



DEPARTMENT
OF
NUTRITION AND DIETETICS

STUDENT BROCHURE

DEAN'S OFFICE OF THE FACULTY OF HEALTH SCIENCES



PROF. DR. MUSTAFA NİZAMLIOĞLU
DEAN OF THE FACULTY OF HEALTH SCIENCES



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DEPARTMENT CHAIR OF NUTRITION AND DIETETICS



ASSOC. PROF.
H. MERVE BAYRAM
**HEAD OF THE DEPARTMENT OF
NUTRITION AND DIETETICS**

"As the Department of Nutrition and Dietetics, we aim to train leading dietitians in the field, while bringing together passionate young individuals with the science of nutrition, which is the key to a healthy life."



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ASST. PROF.
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**VICE HEAD OF THE NUTRITION AND
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ASST. PROF.
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**VICE HEAD OF THE NUTRITION AND
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FACULTY MEMBERS OF THE DEPARTMENT OF NUTRITION AND DIETETICS



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HATİCE MERVE BAYRAM



PROF. DR.
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PROF. DR.
S. ARDA ÖZTÜRKCAN



ASST. PROF.
A. YÜKSEL BARUT



ASST. PROF.
GİZEM UZLU



ASST. PROF.
HANDE NUR ONUR
ÖZTÜRK



ASST. PROF.
HASAN FATİH
AKGÖZ



ASST. PROF.
İSMAIL A. M.
ELHATY



RES. ASST.
TUĞBA TÜRKCAN



RES. ASST.
GÜLDANE YILDIRIM



RES. ASST.
İREM BAŞÖREN



RES. ASST.
ÖYKÜ AYDIN

ACADEMIC PROCESSES

1 CURRICULUM

The department's curriculum consists of a total of **53** courses spread over **8** semesters (160 Credits, 240 ECTS).

Out of these courses, **43** are compulsory. **Compulsory courses** are those that every student must take to acquire the fundamental knowledge required for their profession.

Elective courses consist of **10** courses that students can choose based on their areas of interest. **Seven** of these are departmental electives, which are specialized courses offered by the department. Students must select one course from the departmental elective pool offered in the relevant semester. The remaining **three** courses are non-departmental electives, which can be taken from different departments of the university, providing students with the opportunity to gain diverse perspectives in their education.

The “**Summer Internship (BEY298E)**” included in the department's curriculum is a **30-working-day** program conducted at the end of the fourth or sixth semester. During this period, students can take advantage of various internship opportunities in any province of Turkey or abroad (e.g., through the Erasmus+ Program).

*You can use the QR code to
access the current course
content and curriculum.*



NUTRITION AND DIETETICS DEPARTMENT CURRICULUM

1st Year - 1st & 2nd Semester

CODE	COURSE TITLE	T	P	L	C	ECTS
BEY107E	CAREER ORIENTATION	2	0	0	2	3
BEY141E	ANATOMY	2	2	0	3	6
BEY143E	PHYSIOLOGY I	3	0	0	3	5
BEY145E	PRINCIPLES AND PRACTICES OF NUTRITION I	2	4	0	4	6
BEY147E	GENERAL CHEMISTRY	2	0	0	2	5
BEY149E	LITERATURE REVIEW I	3	0	0	3	3
TRD101E	TURKISH LANGUAGE I	2	0	0	2	2

CODE	COURSE TITLE	T	P	L	C	ECTS
BEY142E	MEDICAL BIOLOGY AND GENETICS	2	0	0	2	3
BEY144E	PHYSIOLOGY II	3	0	0	3	5
BEY146E	PRINCIPLES AND PRACTICES OF NUTRITION II	2	4	0	4	6
BEY148E	ORGANIC CHEMISTRY	2	0	0	2	2
BEY150E	BIOCHEMISTRY	2	0	0	2	3
BEY152E	LITERATURE REVIEW II	3	0	0	3	3
PSI111E	PSYCHOLOGY	3	0	0	3	6
TRD102E	TURKISH LANGUAGE II	2	0	0	2	2

