



HEALTHY LIFE AND METABOLISM (2019-2020)

INTRODUCTION OF THE COURSE

COURSE PERIOD	: Year 1 – Semester 2
COURSE CODE	: MED 110
COURSE DURATION	: 6 weeks
NATIONAL CREDIT	: 6
ECTS CREDIT	: 9
COURSE COORDINATOR	: Prof. Vesile ŞENTÜRK CANKORUR
COURSE SECRETARY	: Buket ADIŞANLI, Bahadır ÇEVRİM
COURSE DATES	: 09.03.2020 – 17.04.2020
TRAINING LOCATIONS	: Prof. Dr. Şükrü Kaymakçalan Auditorium, Prof. Dr. Kazım Türker Classroom, Rıdvan Ege Laboratory, Communication Skills Laboratory

COORDINATING DEPARTMENTS

Endocrinology & Metabolic Diseases
Family Medicine
Medical Biochemistry
Psychiatry
Public Health
Sport Medicine

CONTRIBUTING DEPARTMENTS

Medical Education & Informatics
Medical Genetics
Physiology
Professional & Communication Skills Group

TEACHING STAFF

Prof. Hakan AKBULUT	Prof. V. Dilşad MUNGAN	Assoc. Prof. Özgür DEMİR
Prof. Gürol CANTÜRK	Prof. Bedriye ÖNCÜ ÇETİNKAYA	Assist. Prof. Gülsen CEYHUN PEKER
Prof. Erdiñç DEVRİM	Prof. E. Tuğba ÖZEL KIZIL	Assist. Prof. İpek GÖNÜLLÜ
Prof. Rifat EMRAL	Prof. Hasan Serdar ÖZTÜRK	Assist. Prof. Ayşe Selda TEKİNER
Prof. Murat Faik ERDOĞAN	Prof. Meram Can SAKA	Assist. Prof. Timur TUNCALI
Prof. Rüştü GÜNER	Prof. Ahmet SALTİK	Lecturer Filiz AK AZAR
Prof. Aslıhan GÜRBÜZ	Prof. Mustafa ŞAHİN	Lecturer Simge AYKAN ZERGEROĞLU
Prof. Nuray HALİLOĞLU	Prof. Vesile ŞENTÜRK CANKORUR	Lecturer Zehra DAĞLI
Prof. Elif İNCE	Prof. Mehmet UNGAN	

AIM OF THE COURSE

To gain the knowledge to basic biochemistry and metabolism, and 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 practices.

LEARNING OBJECTIVES OF THE COURSE

Makes the definition of health, wellness and healthy lifestyle.

Defines individual health.

Defines physical and mental health.

Defines the components of healthy lifestyle.

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.

Explains enzyme kinetics at the molecular level, and evaluates enzyme inhibition.

Describes the carbohydrate metabolism, and associates it with basic clinical tables.

Describes the lipid metabolism, and associates it with basic clinical tables.

Describes disorders of lipid metabolism, and assesses the lipid level measurements.

Describes the metabolism of vitamins, macrominerals and trace elements.

Describes the amino acid and protein metabolism and disorders.

Explains the electron transport chain and ATP synthesis.

Describes the metabolism of purines and pyrimidines, and associates them with basic clinical tables.

Makes uric acid measurement in blood, and interprets its results.

Knows the 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.
Defines the concept of microbiota, and explains its effects on body health.
Explains the relationships and interactions between nutrition and community health.
Knows the dimensions of global hunger disaster and basic resolutions.
Explains the relationship between salt intake and health.
Criticizes nutritional guidelines and health news via scientific inquiry.
Knows current scientific findings about nutrition and mental health.
Explains the relationship between healthy life and sleep.
Describes physical exercise and physical activity.
Explains the role of physical exercise in healthy living.
Explains metabolic changes that occur with physical exercise.
Explains the relationship of physical exercise to mental health.
Prepares a recipe of physical exercise for a university student.
Explains the harmful effects of smoking on health.
Explains the harmful effects of chronic alcoholism on health.
Describes healthy sexual life.
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.
Inquires the healthy life properties of a university student.
Describes the obesity.
Knows basic principles of prevention from obesity.
Describes prediabetes and diabetes, and knows the basic principles of prevention.
Evaluates blood glucose measurements.
Describes normal blood pressure and hypertension.
Knows the basic principles of prevention from hypertension.
Knows and applies basic communication skills.

