

ACU Health Sciences

Gizem Köse (PhD, MB-EAT), Acibadem MAA University, Türkiye

FULL
POSSIBILITIES
FOR YOU

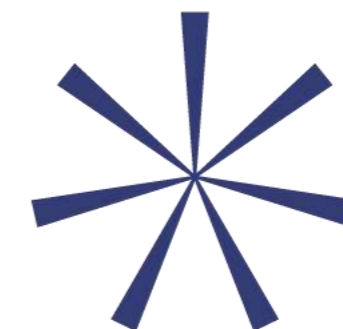


ATHENA
EUROPEAN UNIVERSITY



25th – 29th | 2023 September | Sitia
<https://1stathenatf.hmu.gr>

1st **ATHENA** TECHNOLOGY FORUM



ATHENA
EUROPEAN UNIVERSITY



Nutrition and Dietetics (Turkish & English)

TURKISH

ENGLISH



Prof. Dr.
Sevil Başoğlu



Dr. Öğr. Üyesi
Gözde Artırcı



Dr. Öğr. Üyesi
Nihan Çakır Biçer



Dr. Öğr. Üyesi
Duygu Sağlam



Dr. Öğr. Üyesi
Şaziye Ecem Örkü



Dr. Öğr. Üyesi
Gizem Köse



Öğr. Gör.
Cansu Zirtil



Öğr. Gör.
Ece Öneş



Arş. Gör.
İpek Çiçekli



Arş. Gör.
Meryem Kahrıman



Arş. Gör.
Gamze Ayakdaş



Öğr. Gör.
Simga Sipahi



Arş. Gör.
İlayda Temizarabacı



Arş. Gör.
Yaşar Alp Erol

Programs

The screenshot shows the ACIBADEM UNIVERSITY website. The top navigation bar includes links for STUDENT, ACADEMIC, RESEARCH, INTERNATIONAL, PROSPECTIVE STUDENT, and SUSTAINABILITY. The main heading is 'Departments'. Below this, there is a sidebar with links for 'About Faculty', 'Academic Staff', 'Departments', and 'Research'. The main content area features a grid of departmental images and titles: 'Nutrition and Dietetics', 'Nutrition and Dietetics (English)', 'Physiotherapy and Rehabilitation', 'Nursing', 'Nursing (English)', and 'Healthcare Management'. There are also video thumbnails for 'About University' and 'University Catalog'.

Undergraduate Program Details

2023-2024 CURRICULUM

1. Semester Course Plan

Course Cod	Course Name		T	A	C	ECTS
PSI 101	General Psychology	C	2	0	2	3
NUT 103	Anatomy I	C	2	0	2	5
NUT 123	Orientation of Profession and Ethics	C	1	0	1	2
NUT 119	Basic Chemistry I	C	2	2	3	5
NUT 121	General Economics	C	2	0	2	3
NUT 113	Physiology I	C	2	0	2	4
BIL 101	Basic Computer Skills I	C	1	2	2	2
ENG 105	English for Academic Purposes I	C	2	2	3	5
TUR 101	Turkish Language and Literature I	C	2	0	2	1
ATA 101	Atatürk's Principles & The History of Turkish Revolution I	C	2	0	2	1
ACU XXX	Elective Course (University)	E	2	0	2	1
Total			20	6	23	32

2. Semester Course Plan

Course Cod	Course Name		T	A	C	ECTS
NUT 116	Medical Biology and Genetics	C	3	0	3	4
NUT 122	Nutritional Anthropology	C	2	0	2	4
NUT 120	Basic Chemistry II	C	2	2	3	5
NUT 112	Anatomy II	C	2	0	2	5
NUT 114	Physiology II	C	2	0	2	4
BIL 102	Basic Computer Skills II	C	1	2	2	2
ENG 106	English for Academic Purposes II	C	2	2	3	5
TUR 102	Turkish Language and Literature II	C	2	0	2	1
ATA 102	Atatürk's Principles & The History of Turkish Revolution II	C	2	0	2	1
ACU XXX	Elective (University)	E	2	0	2	1
Total			20	6	23	32

3. Semester Course Plan

Course Cod	Course Name		T	A	C	ECTS
NUT 251	Nutritional Biochemistry I	C	3	0	3	5
NUT 239	Food Chemistry and Practices I	C	2	2	3	6
NUT 253	Principles of Food, Preparation and Cooking Practices I	C	2	2	3	4
NUT 255	Principles of Nutrition I	C	3	2	4	5
NUT 259	Basic Microbiology	C	2	2	3	4
NUT 257	Assessing Evidence-Based Information and Academic Writing Skills	C	2	0	2	2
ACU XXX	Elective Course (University)	E	2	0	2	1
Total			18	10	20	27