CODE	COURSE TITLE	T	P	L	C	ECTS
ATA201E	PRINCIPLES OF ATATURK AND HISTORY OF REVOLUTIONS I	2	0	0	2	2
BEY201E	FOOD CHEMISTRY AND ANALYSES I	3	2	0	4	5
BEY205E	GENERAL MICROBIOLOGY	2	2	0	3	5
BEY207E	NUTRITIONAL BIOCHEMISTRY I	3	0	0	3	4
BEY241E	NUTRITION EDUCATION AND COUNSELING	2	0	0	2	2
-	DEPARTMENTAL ELECTIVE I	3	0	0	3	6
-	DEPARTMENTAL ELECTIVE II	3	0	0	3	6

2nd Year - 3rd & 4th Semester

CODE	COURSE TITLE	T	P	L	C	ECTS
ATA202E	PRINCIPLES OF ATATURK AND HISTORY OF REVOLUTIONS II	2	0	0	2	2
BEY208E	NUTRITIONAL BIOCHEMISTRY II	3	0	0	3	4
BEY242E	FOOD CHEMISTRY AND ANALYSIS II	3	2	0	4	5
BEY244E	MATERNAL AND CHILD NUTRITION	2	2	0	3	5
BEY246E	PUBLIC HEALTH NUTRITION	2	0	0	2	3
BEY248E	FOOD MICROBIOLOGY AND FOOD SAFETY	2	2	0	3	4
BEY298E	SUMMER TRAINEESHIP	0	0	0	0	1
EKF407E	RESEARCH METHODS	3	0	0	3	6

3rd Year - 5th & 6th Semester

CODE	COURSE TITLE	T	P	L	C	ECTS
BEY341E	INSTITUTIONAL FOOD SERVICES I	3	0	0	3	4
BEY343E	NUTRITIONAL THERAPY AND PRACTICES IN CHILDHOOD DISEASES I	2	2	0	3	5
BEY345E	NUTRITIONAL THERAPY AND PRACTICES IN ADULT DISEASES I	2	2	0	3	5
BEY347E	COMMUNITY NUTRITIONAL ASSESSMENT	2	0	0	2	4
-	DEPARTMENTAL ELECTIVE III	3	0	0	3	6
-	NON DEPARTMENTAL ELECTIVE I	3	0	0	3	6

CODE	COURSE TITLE	T	P	L	C	ECTS
BEY342E	INSTITUTIONAL FOOD SERVICES II	3	0	0	3	4
BEY344E	NUTRITIONAL THERAPY AND PRACTICES IN CHILDHOOD DISEASES II	2	2	0	3	5
BEY346E	NUTRITIONAL THERAPY AND PRACTICES IN ADULT DISEASES II	2	2	0	3	5
BEY348E	NUTRITIONAL EPIDEMIOLOGY	2	0	0	2	4
-	DEPARTMENTAL ELECTIVE IV	3	0	0	3	6
-	NON DEPARTMENTAL ELECTIVE II	3	0	0	3	6

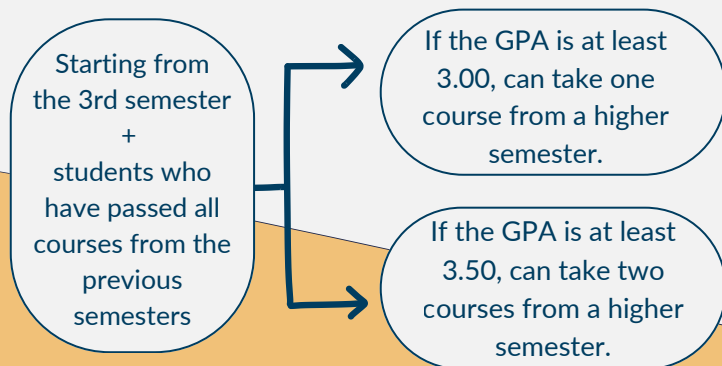
4th Year - 7th & 8th Semester

CODE	COURSE TITLE	T	P	L	C	ECTS
BEY445E	FOOD-RELATED LEGISLATION	2	0	0	2	2
BEY443E	SEMINAR	0	2	0	1	2
BEY441E	FIELD TRAINING I	2	24	0	12	12
BEY441ET	FIELD TRAINING I	2	0	0	2	2
-	DEPARTMENTAL ELECTIVE V	3	0	0	3	6
-	DEPARTMENTAL ELECTIVE VI	3	0	0	3	6

