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INTRODUCTION

Nutrition and Dietetics are the leading subjects in medical sciences since the early ages. Investigations carried out specifically in the last quarter of the 20th century made it clear that prevention, maintenance and promotion of health are directly related with nutrition and most diseases need a special diet programme for their therapy. Dietitian is the person who translates this knowledge of nutrition and dietetics into practices in the community. Occupational positions and the need of the dietitians are progressively increasing in Turkey, exceeding the positions limited in hospitals and maternal and child care centers. We now see the dietitians working at diabetic units and enteral-parenteral nutrition team as therapists and trainers. The number of dietitians assigned at food industry where they are responsible from dietary product development, marketing and quality controls are also increasing. Institutions having mass catering units, such as schools, restaurants, banks etc. are also aware the need of dietitians to be responsible from food service systems where they act as educators and managers to control the system in regard to economical and nutritional effectiveness. Science of nutrition and dietetics cover all the procedures involving food production through food consumption. Therefore it is closely related with other sciences. Our curriculum has planned to train the students with all aspects of food and nutrition, but it is revised almost every year according to the development of the needs. Survey on food consumption, food composition, diet related diseases and nutritional status of our community are being conducted effectively and progressively. Results are used in development and implementation of food and nutrition policies working with related ministries and they are published mostly in the Journal of Nutrition and Dietetics published twice a year by Turkish Dietetic Association that all of our departments work as Executive staff and editorial board of this journal.

As Nutrition and Dietetics Department, is the first department giving education for dietitians in Turkey. We are aware of our responsibility to follow the international nutrition related activities, knowledge and transport them to our community and to our students. We believe that this mission is carried out successfully as all the staff are access to internet.

HISTORY

First, the programme called "Dietetics" has started in 1962 under the School of Health Sciences with the purpose of training the students as "Dietitians" graduated from high school. The duration was four years. In 1963 School of Health Sciences became Medical and Health Science Faculty then Dietetic Programme continued as Nutrition and Dietetics Programme under the school of Basic Sciences which was a school bound to the Medical and Health Sciences Faculty. At 8 of July 1967, Hacettepe University was established. Under that situation Dietetic Programme has changed to a Department within the School of Home Economics. In 1976, by joining the department with Department of Food Analysis and Technology, new school has established entitled as Health Technology. Adding one year for English and Turkish courses, school became 5 years. Food Analysis and Technology Department started to run with Engineering Faculty in 1977 from then, Department of Nutrition and Dietetics has center as the only department of School of Health Technology. In spite of this the school is still called Health Technology but, changing the school name as Nutrition and Dietetics is under procedure. The school is the first educational institution in Turkey giving Nutrition and Dietetics training. In 1994, 3 divisions were established under the Department of

Nutrition and Dietetics. These are; Nutritional Sciences, Dietetics and Institutional Food Services Divisions. In 2001 new division of Public Nutrition was added. The graduate programme is five years. Post graduate programmes are also running since 1966.

Nutrition and Dietetics Department of School of Health Technology released 1613 graduates so far. Yearly graduates are 70 as an average. The quota was 10 in the year of 1962, now it has reached to 65.

GENERAL INFORMATION

Department of Nutrition and Dietetics is the first school that provides professional training programme at university level of this field in Turkey.

The first stage of professional curriculum program includes; chemistry (general, organic, physical and quantitative analyses), biological sciences, mathematics, basic medical as well as nutritional sciences (biochemical nutrition, principles of nutrition and foods etc.) underlying the practice of nutrition and dietetics.

Courses in the second stage are directly related to practice. In addition to theoretical courses and laboratory studies, students carry out practical work in field for community health nutrition and in hospitals for therapeutic nutrition and food service systems in institutions. Through this integrated sequential courses of study, the students develop an understanding of principles, concepts and the skills necessary for profession of nutrition and dietetics as a nutritionist and dietitian. Dietitians are classified in international classification of professions within other professions, like medical doctor, dentist, nursing, related to health.

