5
FHS119	GENERAL CHEMISTRY	3	2	6	3	–	–	–	–	–	5	–	–	–
FHS115	BIOLOGY OF NUTRITION	3	0	5	5	–	–	5	–	–	5	–	–	5
TRD151	TURKISH I	2	0	2	–	–	–	–	–	–	5	–	–	–
ATA151	HISTORY OF TURKISH REVOLUTION I	2	0	2	–	–	–	–	–	–	5	–	–	–
FHS111	INTRODUCTION TO ANATOMY AND PHYSIOLOGY	3	0	5	4	–	–	4	–	–	5	–	–	5
FHS117	MATHEMATICS (ELECTIVE)	3	0	3	–	–	5	–	–	–	5	5	–	–
FHS165	UNIVERSITY CULTURE	1	1	2	–	–	–	–	5	–	5	5	5	5
	Total ECTS	20	3	30										

SPRING SEMESTER

CODE	COURSES	T	P	ECTS	1	2	3	4	5	6	7	8	9	10
NUT120	ASPECTS OF NUTRITION	3	0	5	5	5	–	5	5	–	5	–	–	5
FHS120	ORGANIC CHEMISTRY	3	2	5	–	–	–	–	–	–	5	–	–	–
FHS116	PHYSIOLOGY OF NUTRITION	4	0	6	5	–	–	–	–	–	5	–	–	5
TRD152	TURKISH II	2	0	2	–	–	–	–	–	–	5	–	–	–
FHS114	INTRODUCTION TO BIOCHEMISTRY	3	0	5	5	–	–	4	–	–	5	–	5	5
FHS110	MEDICAL BIOLOGY AND GENETICS	2	0	2	4	–	–	4	–	–	5	–	–	5
ATA152	HISTORY OF TURKISH REVOLUTION II	2	0	2	–	–	4	–	–	–	5	–	–	5

FHS126	NUTRITION ECOLOGY (ELECTIVE)	2	0	3	5	—	—	5	—	—	5	—	—	—
	Total ECTS	21	2	30										

II. Year

FALL SEMESTER

CODE	COURSES	T	P	ECTS									
FHS211	GENERAL MICROBIOLOGY	2	2	5	3	—	4	—	—	—	5	—	—	—
NUT201	NUTRITIONAL BIOCHEMISTRY I	3	0	4	5	—	—	5	—	—	5	—	—	5
NUT209	NUTRITION TRAINING AND CONSULTANCY	2	1	5	5	—	—	5	5	—	5	—	4	5
FHS217	INTRODUCTION TO PSYCHOLOGY	2	0	4	5	—	—	4	3	—	5	5	5	-
NUT211	FOOD CHEMISTRY AND FOOD ANALYSIS	3	2	6	5	5	—	4	—	—	5	—	—	5
NUT219	NUTRIGENETICS	3	0	3	5	5	—	4	—	—	5	—	5	5
NUT221	CHRONIC DISEASE RESEARCH (ELECTIVE)	2	0	2	5	5	—	4	5	—	5	—	—	5
FHS215	STATISTICS (ELECTIVE)	2	0	2	—	5	5	—	—	—	5	—	4	—
	Total ECTS	19	5	31										

SPRING SEMESTER

CODE	COURSES	T	P	ECTS									
NUT202	FOOD MICROBIOLOGY AND FOOD SAFETY	3	2	6	5	5	4	4	—	—	5	—	—	5
NUT204	NUTRITIONAL BIOCHEMSITRY II	3	0	5	5	—	—	5	5	—	5	—	—	5
NUT218	MENU PLANNING	3	0	4	5	—	4	5	—	—	5	—	—	5
NUT222	FOOD SERVICE MANAGEMENT	3	0	5	5	—	—	5	—	5	5	—	—	5
NUT226	KITCHEN TRAINING IN NUTRITION SCIENCE	2	2	5	5	—	4	—	—	4	5	5	5	5
NUT212	LIFE CYCLE NUTRITION	2	0	3	5	—	4	5	—	—	5	—	5	5
NUT224	CULTURE OF TURKISH AND WORLD CUSINES (ELECTIVE)	2	2	4	4	—	—	5	5	—	5	—	5	5
NUT216	SPORTS NUTRITION (ELECTIVE)	3	0	4	5	—	—	5	—	—	5	—	—	5
	Total ECTS	**21**	**6**	**36**										

III. Year

FALL SEMESTER

CODE	COURSES	T	P	ECTS									
FHS311	COMMUNITY AND HEALTH	3	0	4	4	—	4	4	4	5	5	—	—	4
NUT301	MEDICAL NUTRITION IN ADULT DISORDERS I	3	0	4	5	—	5	5	—	—	5	—	—	5
NUT311	FOOD SANITATION	3	0	5	4	3	4	4	—	—	5	—	—	5
NUT305	MATERNAL CHILD NUTRITION	3	0	5	5	5	4	5	—	—	5	—	—	5

