



LEFKE AVRUPA ÜNİVERSİTESİ
EUROPEAN UNIVERSITY OF LEFKE

**DEPARTMENT OF
NUTRITION & DIETETICS**

PROGRAM INFORMATION

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PROGRAM INFORMATION

Program Name and Degree Awarded: Nutrition & Dietetics, Bachelor degree

Duration of Studies: 4 year

Total Credits / ECTS: 145 / 240

Language of Instruction: English

Mission;

To educate creative and innovative dietitians who are committed to protecting and improving individual and public health, enhancing quality of life through adequate and balanced nutrition throughout the life span, upholding universal values, ethical principles, and international legal standards, meeting international educational criteria, and closely following advancements in science and technology.

Vision;

To become a leading and exemplary department that is nationally and internationally recognized for the scientific contributions of its qualified graduates in the field of nutrition and dietetics, supports the healthy development of society, conducts impactful research and publications, and is among the most preferred programs in its field.

Program Objectives;

The main purpose of the programme is to provide adequate and balanced nutrition awareness in the health area, food industry and public nutrition which is applied in schools and factories. Our department aims to create qualified staff in all of these fields.

Program Learning Outcomes;

1. Demonstrate knowledge of nutritional science along with translation of nutritional knowledge into practical dietary advice.
2. Explain the prevention and treatment of disease and the promotion of health at individual and population level by using the application of science of nutrition.
3. Recognize important factors that can alter or impact the dietary habits of individuals and be prepared to maintain nutritional status of individuals by using recognized methodologies.
4. Examine different dietary intervention methods by critically appraising the evidence based nutritional science to treat and prevent diseases.
5. Be able to define problems in providing nutritional support in clinical settings and develop suitable scientific methods for the solution of the problems.
6. Use both oral and written communication skills effectively.
7. Work effectively as part of a team.
8. Apprehend domestic and global issues of the field of nutrition and dietetics.
9. Work interdisciplinary and transfers knowledge between related fields to improve the patient care and healthcare system.
10. Follow novelties in the field of dietetics and continue self-development by adopting lifelong learning approach.
11. Identify problems related to the quality and effectiveness of services/advices provided and suggest strategies for improvement.
12. Act within ethical values and respect the rights of others.
13. Understand the terminology used in clinical settings.
14. Suggest strategies for food industry to support the improvement and maintenance of healthier diets.