Graduates could find a post as dietitian in managerial, therapeutic and consultant positions in the operations of food service systems, like hospitals, schools, hotels, commercial food operations and others wherever there is a group of people for whom food must be provided. Also dietitians work in a variety of public and private health organizations.

Graduates can be a member of the Turkish Dietetic Association which was established in 1969. The Turkish Dietetic Association is a member of European Federation of the Associations of Dietitians (EFAD) and International Committee of Dietetic Association (ICDA). Every year, 6th of June is celebrated as "Dietitians Day" in Turkey.

APPLICATION PROCEDURE

Nutrition and Dietetics education provides professional training for males and females. Admission of Turkish students with lycee diploma is through the entrance examination of the Student Selection and Placement Center. Foreign students who have completed a secondary school education equivalent to Turkish lycees are admitted through the Foreign Student Placement Center and according to the principles determined by the Senate of the Hacettepe University. All the students are required to renew their registration at the beginning of each semester. Undergraduate programme requires four academic years of the education and 1 year of preparatory. Education language is Turkish and %30 of courses are given as compulsory English. Several professional courses are also available as elective courses.

DEPARTMENTS

Department of Nutrition and Dietetics

Head: Prof.Dr.H.Tanju BESLER

Department of Nutrition and Dietetics conducts implementation and research activities in miscellaneous fields such as, determining the nutritional status of the society, defining and evaluating the problems, determining the priorities, seeking for solutions for the improvement of the nutrition level of the society and proposing and implementing such solutions thereafter, defining the food and nutrition policies and programs of the country and carrying out orientation activities in this respect, performing food analysis, determining the food requirements of different age groups, preparing and implementing specific diets for diseases and carrying out management and organization activities at the institutions rendering catering services. Training, implementation and research activities under three academic majors.

Division of Nutritional Science

Chairperson: Prof.Dr.H.Tanju BESLER

This academic field covers the determination of the energy and nutrient requirements of various ages, sexes and groups, determination and prevention of nutrition insufficiencies within the scope of the preventive health services, food analysis, nutritional biochemistry, basic nutrition, practical nutrition, ecology and anthropology of nutrition, nutritional anthropometry and nutrition education.

Division of Dietetics

Chairperson: Prof.Dr. Gülden KÖKSAL

This academic field covers the activities such as preparing the nutrition plans for individuals and groups in accordance with their health conditions, controlling the conformity of the diets specific to patients, training the individuals in regard to their diets, developing diets specific to diseases. In the other words, dietetics in the treatment of the patients and diseases, is the implementation of the education and training skills aiming at the nutritional behaviors of the individuals.

Division of Institutional Food Services Systems

Chairperson: Dr.M.Fatih UYAR

This academic field evaluates the management and institutional principles in details, which are to be implemented by the organizations that are liable to render catering services in accordance with the nutritional principles. This subject is relatively comprehensive and covers the planning of the menus, purchasing of the foods, preparation, cooking and servicing of the food, removal of the wastes, prevention of the accidents, rendering the whole services in compliance with the hygienic standards and conducting effective cost audits for the organizations and institutions having different features such as, kindergartens, schools, restaurants, factories, fast food systems, hospitals, nursery, air, maritime and rail transportation systems, hotels and etc. that are rendering catering services for groups.

Division of Public Health Nutrition

Chairperson: Prof.Dr.Türkan KUTLUAY MERDOL

This academic field is involved in identification and assesment of nutritional problems in the community; planning and evaluation; leading, supervising and implementing nutrition and health related action plans and policies. It also provides nutrition education to various groups, and helps to develop educational materials.

CURRICULUM

Credits and Courses

The courses have been given in fall and spring semesters each year. All students are required to renew their registrations at the beginning of each semester. Students must have courses with a minimum of 15 credits at each semester. At the end of the four years of study, the sum of the credits has to be at least 145. The students are compelled to finish their study within minimum 4 years and maximum 7 years.