FHS319	SCIENTIFIC RESEARCH METHODOLOGIES &TECHNIQUES	3	0	5	3	5	5	—	—	—	5	—	—	4
NUT307	NUTRITIONAL ASSESSMENT	2	0	3	5	—	4	—	—	—	5	—	—	5
FHS315	GENERAL BUSINESS (ELECTIVE)	2	0	3	—	—	2	—	—	5	5	—	—	—
FHS317	ENTREPRENEUSHIP I (ELECTIVE)	3	0	3	—	4	—	—	—	—	5	5	—	—
	Total ECTS	**22**	**0**	**32**										

SPRING SEMESTER

CODE	**COURSES**	**T**	**P**	**ECTS**										
FHS312	COMMUNITY NUTRITION AND EDUCATION	3	0	4	5	3	2	5	—	—	5	—	—	5
NUT302	MEDICAL NUTRITION IN ADULT DISORDERS II	3	0	4	5	—	5	—	—	—	5	—	—	5
NUT304	QUALITY SYSTEMS AND LEGAL REGULATIONS ABOUT FOOD	2	0	3	5	3	5	—	5	5	5	—	—	4
NUT306	NUTRITION IN CHILD DISORDERS	3	0	4	5	3		5	—	—	5	—	—	5
FHS314	PUBLIC HEALTH TRAINING-EPIDEMIOLOGY	0	6	4	5	—	2	—	—	—	5	—	—	—
NUT308	NUTRITION SEMINAR	2	0	2	5	5	—	5	—	—	5	—	5	5
NUT352	INTERNSHIP	1	4	4	5	—	—	—	5	—	5	5	—	—
NUT316	ETHICS (ELECTIVE)	2	0	3	—	—	2	—	5	—	5	—	—	—
NUT310	PHARMACOLOGY AND TOXICOLOGY (ELECTIVE)	3	0	3	4	—	—	4	—	—	5	—	—	4
FHS318	ENTREPRENEUSHIP II (ELECTIVE)	3	0	3	—	4	—	—	—	—	5	5	—	—
	Total ECTS	**22**	**10**	**34**										

IV. Year

FALL SEMESTER

CODE	**COURSES**	**T**	**P**	**ECTS**										
NUT401	TERM PROJECT I	3	2	9	5	5	5	5	—	—	5	5	5	5
NUT403	ON-THE-JOB TRAINING I	-	24	21	5	5	4	5	5	5	5	5	5	5
	Total ECTS	3	26	30										

CODE	**COURSES**	**T**	**P**	**ECTS**										
NUT402	TERM PROJECT II	3	2	9	5	5	3	5	—	—	5	5	5	5
NUT404	ON-THE-JOB TRAINING II	-	24	21	5	5	4	5	5	5	5	5	5	5
	Total ECTS	3	26	30										

OCCUPATIONAL PROFILES OF GRADUATES

Our graduates will be able to work in all health units (hospitals, maternity and child health centers, dialysis centers, policlinics, etc.), various public and private organizations, catering establishments, hotels, nursing homes, nurseries and food industry and work as academicians in department of Nutrition and Dietetics in universities.

ACCESS TO FURTHER STUDIES

Upon successful completion of this programme, students may apply for postgraduate programmes.

PROGRAMME STRUCTURE

- Within the Nutrition and Dietetics bachelor's degree program, there are no less than 52 courses consisting of a total of 240 ECTS.
- There is a maximum of 8 courses in each semester except for the compulsory and second foreign language courses.
- In each program, there are Common Compulsory Courses, Second Foreign Language Courses and other common courses determined by the University Senate in the Law on Higher Education.
- In every semester elective courses should be choosed.
- There should be at least 5 elective courses.

STRUCTURE OF THE PROGRAMME

COMMON COURSES OF UNIVERSITY	
Common Courses of University/Faculty	• GENERAL CHEMISTRY • BIOLOGY OF NUTRITION • MATHEMATICS • INTRODUCTION TO ANATOMY AND PHYSIOLOGY • PHYSIOLOGY OF NUTRITION • INTRODUCTION TO BIOCHEMISTRY • GENERAL MICROBIOLOGY • INTRODUCTION TO PSYCHOLOGY • INTRODUCTION TO ANATOMY AND PHYSIOLOGY • GENERAL BUSINESS

	• COMMUNICATION SKILLS • COMMUNITY AND HEALTH I • COMMUNITY AND HEALTH II • BIOSTATISTICS AND RESEARCH TECHNIQUES • PUBLIC HEALTH TRAINING • ENTREPRENEURSHIP I • ENTREPRENEURSHIP II	
	• UNIVERSITY CULTURE	It is a common course that students must take during the fall semester of the first year.
	• Internship	It is compulsory in the end of the spring semester of the 3rd year as 30 working days.
Common Compulsory Courses	• Turkish I-II • History of Turkish Revolution I-II	Compulsory courses to be studies as part of the undergraduate and post-graduate programs according to the legislation governing the Turkish Higher Education.