Curriculum

1. Semester					2. Semester				
CODE	COURSENAME	(T-U-L)C	ETCS	Course Type	CODE	COURSENAME	(T-U-L)C	ETCS	Course Type
COMN109	Mathematics	(3-0-0)3	5	Mandatory	UFLE02	Foreign Language Elective II (English)	(3-0-0)3	3	Elective
COMN111	Chemistry	(3-0-0)3	4	Mandatory	HSCC102	Microbiology	(3-0-0)3	4	Mandatory
COMN113	Biology	(3-0-0)3	5	Mandatory	HSCC104	Organic Chemistry	(3-0-0)3	5	Mandatory
COMN201	Public Health	(3-0-0)3	3	Mandatory	NDTE102	Food Preparation And Cooking Techniques	(3-0-0)3	6	Mandatory
UFLE01	Foreign Language Elective I (English)	(3-0-0)3	3	Elective	NDTE110	Demography And Nutrition	(2-0-0)2	5	Mandatory
HSCC101	Principles Of Nutrition	(3-0-0)3	5	Mandatory	COMN106	Turkish / Türkçe	(2-0-0)2	2	Mandatory
UITEC01	University Elective I	(3-0-0)3	5	Elective	UPEC01	University Elective II (Philosophy Group)	(3-0-3)3	5	Elective
TOTAL		21	30		TOTAL		19	30	
3. Semester					4. Semester				
CODE	COURSENAME	(T-U-L)C	ETCS	Course Type	CODE	COURSENAME	(T-U-L)C	ETCS	Course Type
COMN103	Physiology	(3-0-0)3	4	Mandatory	NDTE202	Nutritional Biochemistry II	(3-0-0)3	5	Mandatory
COMN105	Anatomy	(3-0-0)3	4	Mandatory	NDEL01	Technical Elective I	(3-0-0)3	5	Elective
UFRC01	University Elective I	(3-0-0)3	4	Elective	NDTE206	Food Chemistry And Analysis II	(3-0-0)3	5	Mandatory
NDTE201	Food Chemistry And Analysis I	(3-0-0)3	7	Mandatory	NDTE208	Food Microbiology	(3-0-0)3	4	Mandatory
NDTE205	Nutritional Biochemistry I	(3-0-0)3	6	Mandatory	NDTE210	Exercise And Nutrition	(2-0-0)2	3	Mandatory
HSEL01	Health Services Elective I	(3-0-0)3	5	Elective	NDTE212	Nutrition Problems In Society And Epidemiology	(3-0-0)3	3	Mandatory
					HSEL02	Health Services Elective II	(3-0-0)3	5	Elective
TOTAL		18	30		TOTAL		19	30	
5. Semester					6. Semester				
CODE	COURSENAME	(T-U-L)C	ETCS	Course Type	CODE	COURSENAME	(T-U-L)C	ETCS	Course Type
HSCC301	Biostatistics	(3-0-0)3	5	Mandatory	UHTEC01	History	(2-0-0)2	2	Elective
NDTE301	Maternal And Child Nutrition	(3-0-0)3	6	Mandatory	HSEL04	Health Services Elective VI	(3-0-0)3	5	Elective
NDTE303	Nutrition In Quantity Food Production Institutions I	(3-0-0)3	4	Mandatory	NDTE302	Nutrition In Quantity Food Production Institutions II	(3-0-0)3	4	Mandatory
NDTE307	Nutritional Problems In Community	(2-0-0)2	3	Mandatory	NDTE304	Biochemistry In Nutritional Diseases	(2-0-0)2	3	Mandatory
NDTE309	Diet Therapy In Diseases I	(3-0-0)3	4	Mandatory	NDTE308	Food Control And Regulations	(3-0-0)3	6	Mandatory
NDTE311	Principles And Problems In Dietetic Practices	(2-0-0)2	3	Mandatory	NDTE310	Diet Therapy In Diseases II	(3-0-0)3	5	Mandatory
HSEL03	Health Services Elective III	(3-0-0)3	5	Elective	NDTE356	Nutrition In Children's Diseases	(3-0-0)3	5	Mandatory
TOTAL		19	30		TOTAL		19	30	
7. Semester					8. Semester				
CODE	COURSENAME	(T-U-L)C	ETCS	Course Type	CODE	COURSENAME	(T-U-L)C	ETCS	Course Type
NDTE400	Summer Training	(0-1-0)0	3	Mandatory	UFRC01	University Elective II	(3-0-0)3	4	Elective
NDTE401	Graduation Project I	(2-0-0)2	3	Mandatory	NDTE402	Graduation Project II	(2-0-0)2	6	Mandatory
NDTE403	Seminar I	(2-0-0)2	3	Mandatory	NDTE404	Seminar II	(2-0-0)2	4	Mandatory
NDTE405	Food Service Systems I	(4-0-0)4	8	Mandatory	NDTE406	Food Service Systems II	(4-0-0)4	8	Mandatory
NDTE407	Clinical Nutrition Internship I	(4-0-0)4	8	Mandatory	NDTE408	Clinical Nutrition Internship II	(4-0-0)4	8	Mandatory
NDEL02	Technical Elective II	(3,0)3	5	Elective					
TOTAL		15	30		TOTAL		15	30	

Total Credit: 145- Total ETCS: 240

Laboratory and Equipment Capacity

- Nutrition and Dietetics Practice Laboratory
- Anthropometric Measurement Room
- Integrated Laboratory of Biochemistry, Pharmacology, and Pharmaceutical Chemistry

Career Opportunities;

1. Facilities offering inpatient or outpatient treatment

- Kidney diseases care units
- Diabetic Treatment and Care Units
- Metabolism diseases units
- Enteral or Parenteral Feeding Support groups
- Oncology Units
- Rehabilitation Units
- Transplant Units
- Cardiology Units

2. Public Health

- Family Health Centres
- Mother-Child Health Centres
- Weight Loss Centres
- Media
- Labourer Health Centres
- Sports complexes or Gyms
- Nursing Homes for the Elderly
- Child Protection Services
- School Nutrition Education Programs
- Food Production and Marketing Services
- Food Control Laboratories
- International Institutions Dealing with Nutrition and Dietetics

3. Food Service System

- Schools
- Nurseries
- Hotels
- Nursing Homes
- Food Factories
- Public Institutions
- Air Transportation Services
- Sea Transportation Services
- Railroad Transportation Services
- Restaurants
- Health Institutions

Contact Information

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COURSE CATALOGUE DESCRIPTIONS

1st Semester

HSCC108 Principles of Nutrition

This course aims to introduce the association between nutrition and health. The focus is macronutrients, carbohydrates, proteins and lipids. Their chemistry, properties, sources, digestion, absorption and metabolism are discussed together with their requirements, problems of excessive and imbalanced intake and calorific values.

COMN109 Mathematics

This course aims to explain basics of mathematics which will be required during particular calculations.

