



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 (Anesthesia)

1	To be able to recall basic knowledge about human anatomy
2	To be able to recall the knowledge about Ataturk's principles and the history of Turkish Revolution
3	To be able to recall the knowledge about ethical and moral values
4	To be able to recall the knowledge of Turkish grammar and be able to use it
5	To be able to communicate effectively with patient, their family, and own team
6	To be able to control, use, and maintain the anesthesia machines
7	To be able to recall the information about anesthesia application in the system diseases
8	To be able to recall the issues that needed to be considered in follow-up of patients in intensive care.
9	To be able to make the patients' care in intensive care
10	To be able to apply the cardiopulmonary resuscitation.
11	To be able to apply the drug, liquid and blood to the patient.
12	To be able to apply nasogastric tube to the patient and to aspirate.
13	To be able to assist the implementation of general anesthesia to patient.
14	To be able to recall the drugs used in general and regional anesthesia and learn to use them safely.
15	PO15. Can help during the maintenance, ending and post anaesthesia process.
16	Can help the practices of anesthesia and sedation outside the operation room.
17	Can communicate at the basic level of a foreign language and use this language in his job.
18	Be able to communicate at a basic level in a foreign language and be able to use this language in professional fields
19	To have the appropriate knowledge of basic 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
P3	3	3	3	3	3

