



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Sexual Health							
Course Code		EBL152		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	96 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		The aim of this course is to provide the students with necessary knowledge, attitude and values about sexual health, reproductive health, gender and gender concepts.							
Course Content		Adolescence Physical, Mental Changes, Sexual Identity Development, Health, Sexuality, Reproductive Health Concepts, Dimensions of Reproduction and Sexuality, Sexual Health and Related Problems, Views in societies to sexuality, The wrong Information and Beliefs related to sexuality, Sexual Health Education, Reproductive and Sexual Rights, Sexual Health / Reproductive Health Services, A Case Report							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Individual Study					
Name of Lecturer(s)									

### Prerequisites & Co-requisites

Equivalent Course	EB502
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### Assessment Methods and Criteria

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

### Recommended or Required Reading

1	Akalın A. (2000). Cinsel kimlik gelişimi. İçinde: Fincancıoğlu N, Bulut A, editörler. Cinsel sağlık bilgileri eğitimi öğretmen el kitabı, İstanbul: İnsan Kaynağını Geliştirme Vakfı; p.27-35.
2	Babacan, S.S. (2003). "İnsan Seksüalitesinin Kültürel ve Psikososyal Yönleri", Kastamonu Eğitim Dergisi, 11 (1): 131-136.
3	Çakşak, A. (2018). Ergenlerde cinsel eğitim . Journal of Institute of Economic Development and Social Researches , 4 (11) , 498-504 .
4	Fennell R, Grant B. (2019). Discussing sexuality in health care: A systematic review. J Clin Nurs. 28:3065–76.
5	Türmen T. (2003) Toplumsal cinsiyet ve kadın sağlığı. İçinde: Akın A, editör. Toplumsal cinsiyet, sağlık ve kadın, Hacettepe Üniversitesi Yayınları, 3-16.
6	Büyükkayacı Duman N. (2019). Cinsel Sağlık. Nobel Tıp Kitabevleri 2019
7	T.C. Sağlık Bakanlığı Ana Çocuk Sağlığı ve Aile Planlaması Genel Müdürlüğü (2009) Cinsel Sağlık Ve Üreme Sağlığı, Üreme Sağlığına Giriş, Ankara
8	Set T., Dağdeviren N., Aktürk Z. (2006) Ergenlerde Cinsellik, Genel Tıp Dergisi, 16(3):137-141
9	Aslan E. (2012) Güvenli Cinsellik, <a href="http://www.uroturk.org.tr/guvenli_cinsellik.pdf">http://www.uroturk.org.tr/guvenli_cinsellik.pdf</a>
10	Kayır A. (2001) Cinsellik kavramı ve cinsel mitler. İçinde: Yetkin N, İncesu C, editörler. Cinsel işlev bozuklukları. İstanbul: Roche Müstahzarları Sanayi A.Ş, p.34-9.
11	T.C. Sağlık Bakanlığı Cinsel Sağlık/Üreme Sağlığı Müfredat Programı Dökümanı.

Week	Weekly Detailed Course Contents	
1	Theoretical	Meeting, The aim of the course
2	Theoretical	Sexuality and Sexual Health Related Definitions and Concepts
3	Theoretical	Adolescence Physical, Mental Changes, Sexual Identity Development
4	Theoretical	Dimensions of Reproduction and Sexuality
5	Theoretical	Sexual Health and Related Problems
6	Theoretical	Sexual Health and Related Problems
7	Theoretical	Views in societies to sexuality-The wrong Information and Beliefs related to sexuality
8	Theoretical	Sexual Health Education
9	Intermediate Exam	Midterm Examination
10	Theoretical	Sexual Violence and Sexual Abuse
11	Theoretical	Reproductive and Sexual Rights



12	Theoretical	Sexual Health / Reproductive Health Services
13	Theoretical	A Case Report
14	Theoretical	A Case Report
15	Theoretical	Midwifery Approach to Sexual Health Problems
16	Final Exam	Final Exam

**Workload Calculation**

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	2	2	56
Assignment	1	5	9	14
Project	1	8	10	18
Midterm Examination	1	2	1	3
Final Examination	1	4	1	5
Total Workload (Hours)				96
[Total Workload (Hours) / 25*] = ECTS				4
*25 hour workload is accepted as 1 ECTS				