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
Defines individual health.	LO-1
Defines physical and mental health.	LO-1
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
Explains enzyme kinetics at the molecular level, and evaluates enzyme inhibition.	LO-1
Describes the carbohydrate metabolism, and associates it with basic clinical tables.	LO-1
Describes the lipid metabolism, and associates it with basic clinical tables.	LO-1
Describes disorders of lipid metabolism, and assesses the lipid level measurements.	LO-1, LO-2
Describes the metabolism of vitamins, macrominerals and trace elements.	LO-1
Describes the amino acid and protein metabolism and disorders.	LO-1
Explains the electron transport chain and ATP synthesis.	LO-1
Describes the metabolism of purines and pyrimidines, and associates them with basic clinical tables.	LO-1
Makes uric acid measurement in blood, and interprets its results.	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

Defines the concept of microbiota, and explains its effects on body health.	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
Explains the relationship between salt intake and health.	LO-1, LO-19, LO-20
Criticizes nutritional guidelines and health news via scientific inquiry.	LO-1, LO-23, LO-24
Knows current scientific findings about nutrition and mental health.	LO-1, LO-23
Explains the relationship between healthy life and sleep.	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
Explains the relationship of physical exercise to mental health.	LO-1
Prepares a recipe of physical exercise for a university student.	LO-2, LO-19
Explains the harmful effects of smoking on health.	LO-1, LO-19
Explains the harmful effects of chronic alcoholism on health.	LO-1, LO-19
Describes healthy sexual life.	LO-1
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
Inquires the healthy life properties of a university student.	LO-2, LO-6
Describes the obesity.	LO-1
Knows basic principles of prevention from obesity.	LO-1, LO-19, LO-20
Describes prediabetes and diabetes, and knows the basic principles of prevention.	LO-1, LO-19, LO-20
Evaluates blood glucose measurements.	LO-2
Describes normal blood pressure and hypertension.	LO-1
Knows the basic principles of prevention from hypertension.	LO-1, LO-19, LO-20
Knows and applies basic communication skills.	LO-1, LO-6

ASSESSMENT AND EVALUATION

ASSESSMENT SYSTEM

MID-TERM EXAM	Written exam
PRACTICAL EXAM	<ul style="list-style-type: none">• Basic communication skills (15%)• Seminar preparation and presentation (15%)
WRITTEN EXAM AT THE END OF COURSE	Written exam consisting of multiple-choice questions
CALCULATION OF COURSE FINAL SCORE	Mid-term exam : 30% Practical exam : 30% Written exam at the end of course : 50%

PROGRAM EVALUATION

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

SUMMARY OF THE COURSE

	Lecture	Panel	Debate	Case Discussion	Practice	Total
Endocrinology & Metabolic Diseases	6		2			8
Family Medicine				3	5	8
Medical Genetics	1					
Medical Biochemistry	22				8	30
Medical Oncology	1					1
Physiology	4					4
Psychiatry	4	2				6
Public Health	7					7
Sport Medicine	3	2			3	8
Professional & Communication Skills Group					10	10
TOTAL	48	2	2	3	26	81

COURSE PROGRAM

WEEK-1

MONDAY (09.03.2020)

08.30-09:15	Introduction of the course	Prof. Vesile Ş. CANKORUR
09:30-10:15		
10:30-11:15	What is healthy life: "Life V Healthy life"	Prof. Ahmet SALTIK
11:30-12:15	What is healthy life: "Life V Healthy life"	Prof. Ahmet SALTIK
12:15-13:30	Lunch Break	
13:30-14:15	Information meeting about Science and Research Methods course and organizing research groups	Prof. Yasemin YAVUZ
14:30-15:15		
15:30-16:15	Turkish Language II	Lect. Meltem AYABAKAN İPEK
16:30-17:15	Turkish Language II	Lect. Meltem AYABAKAN İPEK

