



## HEALTHY LIFE

### INTRODUCTION OF THE COURSE

<b>COURSE PERIOD</b>	: Year 1 – Semester 2
<b>COURSE CODE</b>	: MED104
<b>COURSE DURATION</b>	: 6 weeks
<b>NATIONAL CREDIT</b>	: 6
<b>ECTS CREDIT</b>	: 9
<b>COURSE COORDINATOR</b>	: Professor Vesile ŞENTÜRK CANKORUR
<b>COURSE SECRETARY</b>	:
<b>COURSE DATES</b>	: 11.03.2019 – 19.04.2019
<b>TRAINING LOCATIONS</b>	: Pink Hall, Yellow Hall, Occupational Skills Laboratory, Communication Skills Laboratory

### COORDINATOR DEPARTMENTS

Endocrinology and Metabolism Disorders  
Family Medicine  
Public Health  
Psychiatry  
Sport Medicine

### CONTRIBUTING DEPARTMENTS

Biochemistry  
Medical Education and Informatics  
Medical Genetics  
Physiology

### TEACHING STAFFS

Prof. Dr. Aslıhan AVCI  
Prof. Dr. Metehan ÇİÇEK  
Prof. Dr. Rifat EMRAL  
Prof. Dr. Tuğrul ERBAYDAR  
Prof. Dr. Sevim GÜLLÜ  
Prof. Dr. Rüştü GÜNER  
Prof. Dr. Bedriye ÖNCÜ  
Prof. Dr. Tuğba ÖZEL KIZIL  
Prof. Dr. Hasan Serdar ÖZTÜRK  
Prof. Dr. Birgül PİYAL

Prof. Dr. Meram Can SAKA  
Prof. Dr. Ahmet SALTİK  
Prof. Dr. Mustafa ŞAHİN  
Prof. Dr. Vesile ŞENTÜRK CANKORUR  
Prof. Dr. Mehmet UNGAN  
Doç. Dr. Özgür DEMİR  
Dr. Öğr. Üyesi Gülsen CEYHUN PEKER  
Dr. Öğr. Üyesi Ayşe Selda TEKİNER  
Öğr. Gör. Filiz AK  
Öğr. Gör. Zehra DAĞLI

## AIM OF THE COURSE

To gain the knowledge, skills and attitudes necessary to understand the importance of healthy lifestyle in terms of individual and community health and to offer healthy lifestyle recommendations to individuals, especially nutrition and exercise subjects. Also, to gain skills for basic communication and medical practices.

## LEARNING OBJECTIVES OF THE COURSE

Makes the definition of health, wellness and healthy lifestyle.

Remembers the concept of community health.

Knows the key components of the national health system in delivering community health services.

Knows international models in delivering community health services.

Defines individual health.

Defines physical and mental health.

Explains the definition of health of WHO

Explains health through the biopsychosocial-cultural model.

Knows the relationship between health and psycho-economic and socio-ecological model.

Explains the role of nutrition in health.

Describes, practices, and promotes the healthy nutrition.

Categorizes foods as proteins, carbohydrates, lipids and vitamin.

Categorizes foods according to calorie ingredients.

Describes physical exercise and physical activity.

Explains the role of physical exercise in healthy living.

Explains metabolic changes that occur with physical exercise.

Knows absorption rules of foods.

Explains the endocrine signals and functions that occur during feeding.

Explains biochemical processes of the foods in the cells.

Explains biochemical processes involved in the use of energy in the cells.

Describes fasting and feeding times.

Knows how to maintain body functions during fasting.