**Learning Outcomes**

1	To be able to describe the concept of healthy sexuality, sexual health and reproductive health terms
2	To be able to say reproductive rights, discuss the importance of individuals
3	To be able to have information about sexuality and cultural attitudes, prejudices, sexual myths and taboos
4	To be able to comprehend view of sexuality in society, effects of the gender discrimination to health / reproductive health
5	To be able to speak without being shy about sexuality issues
6	To be able to understand the impact of sexuality, sexual values to giving care, to take into account the concept of sexuality in meeting the care needs, to gain knowledge and skills in care giving

**Programme Outcomes (Nutrition and Dietetics)**

1	Assess, apply and evaluate the accuracy, reliability and validity of basic knowledge and evidence based current scientific developments on nutrition and dietetics.
2	Assess scientifically the energy and nutrients need of individuals and develop nutrition plans and programs for the clients according to the principles of adequate and balanced nutrition and assessment of energy and nutrient requirements
3	Develop food and nutrition plans and policies for the prevention and promotion of healthy lifestyle applying the methods of nutritional assessment for the population.
4	Assess the nutritional status of the patients, evaluate the clinical symptoms, plan and apply individualized medical nutrition therapy for the patients.
5	Evaluate the factors affecting the quality of food consumed by the individuals and populations from production to consumption and implement the legal standards and legislations on food safety and food security.
6	Consider, interpret and apply the basic scientific knowledge on nutrition and dietetics especially have skills on critical thinking, problem solving and decision making and use effectively the appropriate current technologies and computer, demonstrate skills in preparing research manuscripts, project proposals, collecting and verifying data and writing report.
7	Assess, evaluate and interpret the nutritional status of the individuals and population groups using current knowledge, develop preventive measures, apply medical nutrition therapy, demonstrate active participation, teamwork and contributions with national and international stakeholders in health and social areas, in terms of ethical principles.
8	Plan menus in the institutional food service systems depending on the energy and nutrient requirements of target groups in the scope of nutrition and dietetic principles, take care of food safety in all settings from purchase of food to service, apply appropriate service using technological developments.
9	Develop and use effective strategies for the education, counseling and encouragement of individuals and population groups to facilitate behavior change and choose healthy and safety foods, prepare and update the related educational materials.
10	Apply laboratory work on product development, food analysis and related factors effecting food quality and interpret the results and evaluate them according to the legal arrangements.
11	Plan, manage, evaluate, monitor and report researches and programs to educate and increase and improve the knowledge and awareness of individuals and population groups on healthy nutrition during all lifecycle period, and lead such activities, support and take role in the preparation and implementation of national and international food and nutrition plans and policies.
12	Work and perform duties in the scope of occupational responsibilities and ethical principles, understand the importance of lifelong learning, follow the latest developments (innovations) in science, technology and health, demonstrate professional attributes for the enhancement of nutrition and dietetics profession.
13	Use, apply, discuss and share scientific and evidence based knowledge in nutrition and dietetics practice with team and team members, develop and demonstrate effective skills using oral, print, visual methods in communicating and expressing thoughts and ideas, communicate with all stakeholders within ethical principles. Develop and demonstrate effective communications skills using oral, print, visual, electronic and mass media methods



- 14 Plan, apply, monitor and evaluate individualized medical nutrition therapy within interdisciplinary approaches, considering the sociocultural, economical status of patients in various age groups and also contribute to clinical researches.

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

	L1	L2	L3	L4	L5	L6
P1	2	2	2	2	2	2
P2	2	2	2	3	3	1
P3	1	1	2	2	2	1
P4	1	1	1	1	1	1
P5	2	1	2	1	2	1
P6	2	2	2	1	2	2
P7	2	2	1	2	3	2
P8	1	3	2	2	3	3
P9	1	3	1	4	2	2
P10	2	2	2	2	1	1
P11	2	1	1	2	2	1
P12	3	2	2	3	3	2
P13	2	2	1	2	2	2
P14	1	3	2	4	2	1

