



## 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 (Medical Laboratory Techniques)

1	To be able to have sufficient back ground in medical laboratory techniques and medical laboratory branches (biochemistry, microbiology, parasitology, sitogenetiketc.); the ability to use theoretical and practical knowledge in these fields.
2	To be able to have the basic theoretical and practical knowledge and other resources have been supported applications and tools based on secondary-level qualifications gained in the field of Medical Laboratory Techniques Program to-date text books containing formations
3	To be able to have basic knowledge about structure and function of systems in human, to analyse these data on tissue, cell and diseases.
4	To be able to analyse the medical samples necessary for physicians by using tools, equipment and techniques at the diagnostic and the rapeutic laboratories of health agencies and evaluate the data.
5	To be able to use the medical laboratory tools and equipments according to rules and technics, and make controls and maintenance of them
6	To be able to perform basic tests of related different medical laboratories, prepare solutions.
7	To be able to perform proper sample collection and transport procedures for the medical laboratory tests from the patient.
8	To be able to perform preanalytical sample preparation procedure, prepare inspection preparations, perform disinfection and sterilization
9	To be able to interpret and evaluate data, define and analyze problems, develop solutions based on research and proofs by using acquired basic knowledge and skills with in the field.
10	To be able to have knowledge about work organization and carry out related practice in medical laboratories
11	To be able to carry out laboratory safety protocols, take individual safety precaution and create safe laboratory environment.
12	To be able to gain the ability to apply by viewing and evaluating the processes related to his/her fields in public and private sector.
13	To be able to gain the awareness of the necessity of life long learning, ability to follow developments in science and technology and self-renewal.
14	To be able to help laboratory experts and medical scientists for their researches
15	To be able to be aware of individual and public health, environmental protection and job security issues, under standing the basic level of the relationship.
16	To be able to grasp principles of Atatürk and there volutions, to ensurenational, ethical, spiritual and cultural values, to adopt to universal and contemporary developments
17	To be able to communicate efficiently for medical service and speak Turkish efficiently.
18	To be able to communicate in English at basic level, utilize foreign language on occupational practice
19	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
P2	2	2	2	2	2
P3	5	5	5	5	5
P4	2	2	2	2	2
P13	4	4	4	4	4
P15	4	4	4	4	4