COURSE STRUCTURE AND CREDITS

ISTANBUL YENİ YÜZYIL UNIVERSITY FACULTY OF HEALTH SCIENCES
NUTRITION AND DIETETICS, ACEDEMIC YEAR OF 2017-2018

1st YEAR

FALL

CODE	COURSES	T	P	C	ECTS
NUT101	INTRODUCTION TO NUTRITION AND DIETETICS	3	0	3	5
FHS119	GENERAL CHEMISTRY	3	2	4	6
FHS115	BIOLOGY OF NUTRITION	3	0	3	5
TRD151	TURKISH I	2	0	2	2
ATA151	HISTORY OF TURKISH REVOLUTION I	2	0	2	2
FHS111	INTRODUCTION TO ANATOMY AND PHYSIOLOGY	3	0	3	5
FHS117	MATHEMATICS (ELECTIVE)	3	0	3	3
FHS165	UNIVERSITY CULTURE (ELECTIVE)	1	1	2	2
	REQUIRED TOTAL ECTS	**20**	**3**	**22**	**30**

SPRING

CODE	COURSES	T	P	C	ECTS
NUT120	ASPECTS OF NUTRITION	3	0	3	5
FHS120	ORGANIC CHEMISTRY	3	2	4	5
FHS116	PHYSIOLOGY OF NUTRITION	4	0	4	6
TRD152	TURKISH II	2	0	2	2
FHS114	INTRODUCTION TO BIOCHEMISTRY	3	0	3	5
FHS110	MEDICAL BIOLOGY AND GENETICS	2	0	2	2
ATA152	HISTORY OF TURKISH REVOLUTION II	2	0	2	2
FHS126	NUTRITION ECOLOGY (ELECTIVE)	2	0	2	3
	REQUIRED TOTAL ECTS	**21**	**2**	**22**	**30**

2nd YEAR

FALL

CODE	COURSES	T	P	C	ECTS

SPRING

CODE	COURSES	T	P	C	ECTS

FHS211	GENERAL MICROBIOLOGY	2	2	3	5		NUT202	FOOD MICROBIOLOGY AND FOOD SAFETY	3	2	4	6
NUT201	NUTRITIONAL BIOCHEMISTRY I	3	0	3	4		NUT204	NUTRITIONAL BIOCHEMSITRY II	3	0	3	5
NUT209	NUTRITION TRAINING AND CONSULTANCY	2	1	3	5		NUT218	MENU PLANNING	3	0	3	4
FHS217	INTRODUCTION TO PSHYCHOLOGY	2	0	2	4		NUT222	FOOD SERVICE MANAGEMENT	3	0	3	5
NUT211	FOOD CHEMISTRY AND FOOD ANALYSIS	3	2	4	6		NUT226	KITCHEN TRAINING IN NUTRITION SCIENCE	2	2	3	5
NUT219	NUTRIGENETICS	3	0	3	3		NUT212	LIFE CYCLE NUTRITION	2	0	2	3
NUT221	CHRONIC DISEASE RESEARCH (ELECTIVE)	2	0	2	2		NUT224	CULTURE OF TURKISH AND WORLD CUSINES (ELECTIVE)	2	2	3	4
FHS215	STATISTICS (ELECTIVE)	2	0	2	2		NUT216	SPORTS NUTRITION (ELECTIVE)	3	0	3	4
		19	**5**	**20**	**31**				**21**	**6**	**23**	**36**