CODE	COURSE TITLE	T	P	L	C	ECTS
BEY444E	GRADUATION THESIS	0	6	0	3	4
BEY442E	FIELD TRAINING II	2	24	0	12	12
BEY442ET	FIELD TRAINING II	2	0	0	2	2
-	DEPARTMENTAL ELECTIVE VII	3	0	0	3	6
-	NON DEPARTMENTAL ELECTIVE III	3	0	0	3	6

2 COURSE REGISTRATION AND EXEMPTION

- At the beginning of each semester, students complete their course registration through the **Student Information System (OBIS)** on the dates specified in the academic calendar. **Course registrations for first-year students are automatically processed through the system.**
- The normal course load for one semester is 30 ECTS, and with courses taken from previous semesters, the **maximum semester course load can be 45 ECTS.** During course registration, students are required to register for any courses they have failed or not previously taken from earlier semesters.
- At the beginning of each semester, within the add-drop dates specified in the academic calendar, students may withdraw from some of the courses they have registered for or enroll in other courses, except for first-year courses.



- Students placed through the central placement exam or those pursuing a second higher education degree may request course exemptions by providing documentation for the courses at the beginning of their first semester of registration, no later than the end of the add-drop period. **However, exemption requests cannot be made again for courses that were not previously requested for exemption or for courses in which the student has registered and failed.**

EXAMS AND EVALUATION CRITERIA

Midterm Exam

At least one midterm exam is held for each course. The contribution of midterm exams to the final grade is between a minimum of 30% and a maximum of 50%. For students who are unable to take the midterm exam due to a valid excuse, a Midterm Make-up exam is conducted on the dates specified in the academic calendar.



Final Exam

To be eligible to take the final exam, students must attend at least 70% of theoretical courses and 80% of practical courses. No excuses are accepted for the final exam.



Make-up Exam

Excuses are not considered for make-up exams. Students who could not attend or failed (FF) the final exam are eligible to take the make-up exam. Students with grades of FF, DD, or DC can also take the make-up exam.

Each academic year includes evaluation through 1 midterm exam, 1 final exam, and 1 make-up exam.

Letter Grade	Weighted Coefficient	Score
AA	4.00	90-100
BA	3.50	85-89
BB	3.00	75-84
CB	2.50	65-74
CC	2.00	55-64
DC	1.80	45-54
DD	1.50	40-44
FF	00	0-39

A student who receives a G (Pass), CC, or a higher grade is considered successful in that course, while a student who receives a DD or DC is considered conditionally successful.

A student who receives an FF, D (Absent), or K (Fail) grade in any course is considered unsuccessful and must retake the course.

Probation Status

Students with a GPA below 1.80 at the end of the fourth and sixth semesters are placed on probation status. Students in probation status can only take courses from the semester in which they were placed on probation and previous semesters until they exit probation. The maximum course load during probation status is 45 ECTS.



Semester Grade Point Average (GPA):

It is calculated by dividing the total weighted points of the courses a student has taken in a given semester by the total number of credits.

Cumulative Grade Point Average (CGPA):

It is calculated by dividing the total weighted points based on the final grades of all courses the student has taken by the total number of credits.



Disciplinary Penalties

Disciplinary regulations are of great importance for maintaining a structured and peaceful educational environment. The sanctions imposed based on the "**Higher Education Law No. 2547**" include warnings, reprimands, temporary suspensions, and expulsions from the university. *In particular, attempting to cheat or cheating during exams constitutes a serious disciplinary violation, which can result in penalties ranging from reprimands to suspension, and may also lead to the termination of scholarships.*

You can use the QR code to access the "**Higher Education Law No. 2547.**"



4

GRADUATION



To graduate with a bachelor's degree:

