



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

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|--|---|---|------------|--|---|----------------------------------|---|------------|---|
| Course Title | | Awareness and Focus | | | | | | | |
| Course Code | | ÖGK227 | | Course Level | | Short Cycle (Associate's Degree) | | | |
| ECTS Credit | 2 | Workload | 50 (Hours) | Theory | 2 | Practice | 0 | Laboratory | 0 |
| Objectives of the Course | | Students' awareness of their life experiences and in this way, their focusing time and their perspective | | | | | | | |
| Course Content | | Definition and importance of awareness, current information about awareness, effects of awareness on human life, definition and importance of focus, exercises that can be applied to increase focus time. Scientific approaches to these issues. | | | | | | | |
| Work Placement | | N/A | | | | | | | |
| Planned Learning Activities and Teaching Methods | | | | Explanation (Presentation), Demonstration, Discussion, Problem Solving | | | | | |
| Name of Lecturer(s) | | Ins. Mert İSTEK | | | | | | | |

Assessment Methods and Criteria

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

Recommended or Required Reading

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| 1 | Awareness for Beginners, Jon Kabat Zinn |
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| Week | Weekly Detailed Course Contents | |
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| 1 | Theoretical | What is Awareness? |
| 2 | Theoretical | The difference between awareness and noticing |
| 3 | Theoretical | Again |
| 4 | Theoretical | Aim of awareness? |
| 5 | Theoretical | Video Watching |
| 6 | Theoretical | Scientific researches |
| 7 | Theoretical | Interpretation |
| 8 | Theoretical | What is focus? |
| 9 | Intermediate Exam | Midterm |
| 10 | Theoretical | Focus exercises |
| 11 | Theoretical | Focus and awareness exercises |
| 12 | Theoretical | Focus and awareness exercises |
| 13 | Theoretical | Focus and awareness exercises |
| 14 | Theoretical | Video watch |
| 15 | Theoretical | discussion |
| 16 | Final Exam | Final exam |

Workload Calculation

| Activity | Quantity | Preparation | Duration | Total Workload |
|---------------------------------------|----------|-------------|----------|----------------|
| Lecture - Theory | 14 | 0 | 2 | 28 |
| Midterm Examination | 1 | 10 | 1 | 11 |
| Final Examination | 1 | 10 | 1 | 11 |
| Total Workload (Hours) | | | | 50 |
| [Total Workload (Hours) / 25*] = ECTS | | | | 2 |

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

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| 1 | Have information about awareness |
| 2 | Be aware of the existing studies in the field of awareness |
| 3 | Know awareness and human relationship |



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| 4 | Have information about focus |
| 5 | Know awareness and focus exercises |

Programme Outcomes (Private Security and Protection)

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| 1 | Know the powers of private security |
| 2 | Know defense and attack techniques |
| 3 | To understand the security measures |
| 4 | Establishing Organizational Communication |
| 5 | To apply the basic principles of first aid |
| 6 | To be able to make threat assessment and risk management |
| 7 | Learn what the body language is and what needs to be considered to ensure effective communication. |
| 8 | Weapon information |
| 9 | Knows Environmental Health Management in Disasters |
| 10 | Knows the elements of crime |
| 11 | Prepare a security plan |
| 12 | To have necessary knowledge in the field of criminology |
| 13 | To be able to determine employee and employer relations |
| 14 | To have information about the types of terrorist attacks and the signs of the attacks |
| 15 | Evaluate new approaches in security studies |
| 16 | Show effective interventions in social activities |
| 17 | Search and rescue in case of emergency, conducting emergency studies, can manage the organization |
| 18 | Explain the basic elements of health and the factors affecting it. |
| 19 | Know the basic principles of survival |

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

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| P7 | 4 |