3rd YEAR

FALL							**SPRING**					
CODE	**COURSES**	**T**	**P**	**C**	**ECTS**		**CODE**	**COURSES**	**T**	**P**	**C**	**ECTS**
FHS311	COMMUNITY AND HEALTH	3	0	3	4		FHS312	COMMUNITY NUTRITION AND EDUCATION	3	0	3	4
NUT301	MEDICAL NUTRITION IN ADULT DISORDERS I	3	0	3	4		NUT302	MEDICAL NUTRITION IN ADULT DISORDERS II	3	0	3	4
NUT311	FOOD SANITATION	3	0	3	5		NUT304	QUALITY SYSTEMS AND LEGAL REGULATIONS ABOUT FOOD	2	0	2	3
NUT305	MATERNAL CHILD NUTRITION	3	0	3	5		NUT306	NUTRITION IN CHILD DISORDERS	3	0	3	4
FHS319	SCIENTIFIC RESEARCH METHODOLOGIES &TECHNIQUES	3	0	3	5		FHS314	PUBLIC HEALTH TRAINING-EPIDEMIOLOGY	0	6	4	4
NUT307	NUTRITIONAL ASSESSMENT	2	0	2	3		NUT308	NUTRITION SEMINAR	2	0	2	2
FHS315	GENERAL BUSINESS (ELECTIVE)	2	0	2	3		NUT352	INTERNSHIP	1	4	3	4
FHS317	ENTREPRENEUSHIP I (ELECTIVE)	3	0	3	3		NUT316	ETHICS (ELECTIVE)	2	0	2	3
							NUT310	PHARMACOLOGY AND TOXICOLOGY (ELECTIVE)	3	0	3	3
							FHS318	ENTREPRENEUSHIP II (ELECTIVE)	3	0	3	3
		22	**0**	**22**	**32**				**22**	**10**	**27**	**34**

4th YEAR

FALL							**SPRING**					
CODE	**COURSES**	**T**	**P**	**C**	**ECTS**		**CODE**	**COURSES**	**T**	**P**	**C**	**ECTS**
NUT401	TERM PROJECT I	3	2	4	9		NUT402	TERM PROJECT II	3	2	4	9
NUT403	ON-THE-JOB TRAINING I	-	24	12	21		NUT404	ON-THE-JOB TRAINING II	-	24	12	21
		3	**26**	**16**	**30**				**3**	**26**	**16**	**30**
Total Hours											**209**	
Total ECTS											**248**	

T: Weekly Theoretical Hours , U: Weekly Practice Hours, ECTS:European Credit Transfer System.

Practice in Hospitals, Institutions, Foundations, Industries

ASSESSMENT AND GRADING OF EXAMS

Midterm exams, exam dates and exam topics are pre-announced exams. The number and time of the midterm exams will be announced to the students at the beginning of the year / semester / course committee by the instructor or the course coordinator. Midterm exams are held within the hours shown in the weekly course schedule for that course. Instructors can also do quizzes that they have not announced in advance in a semester.

Examinations may be written, oral or written and oral. The Faculty may decide to carry out homework, project or research instead of the midterm exam with the decision of its board of directors.

Year / semester exams are examinations in which the student's knowledge of the year / semester is examined and the student's success is assessed. At the end of the semester or year, the students who have the right to take the final exam or the students who fail to take the final exam are eligible to take the makeup exam at the end of the academic year.

Year / semester final and make-up exams can be written, oral or both written and oral. The success rules that apply in the final exam are also valid in the make-up exams and the make-up exam grade is replaced by the final exam grade.

GRADES

The success of a student for each assessment (quiz, research project /similar study, final and make-up) defined for each course unit is evaluated by the instructor. As a result of the instructor`s evaluation, the student will obtain one of the below grades:

Grades and Coefficients:

YYU Grades	Coefficient
AA	4.00
BA	3.50
BB	3.00
CB	2.50
CC	2.00
DC	1.50
DD	1.00
FF	0.00
DZ	0.00

According to the Law No: 2547 article 5, all the departments of the university are offering as general education courses ATATÜRK'S PRINCIPLES AND REVOLUTION HISTORY, TURKISH LANGUAGE and Foreign Languages. In order to a student to have successfully completed the course, the student must obtain one of the following grades (AA), (BA), (BB), (CB), (CC), (DC) and (DD). (FF) is given for failing students. Even if the CGPA of a student who has received a (FF) grade is sufficient for success, this course is repeated.

Students With CGPA Lower Than 2.00

At the end of the fourth semester students with a CGPA of less than 2.00 are not entitled to enroll for courses in the upper years of study. In the same manner, unsuccessful students can not enroll for courses in the upper years of study.

Successful Students

The success of the students is followed by GPA and CGPA. A student with a minimum of 2.00 GPA is considered successful.

Students graduating with a CGPA of 3.00-3.49 will graduate as honors students while those with 3.50 and above CPGA shall be awarded with the title of high honors students; and these titles shall be mentioned in their diplomas.

GRADUATION REQUIREMENTS

In order for a student to graduate from the Nutrition and Dietetics program, student must meet the completion of all the courses designated within the curriculum of the programme, having a total of 240 ECTS Credits, with passing grade. Also students must have the achievement of a cumulative grade point average (CGPA) of at least 2.00 out of 4.00, mentioned in the bachelor`s diploma offered to the programme`s graduates. A Bachelor's Degree is awarded to a graduation of a department or program.