4. Semester Course Plan

Course Cod	Course Name		T	A	C	ECTS
NUT 252	Nutritional Biochemistry II	C	3	0	3	5
NUT 258	Food Microbiology	C	2	0	2	3
NUT 254	Principles of Food, Preparation and Cooking Practices II	C	2	2	3	4
NUT 256	Principles of Nutrition II	C	3	2	4	5
NUT 240	Food Chemistry and Practices II	C	2	2	3	6
NUT 210	Food and Nutrition	C	2	2	3	5
NUT 250	Demographical Structure and Health	C	2	0	2	3
ACU XXX	Elective Course (University)	E	2	0	2	1
Total			18	8	22	32

5. Semester Course Plan

Course Cod	Course Name		T	A	C	ECTS
NUT 367	Nutritional and Dietetic Practice in Adult Diseases I	C	4	2	5	5
NUT 343	Nutritional and Dietetic Practice in Pediatric Diseases I	C	2	2	3	4
NUT 345	Food Control and Legislation	C	2	0	2	1
NUT 347	Mother and Child Nutrition	C	2	2	3	3
NUT 349	Institutional Food Services I	C	3	0	3	3
NUT 351	Nutritional Assessment of Community	C	3	0	3	3
MIS 315	Biostatistics	C	2	0	2	3
NUT XXX	Area Elective Course I	E	2	0	2	3
NUT XXX	Area Elective Course II	E	2	0	2	3
Total			24	8	25	28

Area Elective Courses

NUT 353	Adult Obesity Management	E	2	0	2	3
NUT 359	Eating Disorders	E	2	0	2	3
NUT 361	Physical Activity, Health and Nutrition	E	2	0	2	3
NUT 365	Vegetarian Diets	E	2	0	2	3
NUT 369	Nutraceuticals and Food Supplements	E	2	0	2	3

6. Semester Course Plan

Course Cod	Course Name		T	A	C	ECTS
NUT 368	Nutritional and Dietetic Practice in Adult Diseases II	C	4	2	5	5
NUT 344	Nutritional and Dietetic Practice in Pediatric Diseases II	C	2	2	3	4
NUT 346	Community Nutrition and Epidemiology	C	3	0	3	3
NUT 350	Institutional Food Services II	C	3	0	3	3
NUT 370	Communication Skills	C	2	0	2	1
MIS 316	Research Methods	C	2	0	2	3
NUT 356	Nutrition Education and Counseling	C	1	2	2	2
NUT XXX	Area Elective Course Ders III	E	2	0	2	3
NUT XXX	Area Elective Course IV	E	2	0	2	3
Total			23	8	24	27

7. Semester Course Plan

Course Cod	Course Name		T	A	C	ECTS
NUT 483	Vocational Training in Clinical Nutrition-Children	C	0	18	9	8
NUT 485	Vocational Training in Clinical Nutrition--Adult	C	0	18	9	8
NUT 487	Vocational Training in Community Nutrition	C	0	22	11	5
NUT 467	Professional Projects I	C	2	0	2	3
NUT 473	Seminar I	C	2	0	2	3
NUT 471	Ethics in Professional Practice	C	1	0	1	1
NUT XXX	Area Elective Course V	E	2	0	2	3
NUT XXX	Area Elective Course VI	E	2	0	2	3
Total			9	58	38	34

8. Semester Course Plan

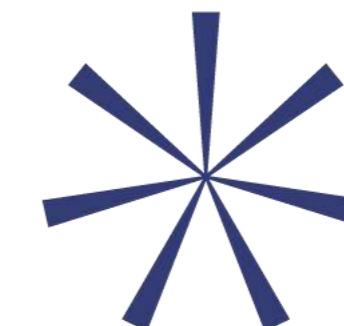
Course Cod	Course Name		T	A	C	ECTS
NUT 482	Vocational Training in Institutional Food Services	C	0	18	9	8
NUT 484	Vocational Training in Nutrition and Dietetics - External Institution	C	0	18	9	8
NUT 468	Professional Projects II	C	2	0	2	3
NUT 474	Seminar II	C	2	0	2	3
NUT XXX	Area Elective Course VII	E	2	0	2	3
NUT XXX	Area Elective Course VIII	E	2	0	2	3
Total					26	28



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Programs

The screenshot displays the website for ACIBADEM, featuring a navigation menu at the top: HOME · ACADEMIC · GRADUATE PROGRAMS · GRADUATE SCHOOL OF HEALTH SCIENCES · PROGRAMS. The main content is divided into two sections:

- Master Programs:** Includes a navigation menu and a featured program titled "Nutrition and Dietetics" with an image of a hand holding a fork with a measuring tape.
- Doctoral Programs:** Includes a navigation menu, a button labeled "ORPHEUS", and a featured program titled "Nutrition and Dietetics" with an image of a person in a lab coat examining a fruit basket.