1. The student must successfully complete **all compulsory and elective courses** included in the curriculum.
2. It is compulsory to complete the **240 ECTS credits** specified in the program without any deficiencies.
3. Practical components such as the **compulsory summer internship, field training, and the graduation thesis** must be successfully completed.
4. The **CGPA** must be **at least 2.00 out of 4.0**

You can use the QR code to access the "**Istanbul Gelisim University Associate and Undergraduate Education and Exam Regulations.**"



Fall Semester Event	Start Date	End Date
Course Registration (Online)	15.09.2025	20.09.2025
START OF CLASSES	22.09.2025	-
Course Add-Drop Days	29.09.2025	05.10.2025
Midterm Exams	22.11.2025	27.11.2025
Midterm Make-up Exams	15.12.2025	20.12.2025
END OF CLASSES	-	31.12.2025
Final Exams	02.01.2026	10.01.2026
Make-up Exams	19.01.2026	24.01.2026
Application Dates for One Course Exam or Grade Increase Exam	19.01.2026	30.01.2026
One Course Exam / Grade Increase Exam	-	04.02.2026
Spring Semester Event	Start Date	End Date
Course Registration (Online)	02.02.2026	06.02.2026
START OF CLASSES	09.02.2026	-
Course Add-Drop Days	16.02.2026	21.02.2026
Midterm Exams	18.04.2026	25.04.2026
Midterm Make-up Exams	11.05.2026	16.05.2026
END OF CLASSES	-	05.06.2026
Final Exams	08.06.2026	20.06.2026
Make-up Exams	29.06.2025	04.07.2026
Application Dates for One Course Exam or Grade Increase Exam	29.06.2026	07.07.2026
One Course Exam / Grade Increase Exam	-	16.07.2026
Public Holidays	Start Date	End Date
Republic Day of Türkiye	29.10.2026	-
New Year's Holiday	01.01.2026	-
Ramadan Feast	20.03.2026	22.03.2026
National Sovereignty and Children's Day	23.04.2026	-
Labor and Solidarity Day	01.05.2026	-
Atatürk Commemoration, Youth and Sports Day	19.05.2026	-
Eve of Eid and Feast of Sacrific	27.05.2026	30.06.2026
July 15 Democracy and National Unity Day	15.07.2026	-
Victory Day	30.08.2026	-

COORDINATORSHIPS

1 DOUBLE MAJOR PROGRAM (DMP)



ASST. PROF.
HASAN FATİH AKGÖZ
DMP COORDINATOR OF THE
DEPARTMENT OF NUTRITION AND
DIETETICS

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Application Requirements

- Applications can be made *as early as the beginning of the 3rd semester and no later than the beginning of the 5th semester*, and they are submitted online through OBIS.
- Students with a **GPA of at least 2.90/4.00** and who **rank within the top 20%** of their major program can apply for a second major program.
- Students who meet the 2.90/4.00 GPA requirement but do not rank within the top 20% of their program can still apply **if their entrance score is higher than the base score of the program** they wish to pursue a double major in that year.
- Students applying to programs taught in a foreign language **must meet the foreign language proficiency requirement**.
- To apply for a double major, students **must not have any failed courses in their primary major program and any disciplinary penalties**.
- **Students who have enrolled through vertical transfer are not eligible to apply for a double major**.
- Double major applications can be made to all departments, except for the Dentistry Department, provided that the ranking requirement of the Faculty of Engineering and Architecture is met.

Temporary or Permanent Withdrawal

- During the double major program, a student's GPA in their major program ***can fall below 2.72 out of 4.00 once***. If it falls below this level a second time, their enrollment in the double major program will be terminated.
- If a student's ***GPA in their major program falls below 2.50***, their enrollment in the double major program will be terminated
- If a student ***has made a lateral transfer***, their enrollment in the double major program will be automatically terminated.
- Students who do not register for courses for two consecutive semesters without obtaining permission will have their enrollment in the double major program terminated.
- A student who is granted leave in their major program is also considered on leave in the double major program. However, the student must submit separate leave applications for both programs.

