



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title	Health Promotion								
Course Code	HSH514		Course Level		Second Cycle (Master's Degree)				
ECTS Credit	4	Workload	98 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course	This course will prepare health professionals to apply health strategies to the promotion/prevention needs of individual, family and community.								
Course Content	Health and health promotion and roles of nurses in health education, Assessing health and determinants of health actions, Health promotion planning- a systematic approach, Planning models in health education and health promotion								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation), Discussion, Case Study, Individual Study								
Name of Lecturer(s)	Lec. Duygu YEŞİLFİDAN, Prof. Belgin YILDIRIM								

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Clark CC: Health Promotion In Communities, Holistic and Wellness Approaches, Springer Publishing Company, 2002
2	Edelman CL, Mandle DL: Health Promotions Throughout The Lifespan, Fifth Edition, Mosby, 2002.
3	Pender NJ, Murdaugh JL, Parsons MA: Health Promotion in Nursig Practice, Fifty Edition, Pearson-Prentice Hall, 2006.

Week Weekly Detailed Course Contents & Teaching Methods

Week	Weekly Detailed Course Contents & Teaching Methods	
1	Theoretical	Health Defined : Objectives for Promotion and Disease Prevention
2	Theoretical	Individual Models to Promote Health
3	Theoretical	Community Models to Promote Health
4	Theoretical	Planning for Health Promotion and Prevention
5	Theoretical	Developing a Health Promotion- Prevention Plan
6	Theoretical	Interventions for Health Promotion and Prevention
7	Theoretical	Exercise
8	Theoretical	Interventions for Health Promotion and Prevention (Exam)
9	Theoretical	Diet, Nutrition, Prevention and Health Promotion
10	Theoretical	Diet, Nutrition, Prevention and Health Promotion
11	Theoretical	Stress Management and Health Promotion
12	Theoretical	Holistic Health Strategies
13	Theoretical	Samples of Health Promotion Programs
14	Theoretical	Samples of Health Promotion Programs
15	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	2	2	56
Midterm Examination	1	20	1	21
Final Examination	1	20	1	21
Total Workload (Hours)				98
[Total Workload (Hours) / 25*] = ECTS				4
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Plan a health promotion program.
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2	Develop a nurse care plan for stress management.
3	Explain the intervention to promote exercise adherence and compliance.
4	Plan a 1-day menu for a person at any stage of the life cycle.
5	Plan nursing interventions in health promotion with the communities.

Programme Outcomes (Occupational Health Nursing Master's Without Thesis)

1	Student has the current theoretical and practice knowledge in Master's degree in Occupational Nursing field based on his previous learning in bachelor's degree, student realizes the knowledge, deepens and uses it
2	Student brings solutions to the issues which require expertise and is related to the Occupational Nursing Student solves the problem, he/she evaluates the results obtained and applies as needed
3	To be able to create new information by integrating different disciplinary in Occupational Nursing field.
4	Student shares and discusses his/her knowledge, current developments and his/her own researches systematically with groups from or outside of his/her field in written, verbal, or visual way
5	Student follows based on evidence practices and makes researches creating evidence about professional application in his/her own field.
6	Student manages researches about his/her field independently or in an team
7	Student has information on statistics, uses related soft wares efficiently, chooses correct statistical methods while making researches, has the skills to calculate and comment.
8	Student using research and statistical information can write report of the researches he/she made or participated and publishes it in an internationally accepted refereed journal or presents it in academic meetings
9	Student can make strategy and policy in topics related to Occupational Nursing, comments practice plans, and evaluates obtained results in scientific and ethical frame

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

	L1	L2	L3	L4	L5
P1	4	4	4	4	4
P2	4	4	4	4	4
P3	4	3	3	3	3
P4	4	3	3	3	3
P5	5	3			
P6	3	2	2	2	2
P7		3			
P8		3			
P9	3	3			