Compulsory and Elective Courses

Students are obligated to take courses of Turkish, History of Atatürk's Principles and Reforms and one foreign language together with above mentioned courses. Some selective courses are also given in english related with nutrition and dietetics in each semester.

There are elective courses related with Sports, Fine Arts and Nutrition in Athletes and also individual research and report on special subject as graduate thesis is directed compulsory under the supervision of the lecturer.

Practice in Field and Institutions

. **BES 341 Practice in Community Health Nutrition:** The aim of this study is to accustom the students to necessary techniques for becoming Community Health Nutritionist-Dietitian. The practical work is applied in field (rural or urban) under the direction of lecturers. The period of work is six weeks.

. **BES 441 Practice in Hospitals and Institutions:** The aim of this work is to accustom the students to become hospital dietetic internship. The period of the work is an academic year, 22 hours per week. It is practiced under the supervision of the lecturers and responsible dietitians.

UNIVERSITY SERVICES AND FACILITIES

Dormitory

The students of the department can stay in the dormitories of the university and also in public and private dormitories. The students staying at the dormitories of the university are having free breakfast and dinner.

Library

There is one library at central campus, one at Beytepe Campus in the university. The students and teaching staff of Hacettepe have free access to borrow books. The Documentation Center provides access and photocopy services for periodicals.

Health Centre

Students have the opportunity to get medical therapy when necessary from the health service assigned for the students. Referring to the University Hospital, if necessary, is also possible.

Bank and PTT

There is a bank and PTT service in the campus area which give service both to the students and the university personal.

Sports Centre and Opportunities

A gymnasium is located near the dormitories with facilities for basketball, volleyball, handball, table tennis etc., for having daily sporting activities of students and university personal.

Canteens nad Cafeterias

Cafeterias are located in both campus and canteens are found almost each school building.

Social Activities

Seminars, sportive activities, theatrical plays and musicals are organized by the students. University social service also conducts social and cultural programmes.

OCCUPATION AREAS

THERAPEUTIC INSTITUTIONS	COMMUNITY HEALTH SERVICES	INSTITUTIONAL FOOD SERVICES
Hospitals and out patients Clinics	Health Centers	Schools
Renal Care Units	Mother-Child Health Centers	Creches
Diabet Units	Slimming Centers	Hotels
Metabolic Units	Media	Nursery
Enteral-Parenteral Nutrition Units	Nutrition in Workers	Mass Catering

Oncology Units	Nutrition in Athletes	Public Organizations
Transplantation Units	Eldery Nutrition	Air Transportation Services
Rehabilitation Units	School Nutrition Education Programmes	Maritime Transportation Services
Cardiology Units	Food Marketing Activities	Railway Transportation Services
	Food Control Laboratories	
	International Foundations	

COURSES

Graduate Course Descriptions [zip](#)

Post-Graduate Course Descriptions [zip](#)

FIRST YEAR

Fall Semester

Code	Optic Code	Section	Course	Weekly		
				TE HR	PR HR	CR HR
*BES 105	361105	001	Orientation of Profession	00	01	00
BES 109	361111	001	Principles of Nutrition I	02	03	03
KIM 131	333131	001	Basic Chemistry I	02	03	03
*MAT 117	804117	001	Mathematics	03	00	03
SOS 103	345103	001	Science of Society	02	00	02
EKO 115	347115	008	General Economics	03	00	03
HAS 101	382101	001	Community and Health	02	00	02
ING 123	301123	052-053	Reading	02	00	02

			Skill I			
				16	07	18
Commonly Obligatory						
TKD 10	490103	081	Turkish Language I	02	00	02
3 Elective						
BED 101	530101	001-002	Physical Education	01	02	02
GSM	532...	- Arts		01 02	02	
*BES 103	361103	001	Fundam.of Nutr. Sci . I	01	00	01
SPRING Semester						
BES 110	361112	001	Principles of Nutrition II	02	03	03
KIM 132	333132	001	Basic Chemistry II	02	03	03
MEB 102	388102	001	Medical Biology and Genetics	03	00	03
PSI 108	344108	001	Pcychology	02	00	02
ANT 104	352104	002	Introduction to Social Antropology	02	00	02
*BES 108	361108	001	Demograph ical Structure and Health	02	00	02
ING 124	301124	052-053	Reading Skill II	02	00	02
				15	06	17

