



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Healthy Lifestyle Behaviours							
Course Code		İAY302		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	78 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		Individuals to improve the situation for their own health and to increase control over their health.							
Course Content		Introduction Course Introduction, World Health Organization, What is health? What is to improve the health ?, 21st Century health goals, healthy lifestyle behaviors, Health Responsibility, Health Responsibility, Self-realization, Exercise, Nutrition, interpersonal support systems, stress management coping, school health health of -Youth, Violence.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Discussion, Case Study, Problem Solving					
Name of Lecturer(s)		Ins. Nesrin OĞURLU							

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading

1	1. Ünalın D, Şenol V, Öztürk A, Erkorkmaz Ü. Meslek yüksekokullarının sağlık ve sosyal programlarında öğrenim gören öğrencilerin sağlıklı yaşam biçimi davranışları ve öz bakım gücü düzeyleri arasındaki ilişkinin incelenmesi. İnönü Üniversitesi Tıp Fakültesi Dergisi. 2007; 14(2): 101-109
2	2. Özbaşaran F, Çakmakçı Çetinkaya A, Güngör N. Celal Bayar Üniversitesi Sağlık Yüksekokulu öğrencilerinin sağlık davranışları. Atatürk Üniversitesi Hemşirelik Yüksekokulu Dergisi 2004;7(3):43-55.
3	3. Nahcivan N . Sağlıklı gençlerde özbakım gücü ve aile ortamının etkisi. 1993;İstanbul Ünivertesı Sağlık Bilimleri Enstitüsü Doktora Tezi, İstanbul.
4	4. Erik Blas, Johannes Sommerfeld and Anand Sivasankara Kurup. World Health Organization 2011
5	5. Pender NJ (1987). Health Promotion in Nursing Practice Second Ed., Norwork, Californiya.
6	6. Pender, N.J., Murdaugh, C.L. and Parsons, M.A.:Health promotion in nursing practice, Fourth Edition,New Jersey, 13-209, 2002.

Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction Course Introduction
2	Theoretical	World Health Organization
3	Theoretical	What is health? What is health promotion?
4	Theoretical	21st Century health goals
5	Theoretical	Healthy life style behaviors
6	Theoretical	Health Responsibility
7	Theoretical	Health Responsibility
8	Theoretical	Self-actualization
9	Theoretical	Exercise
10	Theoretical	Nutrition
11	Theoretical	Interpersonal support systems
12	Theoretical	Stress management / coping
13	Theoretical	School health and youth health
14	Theoretical	Violence

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Assignment	1	8	8	16
Laboratory	1	10	1	11



Midterm Examination	1	7	1	8
Final Examination	1	14	1	15
Total Workload (Hours)				78
[Total Workload (Hours) / 25*] = ECTS				3
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	1. Learn basic concepts related to health
2	2. Healthy Living learning behaviors
3	3. Health Responsibility win
4	4. Interpersonal learning support systems
5	5. School-teen health, violence, and coping methods of learning

Programme Outcomes (First and Emergency Aid)

1	To be able to be aware of their professional authorities and responsibilities.
2	To be able to use the principles of individual and organizational communication skills.
3	To be able to define the emergency medical services and the pre-hospital emergency medical system devices used in Turkey and the world .
4	To be able to perform physical assessment of the patient and primary and secondary inspection.
5	To be able to apply the methods of handling and transportation of the patient
6	To be able to recognize the rules of the general approach to trauma patients and to be able to be capable of handling and maintenance of trauma equipment.
7	To be able to recognize emergency vehicles' mechanical and technical equipment and to be able to drive emergency vehicles.
8	To be able to identify the principles of pre-hospital emergency care in cases of environmental emergencies.
9	To be able to identify the principles of pre-hospital emergency care in medical emergencies.
10	To be able to analyze the ECG rhythm and apply the principles of pre-hospital emergency care for rhythm Disorders.
11	To be able to recognize and apply the pre-hospital emergency care drugs and fluids.
12	To be able to identify basic life support applications, Advanced Life Support applications and Advanced air way applications.
13	To be able to recognize the principles of pre-hospital emergency during disasters.
14	To be able to protect and maintain the highest level of physical and mental health.
15	To be able to recognize human anatomy and physiology.
16	To be able to develop good communication and human relations skills with colloques and patients.
17	To be able to apply Infection Control Methods and check infectional situations of emergency vehicles and equipment, ensure the conditions of asepsis-antisepsis and pre-hospital emergency care with Infectious Diseases.
18	To have the appropriate knowledge of medical sciences at the level of interest, to use specific medical terms and terminology of field

Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3	L4	L5
P14	5	5	5	5	5
P15	5	5	5	5	5
P16	5	5	5	5	5