Describes long time fasting.
Explains the relationships and interactions between nutrition and community health.
Knows the dimensions of global hunger disaster and basic resolutions.
Criticizes nutritional guidelines and health news via scientific inquiry.
Describes the obesity.
Knows basic principles of prevention from obesity.
Measures length, body weight and waist circumference, and calculate the body mass index.
Evaluates whether the person has a healthy body weight according to body mass index.
Describes prediabetes and diabetes, and knows the basic principles of prevention.
Evaluates blood glucose measurements.
Explains lipid metabolism.
Describes disorders of lipid metabolism, and assesses the lipid level measurements.
Describes normal blood pressure and hypertension.
Measures and evaluates blood pressure.
Knows the basic principles of prevention from hypertension.
Inquires the healthy life properties of a university student.
Knows current scientific findings about nutrition and mental health.
Explains the relationship of physical exercise to mental health.
Explains the relationship between healthy life and sleep.
Describes healthy sexual life.
Prepares a recipe of physical exercise for a university student.
Explains the effects of genes and heredity on healthy life.
Explains the interaction between genes and environment for healthy life.
Describes the strategies for healthy life, and advocates healthy lifestyle.
Knows main components of national health policies.
Defines the role of education in public health.
Explains the role of different models of health education.
Knows and applies basic communication skills.
Performs basic medical skills (drug withdrawal from ampoule; dilution of drug that in powder form; intramuscular injection; taking blood from vein).

## PROGRAM LEARNING OUTCOMES RELATED WITH COURSE LEARNING OBJECTIVES

COURSE LEARNING OBJECTIVES	PROGRAM LEARNING OUTCOMES
Makes the definition of health, wellness and healthy lifestyle.	LO-1
Remembers the concept of community health.	LO-1
Knows the key components of the national health system in delivering community health services.	LO-1, LO-17
Knows international models in delivering community health services.	LO-1, LO-17
Defines individual health.	LO-1
Defines physical and mental health.	LO-1
Explains the definition of health of WHO	LO-1
Explains health through the biopsychosocial-cultural model.	LO-1, LO-19
Knows the relationship between health and psycho-economic and socio-ecological model.	LO-1, LO-19
Explains the role of nutrition in health.	LO-1
Describes, practices, and promotes the healthy nutrition.	LO-1, LO-19, LO-20
Categorizes foods as proteins, carbohydrates, lipids and vitamin.	LO-1
Categorizes foods according to calorie ingredients.	LO-1
Describes physical exercise and physical activity.	LO-1
Explains the role of physical exercise in healthy living.	LO-1, LO-19
Explains metabolic changes that occur with physical exercise.	LO-1
Knows absorption rules of foods.	LO-1
Explains the endocrine signals and functions that occur during feeding.	LO-1
Explains biochemical processes of the foods in the cells.	LO-1
Explains biochemical processes involved in the use of energy in the cells.	LO-1
Describes fasting and feeding times.	LO-1
Knows how to maintain body functions during fasting.	LO-1
Describes long time fasting.	LO-1
Explains the relationships and interactions between nutrition and community health.	LO-1, LO-20

Knows the dimensions of global hunger disaster and basic resolutions.	LO-1, LO-20
Criticizes nutritional guidelines and health news via scientific inquiry.	LO-1, LO-23, LO-24
Describes the obesity.	LO-1
Knows basic principles of prevention from obesity.	LO-1, LO-19, LO-20
Measures length, body weight and waist circumference, and calculate the body mass index.	LO-2
Evaluates whether the person has a healthy body weight according to body mass index.	LO-2
Describes prediabetes and diabetes, and knows the basic principles of prevention.	LO-1, LO-19, LO-20
Evaluates blood glucose measurements.	LO-2
Explains lipid metabolism.	LO-1
Describes disorders of lipid metabolism, and assesses the lipid level measurements.	LO-1, LO-2
Describes normal blood pressure and hypertension.	LO-1
Measures and evaluates blood pressure.	LO-2
Knows the basic principles of prevention from hypertension.	LO-1, LO-19, LO-20
Inquires the healthy life properties of a university student.	LO-2, LO-6
Knows current scientific findings about nutrition and mental health.	LO-1, LO-23
Explains the relationship of physical exercise to mental health.	LO-1
Explains the relationship between healthy life and sleep.	LO-1
Describes healthy sexual life.	LO-1
Prepares a recipe of physical exercise for a university student.	LO-2, LO-19
Explains the effects of genes and heredity on healthy life.	LO-1
Explains the interaction between genes and environment for healthy life.	LO-1
Describes the strategies for healthy life, and advocates healthy lifestyle.	LO-1, LO-19, LO-20
Knows main components of national health policies.	LO-1, LO-17
Defines the role of education in public health.	LO-1
Explains the role of different models of health education.	LO-1
Knows and applies basic communication skills.	LO-1, LO-6
Performs basic medical skills (drug withdrawal from ampoule; dilution of drug that in powder form; intramuscular injection; taking blood from vein).	LO-1, LO-3