COMN113 BIOLOGY

The aim of this course is to inform the students on cellular structure, organelles and cell-to-cell communication, chromosomes and genetic inheritance, population genetics and congenital diseases.

COMN111 CHEMISTRY

The aim of this course is to describe students how substances interact with one another. Students will be informed on how the atom is made up, how atoms come together to make molecules and how molecules can interact, chemical compounds, chemical bonds, chemical equations and reactions, aqueous solutions, periodic table, gases, the electronic structure of the atom and radioactivity. Practical sessions will enable students to prepare solutions and observe chemical reactions involving different molecules.

COMN201 PUBLIC HEALTH

This course aims to introduce students the demographic concepts. Students will be informed on demographic profiles of community, various factors affecting health of community and how to evaluate health of community.

UFLE01 ENGLISH I

This course is intended for academically oriented students and it aims to bridge the gap between general and academic English. For this goal, the course will develop skills required for academic study, including note-taking, essay writing, and giving effective presentations, as well as teaching strategies for undertaking research and dealing with unfamiliar academic vocabulary. In addition, the course aims at teaching the features of guided writing, reading strategies such as predicting, skimming, and scanning.

2nd Semester

NDTE102 FOOD PREPARATION AND COOKING TECHNIQUES

This course aims to introduce students the nutrient contents of particular foods while enabling them to observe changes in the contents and structure of nutrients with various cooking techniques.

HSCC104 ORGANIC CHEMISTRY

This course covers acids/bases, chemical kinetics, functional groups and saturated hydrocarbons.

HSCC102 MICROBIOLOGY

This course aims to introduce microbiology to students. It will cover bacterial structure, physiology, growth, genetics, antibiotics and resistance mechanisms together with introduction to immunity, immune responses, serological tests, fungi, protozoa, helminths, and viruses.

NDTE110 Demography and Nutrition

This course will cover introduction to demography, data sources, methods, population size, structure and composition, nutrition and anthropometric measurements.

UFLE02 ENGLISH II

This course is intended for academically oriented students and it aims to bridge the gap between general and academic English. For this goal, the course will develop skills required for academic study, including note-taking, essay writing, and giving effective presentations, as well as teaching strategies for undertaking research and dealing with unfamiliar academic vocabulary. In addition, the course aims at teaching the features of guided writing, reading strategies such as predicting, skimming, and scanning.

UHTC02 TURKISH

Introduction to the grammar and structure of Turkish language, the changes and developments oral and written presentations. Reading and analyzing essays in Turkish literature. This course is designed specifically for Turkish-speaking students. International students take a different version of this course.

3rd Semester

NDTE201 Food Chemistry and Analysis I

This course aims to introduce students the chemical properties of nutrients found in food. Micro- and macro-nutrients, enzymes, pigments and aromatic compounds will be discussed together with their fate from production until consumption.

COMN105 ANATOMY

Introduction to anatomy, terminology, anatomy of locomotor system, respiratory system, circulatory system, digestive system, urogenital system respiratory system, nervous system, endocrine system and immune system.

NDTE205 Nutritional Biochemistry I

This course aims to explain functions of micro- and macro-nutrients in the body.

COMN103 PHYSIOLOGY

This course will introduce students the cells, tissues, organs, systems, and functions of the systems, skeletal system physiology, nervous system physiology, endocrine system physiology and the special senses. Also, cardiovascular system and respiratory system will be covered.

4th Semester

NDTE202 Nutritional Biochemistry II

This course aims to explain the water-electrolyte balance, hormones and metabolic pathways in the body.

NDTE206 Food Chemistry and Analysis II

This course aims to introduce students the chemical properties of nutrients found in food. Functional foods, pre- and pro-biotics, genetically modified foods, fruits, eggs, milk and milk products will be covered.

NDTE208 Food Microbiology

This course aims to introduce the students the diseases developing through nutrient intake and the use of microorganism in food industry.

NDTE210 Exercise and Nutrition

This course aims to introduce the association between exercise, nutrition and health. The course will cover energy and nutrient requirements of athletes, pre- and post-workout nutrition.

NDTE212 Nutrition Problems in Society and Epidemiology

This course aims to define problems in nutrition, the role of nutrition in the prevention of diseases and nutrition plans for healthy living.

5th Semester

NDTE301 Maternal and Child Nutrition

This course aims to introduce to students the mother and breastfeeding baby nutrition. It will cover the importance of nutrition for the mother and fetus during pregnancy, nutrition requirements and nutrients required during pregnancy, factors affecting lactation, nutrition of breastfeeding baby.

NDTE303 Nutrition in Quantity Food Production Institutions I

This course aims to prepare students for directing and managing institutions with mass food production. The course will cover kitchen planning, menu planning, purchasing and effective storage.