Ongoing Research under My Supervision

PhD

- Evaluation of the Relationship between Nut Consumption at Breakfast and Postprandial Glucose, Insulin, Triglyceride Responses in Adult Individuals
- Determination of Viability of Lactic Acid Bacteria in Household and Industrial Kefir Samples with Dynamic In Vitro Gastrointestinal Model
- The effect of early time-restricted feeding (eTRF) on anthropometric measurements and biochemical parameters in obese or slightly obese individuals with prediabetes.
- Effect of Different Added Sugars Providing the Same Sweet Taste on Blood Sugar Regulation
- Carbohydrate counting method in individuals with type 1 diabetes: comparison of face-to-face and distance education

MSc

- Evaluation of the effect of intermittent fasting on anthropometric measurements and biochemical parameters in individuals with overweight and obesity diagnosed with Insulin Resistance.

Ongoing Research

Weight management with mindful eating in women after treatment for breast cancer: a longitudinal study

Dilşat Baş, PhD, Acibadem Altunizade Hospital, Nutrition and Diet Polyclinic, Istanbul.
Gizem Köse, PhD, Acibadem Mehmet Ali Aydınlar University, Faculty of Health Sciences, Department of Nutrition and Dietetics.
Özlem Sönmez, Assoc. Prof., Acibadem Mehmet Ali Aydınlar University, Faculty of Medicine, Department of Medical Oncology.

Mindful eating (MB-EAT) intervention for academics in Acibadem University, Türkiye: An exploratory pilot study

Gizem Köse, PhD, Acibadem Mehmet Ali Aydınlar University, Faculty of Health Sciences, Department of Nutrition and Dietetics.
İlayda Temizarabaci, Research Assist., Acibadem Mehmet Ali Aydınlar University, Faculty of Health Sciences, Department of Nutrition and Dietetics.

UNICEF relations

İlayda Temizarabaci, Research Assistant

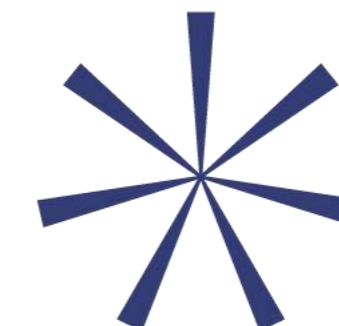
2005/2012: Under the leadership of Prof. Talat Sait HALMAN - UNICEF Turkey National Committee, fifteen friends and İlayda made efforts to raise public awareness about children living in the streets. The idea of 'building a school for children' grew with the support of hundreds of volunteer friends and we completed the rough construction of the school with their own personal projects, recycling and UNICEF products they sold.

Later, she became president of Bursa Children's Rights Children's Committee and attended the meetings of UNICEF, Bursa Governorship, TBMM (Turkish Grand National Assembly) and Children's Rights Adult Committee, as "child delegate" representing the children in Bursa. Organizing various events. She donated the income gained from these events to UNICEF to reduce child deaths in South Africa.

She delivered the petition to UNICEF Turkey Representative, which they signed together with 10.149 children about non-violation of Children's right to life in Gaza.

İlayda organized "Children's Rights Festival" which hosted 800 children. Now she is a board member in Children's Rights Culture and Art Association and also every year she organizes International Children's Rights Film Festival.

Now she has an ongoing masters thesis (Technical University of Munich) about screen time, food consumption and mindfulness in early adolescence under Ina Nehring and my supervision. Later, we are planning an EU Project for Turkiye.



Erasmus +

CROSS-CULTURAL STUDIES

ERASMUS STAFF MOBILITY

EU PROJECTS

ERASMUS STUDENT MOBILITY





Gizem Köse (PhD, MB-EAT)

Program Director

Department of Nutrition and Dietetics (English)

Acibadem MAA University, Türkiye

E-mail:

Gizem.kose@Acibadem.edu.tr

drgezemkose@gmail.com