## ASSESSMENT AND EVALUATION

### ASSESSMENT SYSTEM

<b>MIDTERM EXAM</b>	Project preparation and presentation
<b>PRACTICAL EXAM AT THE END OF COURSE</b>	Objectively structured clinical examination
<b>WRITTEN EXAM AT THE END OF COURSE</b>	Written exam consisting of multiple-choice questions
<b>CALCULATION OF COURSE FINAL SCORE</b>	Midterm exam : 20% Practical exam at the end of course : 30% Written exam at the end of course : 50%

### PROGRAM EVALUATION

Evaluation at the end of the course, is done both orally and electronically using structured evaluation forms.

## SUMMARY OF THE COURSE

	Lecture	Panel	Debate	Case Discussion	Practice	Total
Biochemistry	2					2
Endocrinology	6		3			9
Family Medicine				3	6	9
Medical Genetics	4					4
Physiology	4					4
Psychiatry	4	1		1		6
Public Health	18				1	19
Sport Medicine	4	1			2	7
Medical Skills					24	
Communication Skills					12	
<b>TOTAL</b>	<b>42</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>45</b>	<b>96</b>

## COURSE PROGRAM

### WEEK-1

#### MONDAY (11.03.2019)

08.30-09:15	Introduction of the course	Dr. Vesile Ş. CANKORUR
09:30-10:15		
10:30-11:15	Health and safe responsibility	Dr. Birgül PİYAL
11:30-12:15	Community health	Dr. Birgül PİYAL
12:15-13:30	Lunch Break	
13:30-14:15	Independent Learning Session	
14:30-15:15	National health system	Dr. Birgül PİYAL
15:30-16:15	Turkish Language	
16:30-17:15	Turkish Language	

#### TUESDAY (12.03.2019)

08.30-09:15	Community health services: International models	Dr. Ahmet SALTİK
09:30-10:15	Community health services: International models	Dr. Ahmet SALTİK
10:30-11:15	Public health and individual health	Dr. Tuğrul ERBAYDAR
11:30-12:15	Physical and mental health	Dr. Tuğrul ERBAYDAR
12:15-13:30	Lunch Break	
13:30-14:15	Ataturk's Principles and History of Revolution	
14:30-15:15	Ataturk's Principles and History of Revolution	
15:30-16:15	Independent Learning Session	
16:30-17:15		

#### WEDNESDAY (13.03.2019)

08.30-09:15	Basic Medical Skills (Drug withdrawal from ampoule; dilution of drug that in powder form)	
09:30-10:15		
10:30-11:15		
11:30-12:15		
12:15-13:30	Lunch Break	
13:30-14:15	Basic Communications Skills	
14:30-15:15		
15:30-16:15	Information and Communication Technologies	
16:30-17:15	Information and Communication Technologies	



<b>THURSDAY (14.03.2019)</b>		
08.30-09:15	MEDICAL DAY	
09:30-10:15		
10:30-11:15		
11:30-12:15		
12:15-13:30		
13:30-14:15		
14:30-15:15		
15:30-16:15		
16:30-17:15		
<b>FRIDAY (15.03.2019)</b>		
08.30-09:15	Health 1	Dr. Tuğrul ERBAYDAR
09:30-10:15	Health 2: Lecture	Dr. Ahmet SALTİK
10:30-11:15	Health 2: Case presentation	Psychiatry, Family Medicine
11:30-12:15	Health 2	Dr. Ahmet SALTİK
12:15-13:30	Lunch Break	
13:30-14:15	What have we learned this week?	
14:30-15:15		
15:30-16:15		
16:30-17:15		

<b>WEEK-2</b>		
<b>MONDAY (18.03.2019)</b>		
08.30-09:15	Independent Learning Session	
09:30-10:15	Healthy nutrition	Dr. Mustafa ŞAHİN
10:30-11:15	Practice: Nutrition recipe	Dr. Filiz AK
11:30-12:15	Foods and health	Dr. Aslıhan AVCI
12:15-13:30	Lunch Break	
13:30-14:15	Health and physical activity	Dr. Rüştü GÜNER
14:30-15:15	Practice: Health and physical activity	Dr. Zehra DAĞLI
15:30-16:15	Turkish Language	
16:30-17:15	Turkish Language	
<b>TUESDAY (19.03.2019)</b>		
08.30-09:15	Independent Learning Session	

