



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Health Protection and Improvement							
Course Code		FZ001		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	76 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		The aim of this course develop awareness of wellness and health protection and responsibility in the development of the necessary knowledge, skills and qualifications to teach.							
Course Content		Health and disease concepts, protection needs to be done to improve the health and preventive health services.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Case Study, Individual Study					
Name of Lecturer(s)		Ins. Fatma Nur ALTIN, Ins. Hayriye ÇAKMAK							

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

### Recommended or Required Reading

1	Prof. Dr. Çağatay Güler, Prof. Dr. Levent Akın: Public Health Basics" Hacettepe University Press in 2006.
2	Prof. Dr. Gülden Pekcan "Assessment of Nutritional Status" Printing Klasmat 2008.
3	Sevgin SAMANCIOGLU , Ayfer KARADAKOVAN "Protection and Development of the elderly health," First Health Services Journal, Volume 5, Issue 13 (2010).

Week	Weekly Detailed Course Contents	
1	Theoretical	Health and Disease
2	Theoretical	Health Protection and Promotion
3	Theoretical	Personal Hygiene Practices
4	Theoretical	Personal Hygiene Practices
5	Theoretical	Adequate and Balanced Nutrition
6	Theoretical	Housing Hygiene
7	Theoretical	Housing Hygiene
8	Theoretical	Environmental Sanitation
9	Theoretical	Environmental Sanitation
10	Theoretical	Removal of waste
11	Theoretical	Stress and Coping
12	Theoretical	Common Diseases In The Community
13	Theoretical	Age and Risk Factors
14	Theoretical	Preventive Health Services

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Assignment	3	6	1	21
Midterm Examination	1	5	1	6
Final Examination	1	5	2	7
Total Workload (Hours)				76
[Total Workload (Hours) / 25*] = ECTS				3

\*25 hour workload is accepted as 1 ECTS

### Learning Outcomes

1	Health protection and to differentiate the necessary conditions for development
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2	Protecting and improving health practices and techniques to discern.
3	Protecting and improving the health of individual behaviors to exhibit.
4	To learn individual hygiene practices
5	learn environmental sanitation and how to remove waste

#### Programme Outcomes (Physiotherapy)

1	To be able to recall the information of research methods and statistics so as to follow the developments, monitor and interpret scientific literature
2	To have the appropriate knowledge of basic sciences at the level of interest, to use specific medical terms and terminology of physical therapy
3	To be able to recall knowledge of the general structure and properties of musculoskeletal system and the joints and to evaluate the story of musculoskeletal diseases.
4	To be able to comprehend the methods of measurement of the range of motion of joints and to measure it.
5	To be able to implement a general evaluation of posture analysis and gait analysis.
6	To be able to recall the knowledge about general characteristics of musculoskeletal diseases, osteoporosis, osteoarthritis, rheumatoid arthritis, ankylosing spondylitis, especially rheumatic diseases, mechanical low back and neck pain, disc herniation, soft tissue disorders and to apply appropriate physiotherapy.
7	To be able to recall the knowledge and gain skills about the devices and the agents of heater used in physical therapy, indications and contraindications of using, and the necessary information about how to apply on patients.
8	To be able to recall the knowledge of the electromagnetic field.
9	To be able to recall what Elektroakupunktur, Laser, Biofeedback, cervical and lumbar traction systems, pneumatic compression therapy are, and how to apply them, which one is applicable to patients.
10	To be able to recall what manipulation-mobilization is and which patients are suitable for this application.
11	To be able to recall what massage and hydrotherapy treatments are and which patients are suitable for these applications.
12	To be able to gain the professional and ethical awareness, apply gained knowledge and skills in real life situations and transfer gained knowledge to individuals around her/his environment, and improve behavior of life-long learning.
13	To gain knowledge about methods of diagnosis, protection and treatment of diseases
14	To be able to recall the knowledge and gain skills about physical therapy and rehabilitation methods to be applied to neurological disorders.
15	To be able to recall the knowledge and gain skills about physical therapy and rehabilitation methods to be applied to cardiopulmonary disorders.
16	To be able to recall the knowledge and gain skills about physical therapy and rehabilitation methods to be applied to pediatric patients.
17	To be able to gain knowledge about the effects of fitness and exercise on metabolism and responses of body systems to them.
18	To have knowledge about rehabilitation services
19	To become individuals who can do interdisciplinary team work, with a sense of social responsibility and entrepreneur.
20	To be able to recall the knowledge about Atatürk's Principles and the History of Turkish Revolution.
21	To be able to gain the knowledge and ability to become contemporary individuals who can use Turkish language grammar well and know a foreign language knowledge necessary to follow the developments in the profession.

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

	L1	L2	L3	L4	L5
P13	2	2	2	2	2