MODE OF EDUCATION

Nutrition and Dietetics is a full time programme.

Head of the Department

Asst. Prof. Dr. Murat DOĞAN

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ISTANBUL YENI YUZYIL UNIVERSITY

FACULTY OF HEALTH SCİECENCE

DEPARTMENT of NUTRITON and DIETETICS

COURSE CONTENTS

NUT101 Introduction to Nutrition and Dietetics

This course include information about introduction to nutrition and dietetics, professional ethics and deontology, Introduction to course content, the definition of food and nutrition, food and nutrition in the process of history, nutrition culture.

FHS119 General Chemistry

Introductory chemistry is taught in FHS 119 General Chemistry, a one-semester course intended primarily for nutrition and dietetics majors, science majors, health sciences majors and other interested students. We have designed the course as an introduction to general chemistry that integrates laboratory explorations with the development of the analytical tools necessary to understand and guide those explorations. Our goal is to help students share our excitement and the wonder of science, to challenge to excel, to give them a sense of empowerment about science, and to encourage them to continue study in their major and apply chemistry. We intend to focus especially on what are the core ideas of chemistry. The laboratory part of the course will let you see first-hand chemical principles and processes in action. It will also give you experience with some of the methods scientists use to do chemical research.

NUT120 Aspects of Nutrition

The objective of the course is to introduce aspects of nutrition beyond the main concepts and principles of human nutrition. The course will discuss eating disorders, taste and gastronomy, world nutrition and hunger, food safety, sports nutrition, nutrition supplements, and an introduction of nutrition in various life stages. Upon completion of the course the student should be able to develop an understanding of other aspects of nutrition beyond basic nutrition and how physiological, phsychological or social factors may exert an impact on the nutrition status of individuals or populations.

FHS117 Mathematics

This course include information about real numbers, absolute value, number axis, intervals, the plane coordinates; functions: elementary functions, graphs and transformations, linear functions, quadratic functions, polynomials and rational functions: asymptotes, exponential functions, logarithmic functions, compound interest, limit: the rate of change, slope, derivatives and differentiation rules: chapter derivatives, chain rule, increasing - decreasing functions, L'Hospital rule, the first and second derivative tests, the graphics drawing; derivatives of logarithmic and exponential functions, the maximum - minimum problems, linear equations, matrices: addition of a matrix, Gauss-Jordan elimination method, the basic

operations, square inverse of the matrix, the matrix equations, two-variable linear inequality systems: two-dimensional linear programming, geometric approach; applications.

FHS111 Introduciton to anatomy and Physiology

This course include information about human anatomy, skeletal-muscle, the central system, the anatomy of the circulatory and digestive system. Examine the principles of human anatomy. Neuromuskuloskeletal system, especially the provision on the human body works. Structures based on the evaluation of the relationship between normal function. Neuroanatomy, endocrine, cardiovascular, respiratory, digestive, urinary and reproductive systems, structures and functions.

TRD151 Turkish I

This course aims to provide information about the basic features of written language and written communication, the main differences between written language and spoken language. Expression: written and oral expression; subjective expression, objective expression, paragraph, paragraph types (introductory, developmental and conclusion). Descriptipn of text and text types (informative texts, literary texts); conditions to be texts (coherence, consistency, purposeful, acceptable, situated, informative, relationships between texts). Written communication (free writing, pre-planned writing); planned stages of writing (subject, topic, purpose, point of view, the main and sub ideas, outlining, margins); informative texts (petitions, letters, news, decision, announcement / advertisement, record, report, official letters, scientific articles) on the theoretical information, studies on samples, and writing exercises, summarizing and outlining a text, written work, and correcting of expression mistakes.

FHS115 Biology of Nutrition

This course aims to provide information about biomolecules, cell structure and function, energy metabolism, cell division, structure of DNA and RNA, synthesis and functions, genetic code, protein synthesis, lipid synthesis, mutation.

FHS 168 Cancer and Nutrition

This course, defined cancer and the food and explained the evolution of food and people. Basic information about the causes of cancer and foods which prevent the cancer.

FHS118 Information Technologies and Applications

This course aims to provide information about computer usage, the electronic tabulation, database and presentation programs and new programs

FHS120 Organic Chemistry

This course include information about acids, bases, alcohols, ethers, aldehydes, ketones, esters, carboxylic acids and their derivatives, amines, amides, carbohydrates, proteins, and lipids.

FHS126 Nutrition Ecology

The objective of the course is to discuss contemporary issues of nutrition with a special emphasis on the nutrition landscape in Turkey through reading of articles for generally educated audience.