09:30-10:15	Health and physical exercise	Dr. Rüştü GÜNER
10:30-11:15	Physical exercise and metabolism	Dr. Rüştü GÜNER
11:30-12:15	Physical exercise and metabolism	Dr. Rüştü GÜNER
12:15-13:30	Lunch Break	
13:30-14:15	Ataturk's Principles and History of Revolution	
14:30-15:15	Ataturk's Principles and History of Revolution	
15:30-16:15	Independent Learning Session	
16:30-17:15		
<b>WEDNESDAY (20.03.2019)</b>		
08.30-09:15	Basic Medical Skills (Drug withdrawal from ampoule; dilution of drug that in powder form)	
09:30-10:15		
10:30-11:15		
11:30-12:15		
12:15-13:30	Lunch Break	
13:30-14:15	Basic Communication Skills	
14:30-15:15		
15:30-16:15	Information and Communication Technologies	
16:30-17:15	Information and Communication Technologies	
<b>THURSDAY (21.03.2019)</b>		
08.30-09:15	Nutrition physiology	Dr. Metehan ÇİÇEK
09:30-10:15	Nutrition physiology	Dr. Metehan ÇİÇEK
10:30-11:15	Nutrition physiology	Dr. Metehan ÇİÇEK
11:30-12:15	Fasting and feeding	Dr. Metehan ÇİÇEK
12:15-13:30	Lunch Break	
13:30-14:15	Independent Learning Session	
14:30-15:15		
15:30-16:15		
16:30-17:15		
<b>FRIDAY (22.03.2019)</b>		
08.30-09:15	Independent Learning Session	
09:30-10:15	Nutrition & community health	Dr. Ahmet SALTİK
10:30-11:15	Nutrition & community health	Dr. Ahmet SALTİK
11:30-12:15	Global hunger disaster	Dr. Ahmet SALTİK
12:15-13:30	Lunch Break	

13:30-14:15	What have we learned this week?	
14:30-15:15		
15:30-16:15		
16:30-17:15		

WEEK-3		
<b>MONDAY (25.03.2019)</b>		
08.30-09:15	Independent Learning Session	
09:30-10:15		
10:30-11:15	Debate: Critical appraisal of nutrition guidelines	Dr. Özgür DEMİR
11:30-12:15		
12:15-13:30	Lunch Break	
13:30-14:15	The road to obesity	Dr. Özgür DEMİR
14:30-15:15	Practice: The road to obesity	Dr. Gülsen CEYHUN PEKER
15:30-16:15	Turkish Language	
16:30-17:15	Turkish Language	
<b>TUESDAY (26.03.2019)</b>		
08.30-09:15	Independent Learning Session	
09:30-10:15	The road to diabetes mellitus	Dr. Rifat EMRAL
10:30-11:15	Practice: The road to diabetes mellitus	Dr. A. Selda TEKİNER
11:30-12:15	Metabolism of blood lipids	Dr. Hasan Serdar ÖZTÜRK
12:15-13:30	Lunch Break	
13:30-14:15	Ataturk's Principles and History of Revolution	
14:30-15:15	Ataturk's Principles and History of Revolution	
15:30-16:15	Independent Learning Session	
16:30-17:15		
<b>WEDNESDAY (27.03.2019)</b>		
08.30-09:15	Basic Medical Skills (Intramuscular injection)	
09:30-10:15		
10:30-11:15		
11:30-12:15		
12:15-13:30	Lunch Break	
13:30-14:15	Basic Communication Skills	
14:30-15:15		