NDTE307 Nutritional Problems in community

This course aims to describe nutritional assessment tools. The course will cover clinical, anthropometric, biochemical, and biophysical methods for an effective nutritional assessment.

NDTE309 Diet Therapy in Disease I

This course will provide information about diseases and individual nutrition and diet planning in the presence of a particular disease. Obesity, underweight, eating disorders, diabetes mellitus, hypoglycaemia, metabolic syndrome, CVD, hypertension, GI-tract disorders, enteral-parenteral nutrition will be covered during this course.

NDTE311 Principles and Problems in Dietetic Practices

The aim of this course is to provide information on patient follow-ups in clinical settings, reading and analysing patient files and planning diets according to patients clinical and laboratory test results.

6th Semester

NDTE302 Nutrition in Quantity Food Production Institutions II

This course aims to provide information for hygienic, secure, and economical menu planning.

NDTE304 Biochemistry in Nutritional Diseases

This course aims to describe biochemical and metabolic alterations, nutrients and nutrient component interactions.

NDTE356 NUTRITION IN CHILDREN'S DISEASES

This course aims to provide information on child diseases and nutrition for particular diseases. The course will cover pre-mature feeding, nutrition in gastrointestinal disorders, nutrition in malnutrition and enteral-parenteral feeding for children.

NDTE308 Food Control and Regulations

This course aims to provide information on local and international food regulations.

NDTE310 Diet Therapy in Diseases II

This course will provide information about diseases and individual nutrition and diet plan in the presence of a particular disease.

UHTC01 HISTORY

The course provides a detailed exposure on the history of the construction of the Turkish Republic under the light of Kemal Atatürk's principles this course is designed for Turkish speaking students.

7th Semester

NDTE401 Graduation Project I

This course involves individual research planning and thesis writing.

NDTE403 Seminar I

This course involves reviewing literature for research planning.

NDTE405 FOOD SERVICE SYSTEMS I

This course involves a work experience at the food service system especially in the hospital.

NDTE407 Clinical Nutrition Internship I

This course involves applying knowledge and skills in professional working field under supervision of colleague dietitians.

NDTE400 Summer Training

Out-of-school training in an area of concentration is compulsory for each student at the end of both the second and third academic year. The training period must be a minimum of 4 weeks (20 working days), and the student is required to submit a detailed report of his/her daily/weekly accomplishments as a prerequisite for graduation.

8th Semester

NDTE402 Graduation Project II

This course involves individual research planning and thesis writing.

NDTE404 Seminar II

This course involves reviewing literature for research planning.

NDTE406 Food Service Systems II

This course involves a work experience at food service system especially in the catering institutions.

NDTE408 Clinical Nutrition Internship II

This course involves applying knowledge and skills in professional working field under supervision of colleague dietitians.

ELECTIVE COURSES

NDTE 221 Organisational Behaviour

This course aims to define organizational behaviour and emphasize functions of managers in organizations.

NDTE 223 Human Resources Management

This course aims to introduce students the procedures on enhancing human functioning in organizations.

NDTE 225 Health Psychology

This course aims to describe basic concepts of health psychology. The course will cover mind-body interactions and its effects on health and diseases states.

NDTE 230 Food and Beverage Services Management

This course introduces students the organization of food and beverage services companies. This course covers principles of food and beverage services focusing on the materials used, preparation needed and service techniques.

NDTE 232 Sports Nutrition

This course aims to introduce students the effects of nutrients on sports performance, how to manage energy required for exercise and how to balance body composition for particular sports.

NDTE 234 Biostatistics

This course aims to enable students evaluating their research findings using statistical approaches.

NDTE 325 Geriatric Nutrition

This course defines geriatrics, geriatric population, difficulties and benefits of geriatric life, and effects of nutrition on quality of life for elderly, chronic disease and elderly patient care, elderly surgery.

NDTE 327 Obesity

This course aims to introduce ups and downs of up-to-date diet programmes for preventing obesity.

NDTE 329 Epidemiology

This course aims to describe basic concepts of epidemiology. The course covers data collection and handling methods together with application of gained knowledge on planning further health research.

NDTE 334 Food Technology and Safety

This course aims to describe microbial contamination, toxic compounds, environmental contaminants in foods.

NDTE 336 Enteral-Parenteral Nutrition

This course aims to introduce students the theory of nutrition support that they will apply in practice. Also, this course emphasizes the importance of team work of dietitians in clinical settings.

NDTE 338 Research Methods in Health Sciences

This course aims to provide technical information on how to reach available literature, how to critically evaluate findings and how to effectively present research findings.

NDTE 340 Problems in Clinical Nutrition

This course aims to discuss possible difficulties which can appear in clinical settings.