FHS 165 University Culture

Students are informed about project writing and management. By using this knowledge and observing their environment, they determine their own project issues, write their projects and prepare a report; Presentations, posters or conferences. Guidance and support are provided to the students during this process of building their own experiences.

TRD152 Turkish II

This course aims to provide information about the basic characteristics of oral language and oral communication. Oral expression; basic features of speaking skill (using natural language and body language), the basic principles of a good speech, the basic characteristics of a good speaker (stress, intonation, pause, diction, etc.).. Unprepared and prepared speech, prepared speech (selecting a topic, purpose, point of view, the main and supporting ideas, planning, writing the text presentation of the speech). Types of speech: (dialog, conversation, introducing yourself, answering questions, celebrate an important event such as new year, birthday, to, festival, etc., giving directions, talking on the phone, asking for a job, interview, radio and television speech, culture, participate in arts programs as a speaker, etc.). Unprepared speech on different topics, studies on samples of speech and oral expression practices, correcting of speech and expression mistakes.

FHS116 Physiology of Nutrition

This course aims to provide information about cell and blood physiology, nutrition and metabolism, the nervous system, excretory, respiratory, digestive, endocrine, and reproductive physiology of systems.

ATA151 History of Turkish Revolution I

This course aims to provide information about concepts, definitions, definition of teaching methods and resources, the Industrial Revolution and the French Revolution, Distribution of Ottoman Empire (XIX. Century), administrative reforms, I. and II. Monarchy, Tripoli and the Balkan Wars, World War I, Armistice Armistice, Wilson's Principles, Paris Conference, M. Kemal landed at Samsun and Situation of Anatolia, Amasya Circular Order, the National Congress, Opening of the Assembly of Deputies, Parliament Foundation and Uprisings, Programming Languages Act, Structured, I. Inonu, II. Inonu, Kutahya-Eskisehir, Sakarya War

and The Great Raid, Treaties during the War of Independence, the Treaty of Lausanne, abolition of the sultanate.

FHS114 Introduction to Biochemistry

This course aims to provide the students with an understanding of the key concepts and aspects of biochemistry. The organization of life, biomolecules, the DNA, DNA replication and cell division, transcription, translation, protein synthesis will be discussed. Students should know the various structures and processes involving the DNA, RNA, cellular organelles. Particularly they need to know and understand how DNA replication, cell division, transcription, translation, protein synthesis occur and how are these processes regulated.

FHS211 General Microbiology

This course aims to provide information about introduction to microbiology, the structure of micro-organisms, cell structure of bacterias, reproduction and development of bacteria, microbial flora, sterilization, disinfection, examination of cultures, introduction of Immunology, serological reactions, hypersensitivity reactions. In this lecture it has been aimed to taught both theoretical and practical information about microorganisms and ability to making synthesis with other lectures. By learning terminology of microbiology, structures of microorganisms and their relations with environment and each other, and the importance of food-borne infectious diseases students will correlate this basic informations with knowledge of food microbiology.

NUT201 Nutritional Biochemistry I

This course include information about carbohydrates, proteins, fats, vitamins and minerals in the body functions and metabolisms, biochemical changes of state of deficiency and excess.

FHS210 Introduction to Pshychology

This course provides to information about critical thinking, research methods, life-long development, learning, personality, social psychology, stress, health psychology, abnormal behavior.

NUT211 Food Chemistry and Food Anaysis

This is an integrated lecture/lab course applying theories of molecular reactivity to model food systems. Lectures focus on the molecular bases of chemical phenomena that dictate the behavior of foods. Laboratories and recitations provide opportunities for students to observe, manipulate, and explore model food systems. The emphasis is on the major food components (water, lipids, proteins, and carbohydrates) and their behavior under conditions of particular relevance to food processing.

NUT202 Food Microbiology and Food Safety

This course include information about bacteria and other microorganisms, microbial flora, disinfection, sterilization, diseases that occur through the food, preparing food and beverages and the importance of microorganisms in the production, HACCP.

NUT222 Food Service Management

This course aims to provide information about the classification of enterprises in food and beverage services, department organization of food and beverage, food procurement, acceptance, storage and manufacturing, service methods of food and beverage, the new catering systems, food and beverage cost control.

NUT204 Nutritional Biochemistry II

This course aims to provide information about Water and electrolyte balance, hormones, metabolic changes during fasting and satiety. Examines the biochemical and physiological bases of human nutritional requirements. Uses an integrated approach to cover the digestion and metabolism of nutrientsfollowing the ones that covered during nutritional biochemistry I (ie: vitamins, andminerals). Metabolic and chronic diseases related to nutrition are discussedthroughout the semester. Discussion sections and problem sets provide an opportunityto examine in greater depth selected topics from lecture.