15:30-16:15	Information and Communication Technologies	
16:30-17:15	Information and Communication Technologies	
<b>THURSDAY (28.03.2019)</b>		
08.30-09:15	Positive and negative aspects of lipids	Dr. Sevim GÜLLÜ
09:30-10:15	Debate: Positive and negative aspects of lipids	Dr. Sevim GÜLLÜ
10:30-11:15	Blood pressure	Dr. Mustafa ŞAHİN
11:30-12:15	Practice: Blood pressure	Dr. Zehra DAĞLI
12:15-13:30	Lunch Break	
13:30-14:15	Independent Learning Session	
14:30-15:15		
15:30-16:15		
16:30-17:15		
<b>FRIDAY (29.03.2019)</b>		
08.30-09:15	Independent Learning Session	
09:30-10:15	Association between lifestyle and blood pressure	Dr. Mustafa ŞAHİN
10:30-11:15	Case discussion: Association between lifestyle and blood pressure	Dr. Mehmet UNGAN
11:30-12:15	Practice: Healthy life history	Dr. Gülsen CEYHUN PEKER
12:15-13:30	Lunch Break	
13:30-14:15	What have we learned this week?	
14:30-15:15		
15:30-16:15		
16:30-17:15		

## WEEK-4

<b>MONDAY (01.04.2019)</b>		
08.30-09:15	Independent Learning Session	
09:30-10:15		
10:30-11:15	Nutrition and mental health	Dr. Meram Can SAKA
11:30-12:15	Nutrition and mental health	Dr. Meram Can SAKA
12:15-13:30	Lunch Break	
13:30-14:15	Panel: Physical activity and mental health	Dr. Bedriye ÖNCÜ Dr. Rüştü GÜNER
14:30-15:15		
15:30-16:15	Turkish Language	

16:30-17:15	Turkish Language	
<b>TUESDAY (02.04.2019)</b>		
08.30-09:15	Metabolism, mental health and sleep	Dr. E. Tuğba ÖZEL KIZIL
09:30-10:15	Healthy sexual life	Dr. Vesile Ş. CANKORUR
10:30-11:15	Practice: Recipe of physical exercise	Dr. Rüştü GÜNER
11:30-12:15		
12:15-13:30	Lunch Break	
13:30-14:15	Ataturk's Principles and History of Revolution	
14:30-15:15	Ataturk's Principles and History of Revolution	
15:30-16:15	Independent Learning Session	
16:30-17:15		
<b>WEDNESDAY (03.04.2019)</b>		
08.30-09:15	Basic Medical Skills (Intramuscular injection)	
09:30-10:15		
10:30-11:15		
11:30-12:15		
12:15-13:30	Lunch Break	
13:30-14:15	Basic Communication Skills	
14:30-15:15		
15:30-16:15	Information and Communication Technologies	
16:30-17:15	Information and Communication Technologies	
<b>THURSDAY (04.04.2019)</b>		
08.30-09:15	Health and genes	Medical Genetics
09:30-10:15	Health and genes	Medical Genetics
10:30-11:15	Health, genes and environment interactions	Medical Genetics
11:30-12:15	Health, genes and environment interactions	Medical Genetics
12:15-13:30	Lunch Break	
13:30-14:15	Independent Learning Session	
14:30-15:15		
15:30-16:15		
16:30-17:15		
<b>FRIDAY (05.04.2019)</b>		
08.30-09:15	RECTORATE LEAVE	
09:30-10:15		

10:30-11:15		
11:30-12:15		
12:15-13:30		
13:30-14:15		
14:30-15:15		
15:30-16:15		
16:30-17:15		

### WEEK-5

#### MONDAY (08.04.2019)

08.30-09:15	Independent Learning Session	
09:30-10:15		
10:30-11:15	Advocating healthy lifestyle	Dr. Birgül PİYAL
11:30-12:15	Practice: Advocating healthy lifestyle	Dr. Birgül PİYAL
12:15-13:30	Lunch Break	
13:30-14:15	Public health and education	Dr. Tuğrul ERBAYDAR
14:30-15:15	Public health and education	Dr. Tuğrul ERBAYDAR
15:30-16:15	Turkish Language	
16:30-17:15	Turkish Language	

#### TUESDAY (09.04.2019)

08.30-09:15	Independent Learning Session	
09:30-10:15		
10:30-11:15	Models of health education	Dr. Tuğrul ERBAYDAR
11:30-12:15	Models of health education	Dr. Tuğrul ERBAYDAR
12:15-13:30	Lunch Break	
13:30-14:15	Ataturk's Principles and History of Revolution	
14:30-15:15	Ataturk's Principles and History of Revolution	
15:30-16:15	Independent Learning Session	
16:30-17:15		