Commonly Obligatory						
TKD 10	490104	081	Turkish Language II	02	00	02
4 Elective						

BED 102	530102	000-002	Physical Education	01	02	02
GSM	532...	-	Arts	01	02	02
*BES 104	361104	001	Fundam. Of Nutr. Sci. II	01	00	01

* Given in English.

(Y): Annually

SECOND YEAR

Fall Semester

Code	Optic Kode	Section	Course	Weekly		
				TE HR	PR HR	CR HR
*BES 221	361221	001	Nutritional Biochemistry I	03	00	03
BES 231	361231	001	Food Chemistry and Analyses I	02	03	03
ANA 201	304201	001	Anatomy (A)	02	00	02(A=04)
FZY 203	340203	001	Physiology (A)	02	00	02(A=04)
*MIK 203	309203	001	General Microbiology	02	02	03
ING 223	301223	052-053	Writing Skill	02	00	02

			I			
				13	05	15
Commonly Obligatory						
AIT 203	305203	038	History of Atatürk's Principles and Reforms	02	00	02
Elective						
BES 217	361217	001	Sports Nutrition	01	00	01
BED201	530201	001-002 Physical	Education	01 02		02
GSM	532...	- Arts		01 02	02	
*BES 201	361201	001	Intr. to Foods. I	01	00	01
Spring Semester						
*BES 222	361222	001	Nutritional Biochemistry II	03	00	03
BES 232	361232	001	Food Chemistry and Analyses II	02	03	03
*BES 248	361248	001	Nutrition and Ecology	01	00	01
ANA 201	(Yýllýk)	001	Anatomy (Y)	02 00		02
FZY 203	(Yýllýk)	001	Physiology (Y)	02 00		02
MIK 222	309222	001	Food Microbiology	02	02	03

ING 224	301224	052-053	Talking Communica tion Skill	02	00	02
				14	05	16
Commonly Obligatory						
AIT 204	305204	038	History of Atatürk's Principles and Reforms	02	00	02
Elective						
BES 216	361216	001	Exercise and Nutrition	01	00	01
BIS 202	516202	004	Computer Science	03	00	03
BED 202	530202	001-002	Physical Education	01	02	02
GSM	532...	- Arts		01 02	02	
*BES 202	361201	001	Intr. to Foods II	01	00	01

*Given in English. (A): Annually

THIRD YEAR
Fall Semester

Code	Optic Kode	Section	Course	Weekly		
				TE HR	PR HR	CR HR
*BES 311	361311	001	Mother and Child Nutrition	02	03	03
*BES 321	361321	001	Nutritional Assesment of Community	01	02	02

BES 343	361343	001	Food Service Systems I	03	00	03
BES 345	361345	001	Nutrition and Diet Therapy in Disease I	02	03	03
*BES 347	361347	001	Nutrition Education	02	00	02
IYB 371	355371		General Management	02	00	02
ING 323	301323	052-053	Academic Studying Skill I	02	00	02
				14	08	17
Elective						
BES 315	361315	001	Principles and Problems of Diet Therapy	01	02	02
BED 301	530301	001-002	Physical Education	01	02	02
GSM	532...	- Arts			01 02	02
*BES 301	361301	001	Dietetics I	01	00	01
Spring Semester						
BES 312	361312	001	Nutrition in Child Diseases	02	03	03
*BES 322	361322	001	Community Nutrition and Epidemiology	01	02	02

