



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 Imaging Techniques)

1	To be able to get information the working principles of Radiology, Nuclear Medicine and Radiotherapy devices, and distinguish their components, use these devices in accordance with operating instructions.
2	To be able to perform the procedures in accordance with the examination of Radiology and Nuclear Medicine imaging .
3	To be able to apply the radiotherapy treatment, planned by radiation physicist with instruction of radiotherapist.
4	To be able to develop and perform the film printing of the images that obtained by imaging techniques of Radiology, Nuclear Medicine
5	To be able to evaluate the images that obtained by imaging techniques of Radiology, Nuclear Medicine in terms of radiographic quality and takes the necessary measures.
6	To be able to know the medical and radiologic terminology, and pronounce and use them correctly
7	To be able to take the necessary measures in accordance with the rules of Radiation safety and protection from radiation, and apply them.
8	To be able to distinguish the anatomical structures on images, obtained by the conventional and cross-sectional imaging techniques of Radiology, Nuclear medicine.
9	To be able to communicate well with patient, their family and the hospital staff.
10	To be able to move with own professional duties, powers and responsibilities of the consciousness and apply the rules of professional ethics.
11	To be able to adapt to a multi-disciplinary team work.
12	To be able to have a basic knowledge of human physiology.
13	To be able to distinguish anatomical structures.
14	To be able to establish a cause-and-effect relationship between events.
15	To be able to have the ability of analytical thinking and problem solving.
16	To be able to apply the basic principles of first aid.
17	It has basic knowledge about human anatomy
18	Understanding the basic concepts and principles of physics while providing, in the medical field and in particular medical imaging students better understand the issues involving technical vocational courses
19	OHS 'basic concepts; work accidents, occupational diseases, occupational physicians, occupational safety specialist, İSGB, OSGB, hazard classes, risk assessment, OHS employee representatives is
20	Have basic knowledge about basic medical practices and makes applications

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

	L1	L2	L3	L4	L5
P9	5	5	5	5	5
P14	5	5	5	5	5
P20	5	5	4	4	5