#### WEDNESDAY (10.04.2019)

08.30-09:15	Basic Medical Skills (Taking blood from vein)	
09:30-10:15		
10:30-11:15		
11:30-12:15		

12:15-13:30	Lunch Break	
13:30-14:15	Basic Communication Skills	
14:30-15:15		
15:30-16:15	Information and Communication Technologies	
16:30-17:15	Information and Communication Technologies	
<b>THURSDAY (11.04.2019)</b>		
08.30-09:15	Project presentations	
09:30-10:15		
10:30-11:15		
11:30-12:15		
12:15-13:30	Lunch Break	
13:30-14:15	Independent Learning Session	
14:30-15:15		
15:30-16:15		
16:30-17:15		
<b>FRIDAY (12.04.2019)</b>		
08.30-09:15	Project presentations	
09:30-10:15		
10:30-11:15		
11:30-12:15		
12:15-13:30	Lunch Break	
13:30-14:15	What have we learned this week?	
14:30-15:15		
15:30-16:15		
16:30-17:15		

## WEEK-6

<b>MONDAY (15.04.2019)</b>		
08.30-09:15	INDEPENDENT STUDY FOR EXAMS	
09:30-10:15		
10:30-11:15		
11:30-12:15		
12:15-13:30	Lunch Break	

13:30-14:15	INDEPENDENT STUDY FOR EXAMS	
14:30-15:15		
15:30-16:15	Turkish Language	
16:30-17:15	Turkish Language	
<b>TUESDAY (16.04.2019)</b>		
08.30-09:15	INDEPENDENT STUDY FOR EXAMS	
09:30-10:15		
10:30-11:15		
11:30-12:15		
12:15-13:30	Lunch Break	
13:30-14:15	Ataturk's Principles and History of Revolution	
14:30-15:15	Ataturk's Principles and History of Revolution	
15:30-16:15	INDEPENDENT STUDY FOR EXAMS	
16:30-17:15		
<b>WEDNESDAY (17.04.2019)</b>		
08.30-09:15	Basic Medical Skills (Taking blood from vein)	
09:30-10:15		
10:30-11:15		
11:30-12:15		
12:15-13:30	Lunch Break	
13:30-14:15	Basic Communication Skills	
14:30-15:15		
15:30-16:15	Information and Communication Technologies	
16:30-17:15	Information and Communication Technologies	
<b>THURSDAY (18.04.2019)</b>		
08.30-09:15	INDEPENDENT STUDY FOR EXAMS	
09:30-10:15		
10:30-11:15		
11:30-12:15		
12:15-13:30	Lunch Break	
13:30-14:15	INDEPENDENT STUDY FOR EXAMS	
14:30-15:15		
15:30-16:15		
16:30-17:15		



**FRIDAY (19.04.2019)**

08:30-09:15	PRACTICAL EXAM AT THE END OF COURSE	
09:30-10:15		
10:30-11:15		
11:30-12:15		
12:15-13:30	Lunch Break	
13:30-14:15	WRITTEN EXAM AT THE END OF COURSE	
14:30-15:15		
15:30-16:15	FEEDBACK SESSION OF COURSE	
16:30-17:15		

## READING/STUDYING SOURCES

- Oxford Textbook of Public Health (6th Edition); Roger Detels, Robert Beaglehole, Mary Ann Lansang, Martin Gulliford; Oxford Medical Publications, 2015.
- Public Health Nutrition (2nd Edition); Judith L. Buttriss, Ailsa A. Welch, John M. Kearney, Susan A. Lanham; Wiley Blackwell, 2018.
- Nutrition & Metabolism (2nd Edition); Susan A. Lanham, Ian MacDonald, Helen M. Roche; Wiley Blackwell, 2010.
- Exercise Physiology; Scott K. Powers, Edward T. Howley; McGraw-Hill, 2009.
- Introduction to Physical Education, Exercise Science, and Sport Studies (10th Edition); Angela Lumpkin; McGraw-Hill, 2017.