Success and Graduation Requirements

- Students who qualify for graduation from their major program and complete the DMP with a GPA of ***at least 2.72/4.00*** are awarded a second bachelor's degree.
- Students who qualify for graduation from the double major program will not be awarded the double major diploma before graduating from their major program.

You can use the QR code to access the ***"Istanbul Gelisim University Double Major Program Directive."***



2 ERASMUS+ PROGRAM



RES. ASST.
TUĞBA TÜRKCAN
ERASMUS COORDINATOR
OF NUTRITION AND
DIETETICS DEPARTMENT

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The application timeline and processes for exchange programs are determined by the UDIO-K Commission and announced by UDIO-K. Announcements, information, and guides detailing the application processes are shared on the coordinatorship's website during the relevant application period.

Application Requirements

- At the time of application, the student must be a full-time enrolled student and must have successfully completed at least one semester, excluding the preparatory class.
- Students who have graduated are not eligible to apply for Erasmus+ Learning Mobility.
- The GPA of students applying must be **at least 2.20/4.00** at the time of application and in the most recent semester before the mobility period.
- **A minimum score of 60/100** must be obtained from language exams organized by the School of Foreign Languages or recognized by the Council of Higher Education.

Erasmus+ Learning Mobility

Erasmus+ Learning Mobility is a program that allows university students to study for a specific period at a partner university abroad. This program enables students to experience different cultures, gain international academic experience, and improve their foreign language skills. Students can take courses at partner universities and have them credited towards their degree, allowing them to study abroad without extending their graduation timeline. Learning mobility typically lasts for one semester or a full academic year. During their learning period, students can benefit from the Erasmus+ grant to support their educational and living expenses.

Erasmus+ Traineeship Mobility

Erasmus+ Traineeship Mobility is a program aimed at providing students with professional experience at a business or organization abroad. These traineeships help students gain practical experience related to their field and insight into international work environments. Traineeship mobility offers students the opportunity to apply their theoretical knowledge, while also supporting them in establishing new professional connections and gaining a global perspective in their careers. Traineeships can typically last between two months and one year.

You can use the QR code to access the *“Istanbul Gelisim University International Exchange and Cooperation Directive”*.



3 INTERNSHIP



ASST. PROF.
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INTERNSHIP COORDINATOR OF
THE DEPARTMENT OF NUTRITION
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Field Training

1

BEY441E/T Field Training I and BEY442E/T Field Training II courses are an important part of the practical courses included in the department's curriculum. In these courses, students are required to comply with the attendance requirements specified in the "Associate and Undergraduate Education and Exam Regulation". The practices are conducted at suitable locations determined with the approval of the Department Chair and Academic Unit."

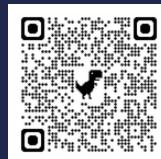
2

Students are required to comply with the rules of the institutions where they carry out their practical training and with **the Higher Education Law No. 2547**. Disciplinary action will be initiated against students who do not adhere to these rules. Additionally, students must also adhere to the dress code established by the **Civil Servants Law and IGU**.

3

The evaluation of the course is carried out according to the principles outlined in the **"Istanbul Gelisim University Directive for Applied Courses/Professional Training in Health Fields"**.

You can use the QR code
to access the relevant
directive, forms, and
documents.



Summer Internship

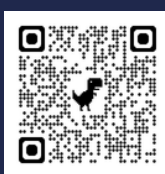
The summer internship in the Faculty of Health Sciences starts ***in the summer following the fourth semester at the earliest and lasts for 30 working days.*** Internships are typically conducted continuously without division.

The responsibility for finding an internship location lies with the student, and the suitability of the chosen internship site is approved by the relevant department chair or internship coordinator.

For the internship application, students must submit the completed ***"Compulsory Internship Application Form"*** to the Student Affairs Office after obtaining approval from the department chair, dean, and the internship site official. This process ***must be completed at least 15 days before the start of the internship.***

At the end of the internship, the internship notebook and documents are reviewed and evaluated by the Internship Commission. If there is an error in the internship notebook, the student may be given a correction period, or the internship may be rejected. ***The internship notebook must be submitted within 30 days after the completion of the internship.***

You can use the QR code to access the ***"IGU Internship Directive"*** and the forms and documents related to the summer internship.