BES 334	361334	001	Food Control and Legislation	01	02	02
BES 344	361344	001	Food Service Systems II	03	00	03
BES 346	361346	001	Nutrition and Diet Therapy in Disease II	02	03	03
IG 324 N	301324	052-053	Translation	02	00	02
Elective				11	10	15
BES 315	361315	001	Principles and Problems of Diet Therapy	01	02	02
BED 302	530302	001-002	Physical Education	01	02	02
GSM	532...	- Arts			01 02	02
*BES 302	361302	001	Dietetics I	01	00	01
Summer Semester						
BES 341	361341	-	Practice in Community Health Nutrition	00	48	12

*Given in English (A): Annually

FOURTH YEAR

Fall Semester

				Weekly		
Code	Optic Kode	Section	Course	TE HR	PR HR	CR HR
BES 431	361431	001-020	Graduate Thesis	02	00	02(A=04)
BES 441	361441	001-006	Practice in Hospitals and Institutions	06	18	12(A=24)
BES 445	361445	001-010	Seminar	01	00	01(A=02)
*BIS 401	516401	001	Biostatistics	03	00	03
				12	18	18
Elective						
*BES 425	361425	001	Nutritional Diseases Biochemistry	02	00	02
BED 401	530401	001-002	Physical Education	01	02	02
GSM	532...	- Arts		01 02	02	
*BES 401	361401	001	Applied Nutrition I	01	00	01
Spring Semester						
BES 431	(Annually)	001-020	Graduate Thesis	02	00	02
BES 441	(Annually)	001-006	Practice in Hospitals and Institutions	06	18	12
BES 445	(Annually)	001-010	Seminar	01	00	01
				09	18	15

Elective						
*BES 425	361425	001	Nutritional Diseases Biochemistry	02	00	02
BED 402	530402	001-002	Physical Education	01	02	02
GSM	532...	- Arts		01 02	02	
*BES 402	361402	001	Applied Nutrition II	01	00	01
Obligatory Courses Credits for Graduation				104	125	143

*Given in English

(A): Annually

Notes

1- Some of the courses are conditional. They are included above.

BES 109 conditional to BES 110

BES 221 conditional to BES 222

BES 231 conditional to BES 232

BES 311 conditional to BES 312

BES 321 conditional to BES 322

BES 343 conditional to BES 344

BES 345 conditional to BES 346

2- First, second, and third year lessons which has BES code conditional to BES 341 ve BES 441

3- Field Studies and Institutional Practices are conducted according to the established regulations

4- (Y) Annual course

POST GRADUATE PROGRAMMES

Master of Science (M. Sc.)

. **Application**

The Institute of Health Sciences of Hacettepe University is responsible for the admission of post graduate studies. The candidates successful in Examination for postgraduate education (LES) and Foreign Language Examination can apply to the Master of Science Programmes. Information about graduate studies and application forms are available from Institute of Health Sciences of Hacettepe University.

Master of Sciences' Programmes

. Nutritional Sciences Programme

Dietitians, medical doctors, pharmacists, nurses, chemists, food engineers, food technologists and biologists are accepted to this programme. Since 1997-1998 a programme in foreign language has been given on Community Nutrition for foreign students.

. Dietetic Programme

Only graduate students from Department of Nutrition and Dietetics are accepted to this programme.

. Institutional Food Service Systems Programme

The graduate students from Department of Nutrition and Dietetics and the students graduated from 4 years School of Tourism are accepted to this programme.

A minimum of 21 credits (maximum 15 credits per year) are necessary for completion of M.Sc. courses. The M.Sc. degree candidates must take a research course in their interest area and prepare a thesis after the approval of the thesis proposal.

. Doctor of Philosophy (Ph.D.)

There is only one doctor of philosophy programme; which is Nutrition and Dietetics Programme. For application to this programme candidates have to be successful in LES and Foreign Language Examination. Students must complete a minimum 21 credits (maximum 12 credits per semester) Then, being successful in qualifying examination and KPDS in English language they have to prepare a dissertation thesis based on an original research study. Successful ones have Ph.D degree.