NUT218 Menu Planning

This course aims to introduce main issues such as food and beverage management, and gastronomy, and the definition of the concept of the menu, menu types, age groups and occupations unique to the menu planning, menu planning for disease, characteristics of the menu cards, content of menu, place of business enterprises of menu cards and content and pricing for the menus.

NUT208 Introduction to Food Services

This course aims to provide information about the classification of enterprises in food and beverage services, department organization of food and beverage, food procurement, acceptance, storage and manufacturing, service methods of food and beverage, the new catering systems, food and beverage cost control.

NUT209 Nutrition Training and Consultancy

This course designed to improve, students' nutrition education, communication and presentation skills. Individual learning and behavioral theories, behavioral modification techniques, motivational strategies and analysis, and implementation of cognitive behavioral strategies, which is include and disscussion about evaluation of individual learning and behavioral theories. Also this course provides to information about the development and implementation of nutrition-related brochures and presentations.

NUT212 Lifecycle Nutrition

This course entails the study of physiology and special nutritional needs throughout the lifecycle. Nutritional requirements for growth, development, maintenance and optimal health during pregnancy, lactation, infancy, childhood, adolescence, adult age and the elderly are discussed accordingly.

NUT213 Kitchen Training in Nutrition Science

Food groups and their main properties, nutrients foud in these food groups, changes occuring during preparation and cooking in carbohydrates, protein, fats and vitamins, national and international terms used in food preparation and cooking, manners in serving and eating foods, dishes made by meat group, milk group, vegetables and fruits group, and cereals and their basic cooking principles.

NUT214 Sports Nutrition

This course presents the foundations for sports nutrition and covers general areas of sports nutrition with an emphasis on energy metabolism during exercise. The role and importance of nutrients and supplements are discussed in the light of physiological demands of exercise. Nutritional goals of athletes during training and competition in various sports and dietary strategies towards these goals are presented.

NUT221 Chronic Disease Research

The students will acquire basic knowledge on the main chronic diseases (type II diabetes, hypertension, cancer, kidney disease, liver disease, obesity and metabolic syndrome, osteoporosis, Alzheimer's disease and dementia, heart disease and atherosclerosis), the relation of diet and nutrition with chronic diseases, as well as related research.

FHS215 Statistics

This course designed to improve understanding how economy and business problems can be solved by probability and basic statistics concepts. Students get ability for edit data, control variables, sort results and investigate events with using istatistics methods

NUT219 Nutrigenetics

This course focuses on nutrigenomics, the effect of diet on gene expression, and nutrigenetics, how genetic differences affect nutrient uptake and metabolism. It combines instructor and student led presentations focused on how diet and underlying genetics interact to affect molecular phenotypes and ultimately susceptibility to disease. Besides, it is designed to provide the student with an understanding of the fundamental concepts involved in how nutrients regulate gene expression (nutrigenomics) and how an individual's genotype influences their nutrient requirements (nutrigenetics). Upon completion of this course, the student should be able to integrate and discuss the role of macro and micronutrients in the

regulation of gene expression, analyze how an individual's genotype may influence their nutritional requirements and be involved in the development of chronic disease and synthesize the multiple roles that dietary.

NUT311 Food Sanitation

This course aims to provide information about biological and chemical hazard in food that result from improper processing, packaging, handling and storage; cleaning of food production equipment and facilities including characteristics of soil on equipment surfaces, cleaning compounds, clean-in-place, clean-out-of-place, sanitizers and their characteristics, and GMPs. Also purposes of this course integrate concepts in chemistry, organic chemistry, and biochemistry, with food processing sanitation and safety operations and understand their role in processing of food, gain the ability to think critically about problems and issues in food processing, gain an understanding of food hygiene, sanitation, and safety during food processing.

FHS319 Scientific Research Methodologies and Techniques

The main purpose of this course the give information about Research Methods and Data Analysis. The course is to introduce students to quantitative and qualitative methods for conducting meaningful inquiry and research. This course will be designed to enable students to meet the following final terminal learning objectives:

Act as an educated consumer of data, Prepare a preliminary research design for projects in their subject matter areas Accurately collect, analyze and report data Present complex data or situations clearly Review and analyze research findings that affect their agency.

NUT307 Nutritional Assessment

This course entails the study of perform nutritional assessment considering dietary, anthropometric, biochemical, clinical and environmental factors. Also students should be able to assess the nutritional status of an individual, while using appropriate tools, and make appropriate nutritional recommendations.

FHS315 General Business

This course aims to provide information about learning general information how to start and manage a company, having information about management functions and departments. Learn how to start and manage a company. Learning outcomes are know relations between business and other sciences, creating new goals for companies, decide new investments and their place. Learn how to plan, organize, lead, coordinate, control a business. Have information about departments of business.