CONSULTATIONS

Psychological Counselling Services

The unit provides comprehensive services aimed at supporting students' psychological, social, and academic development.

Free psychological counseling is provided to help individuals cope with challenges encountered in university life and to assist them in achieving their personal and professional goals.

In the unit, where individual or group counseling options are offered, solutions tailored to needs are developed with the support of expert clinical psychologists.

The unit, located on the 2nd floor of K Block, provides services to students and staff through an appointment system via OBIS.



Career Development Center

The center provides guidance services to support students and graduates in reaching their career goals. It offers direction in career planning, job search strategies, and internship opportunities to help students transition into professional life. Additionally, it organizes career events, seminars, and platforms to connect students with the business world, enabling them to establish strong ties with industry professionals.



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Gelişim Tower J Block



Academic Counselling

Academic counselling services are provided within the department to offer comprehensive guidance and support throughout students' academic journey. Advisors play a crucial role in helping students navigate the academic system, providing advice on course selections, program requirements, and academic progression. In addition to assisting with academic matters, advisors are available to discuss any challenges students may face, such as academic performance, workload management, or adjusting to university life. Students are encouraged to actively engage with their advisors during the designated advising hours to seek advice, clarify any uncertainties, and explore available resources that can contribute to their academic success

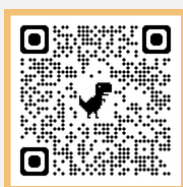
Advisor	Contact	Advising Classes	Advising Hours
ASST. PROF. GİZEM UZLU	guzlu@gelisim.edu.tr B Block, 020	1st & 2nd Year	Wednesday 10:00 - 12:00
ASSOC. PROF. MERVE BAYRAM	hmbayram@gelisim.edu.tr B Block, Deanery	3rd & 4th Year	Tuesday 10:00 - 12:00

USEFUL INFORMATION

1. Student Information System



2. Student Affairs Department



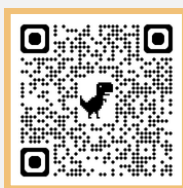
3. Academic Calendar



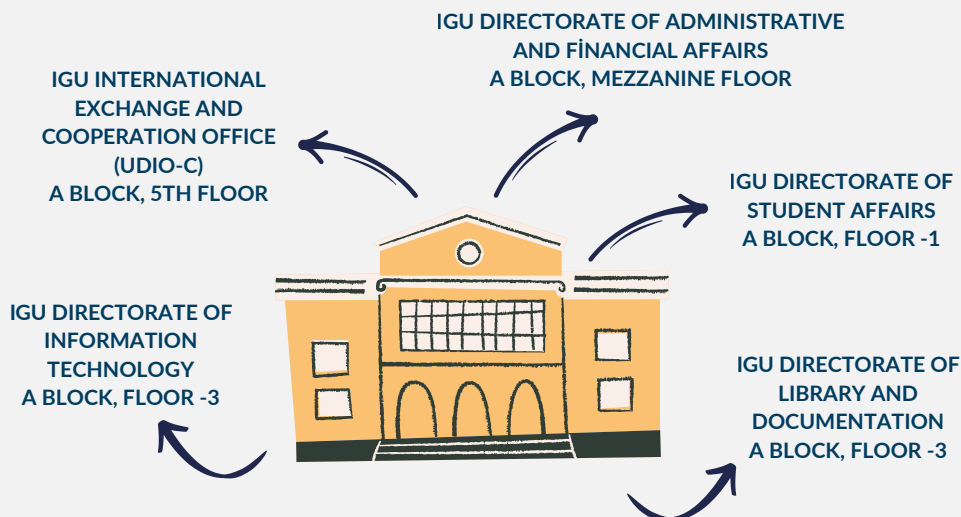
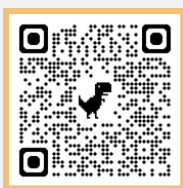
4. Dean of Student

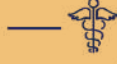


5. IGUMER



6. IGU Information System





**Faculty of
Health Sciences**

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accounts for the latest content and
events!**



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