FHS312 Community Nutrition and Education

Introduction to course, definition of content and expectations, health promotion and basic principles of health education, the importance of community participation in health programs, determination of community necessities and steps in developing education and training programs, determining the strategies to rise society awareness in general health and nutrition, basic principles in child and adolescent education, basic principles in adult education, educational principles, methods and materials used in education and training, interpersonal communication, empathy and emotional awareness.

NUT302 Medical Nutrition in Adult Disorders II

This course aims to examine the biochemical and physiological bases of human metabolic and other disease conditions. Based on the understanding of the pathophysiology of the disease and the metabolic deregulation the nutritional needs are assessed and diets are designed and proposed. Case studies are used as an application tool. Students should know and understand the main principles of metabolism in the context of diseases. Understanding of key-nodes and the rationale of metabolic regulation and how this changes while under the different disease condition is a goal of the course. Students should based on their knowledge and understanding be able to propose dietary schemes suitable to the patients.

NUT304 Quality Systems and Legal Regulations About Food

This course include information about methods of quality control and management in food processing; total quality control management, HACCP, ISO 9000 and 14,000 series,OHSAS 18000 series control of raw materials, process and finished products; sampling, evaluation of sensory properties and other factors. Also this course provides to information about the principles of management systems directed towards the control of food quality. Recognize food laws and regulations governing the quality of foods. Develop procedures and approaches to identify food safety hazards in food processing. Apply preventive measures and control methods to minimize microbiological hazards and maintain quality of foods. Identify the wide variety of parameters affecting food quality. Develop quality control strategies.

NUT306 Nutrition in Child Disorders

This course entails the study of physiology and special nutritional needs during childhood. Nutritional requirements for various pediatric diseases and conditions are discussed accordingly. Students should become familiar with nutrition considerations in various pediatric diseases and conditions.

FHS314 Public Health Training- Epidemiology

Epidemiology for Public Health is a core course in the MPH program. The course is designed to introduce students to the concepts of epidemiological methods and their practical applications in the understanding of determinants and distributions of health related events.

The course will cover basic principles of epidemiology, including disease control and analysis of risk factors. Topics will include the history of epidemiology, types of epidemiologic studies, including cross-sectional, case-control, and cohort studies, and risk estimation and causal inferences. The course will demonstrate the interphase between epidemiology and policy development. Problem sets will provide experience in epidemiologic methods and inferences.

NUT308 Nutrition Seminar

The main objective of the course is to present the students with a variety of issues and topics in the fields on food and nutrition. Discuss issues including food availability, food politics, non-communicable disease and obesity.

NUT310 Pharmacology and Toxicology

The lecture covers overview of drugs, autonomic nervous system drugs, central nervous system drugs, cardiovascular system drugs, respiratory system drugs, histamine and antihistamines, digestive system drugs, vitamins, effective drugs for endocrine system, diuretics and drugs that regulate water-electrolyte balance, antibiotics, antiseptics, antiparasitic medicines, anticancer medicines, drug abuse and drug dependence, acute intoxications and treatment methods. At the same time, toxic compounds that are transmitted to food from outside recognize the nutrients that cause food allergies, the symptoms that the human body shows against toxic compounds, and ways of protecting them from food toxicities.

NUT316 Ethics

The concept of ethics and existing theories; nutrition and dietetics education and application of appropriate behaviors in ethical rules in practice; dietitians' responsibilities towards society, patients and clients, colleagues and other professional groups, and behaviors that are deemed to be ethical.

NUT352 Internship

It covers summer internships, observes students in private hospitals, public hospitals, dietary counseling centers, clinics, schools and community health centers where the dietitian is actively involved. Students gain skills in general and special nutrition.

FHS318 Entrepreneurship II

This course will enable students to learn different aspects and methods of entrepreneurship at the local, national, international and sectoral level in entrepreneurship, innovativeness and creativity techniques, leadership behaviors and methods, use skills. They will also be able to analyze business analysis, business plans, projection activities.

NUT401 Term Project I

It covers the projects to be prepared during the period. The student acquires skills in research and presentation techniques by conducting clinical research, questionnaire and compilation publication studies in different fields.

NUT403 On The Job Training I

This course covers the professional training of students. Gain experience in patient diagnosis and evaluation, diet planning, patient follow-up, kitchen service management.

NUT402 Term Project II

It covers the projects to be prepared during the period. The student acquires skills in research and presentation techniques by conducting clinical research, questionnaire and compilation publication studies in different fields.

NUT404 On The Job Training II

This course covers the professional training of students. Gain experience in patient diagnosis and evaluation, diet planning, patient follow-up, kitchen service management.