TUESDAY (10.03.2020)

08.30-09:15	Independent Learning Session	
09:30-10:15	Foods and health	Prof. Aslıhan GÜRBÜZ
10:30-11:15	Foods and health	Prof. Aslıhan GÜRBÜZ
11:30-12:15	Journey of the macromolecules in human body	Prof. Aslıhan GÜRBÜZ
12:15-13:30	Lunch Break	
13:30-14:15	Ataturk's Principles and History of Revolution II	Lect. Demo Ahmet ASLAN
14:30-15:15	Ataturk's Principles and History of Revolution II	Lect. Demo Ahmet ASLAN
15:30-16:15	ACADEMIC ADVISORY MEETING	
16:30-17:15		

WEDNESDAY (11.03.2020)

08.30-09:15	Basic Communication Skills (Lecture-1)	Prof. Dilşad MUNGAN Prof. Gürol CANTÜRK Prof. Elif İNCE Prof. Nuray HALİLOĞLU Assist. Prof. İpek GÖNÜLLÜ Lect. Filiz AK AZAR
09:30-10:15		
10:30-11:15		
11:30-12:15		
12:15-13:30	Lunch Break	
13:30-14:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
14:30-15:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
15:30-16:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
16:30-17:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER

THURSDAY (12.03.2020)		
08.30-09:15	Independent Learning Session	
09:30-10:15	Enzyme kinetics and regulation of activities	Prof. Erdiñç DEVRİM
10:30-11:15	Carbohydrate metabolism (Glycolysis)	Prof. Erdiñç DEVRİM
11:30-12:15	Carbohydrate metabolism (Krebs cycle)	Prof. Erdiñç DEVRİM
12:15-13:30	Lunch Break	
13:30-14:15	Lab Practice: Observation of enzyme inhibition in laboratory	Prof. Erdiñç DEVRİM
14:30-15:15		
15:30-16:15	ELECTIVE COURSES	
16:30-17:15		
FRIDAY (13.03.2020)		
08.30-09:15	Carbohydrate metabolism (Glycogen metabolism and the others sugars)	Prof. Erdiñç DEVRİM
09:30-10:15	Carbohydrate metabolism (Gluconeogenesis, hexose-monophosphate shunt)	Prof. Erdiñç DEVRİM
10:30-11:15	Vitamins (water soluble)	Prof. Aslıhan GÜRBÜZ
11:30-12:15	Vitamins (lipid soluble)	Prof. Aslıhan GÜRBÜZ
12:15-13:30	Lunch Break	
13:30-14:15	Selection of seminar topics and explanations for seminar presentation	Prof. Vesile Ş. CANKORUR
14:30-15:15		
15:30-16:15	What have we learned this week?	
16:30-17:15		

WEEK-2

MONDAY (16.03.2020)		
08.30-09:15	Independent Learning Session	
09:30-10:15		
10:30-11:15	Macrominerals	Prof. Aslıhan GÜRBÜZ
11:30-12:15	Trace elements	Prof. Aslıhan GÜRBÜZ
12:15-13:30	Lunch Break	
13:30-14:15	Lipid metabolism	Prof. Hasan Serdar ÖZTÜRK
14:30-15:15	Lipid metabolism	Prof. Hasan Serdar ÖZTÜRK
15:30-16:15	Turkish Language II	Lect. Meltem AYABAKAN İPEK
16:30-17:15	Turkish Language II	Lect. Meltem AYABAKAN İPEK

TUESDAY (17.03.2020)		
08.30-09:15	Lipid metabolism	Prof. Hasan Serdar ÖZTÜRK
09:30-10:15	Lipid metabolism	Prof. Hasan Serdar ÖZTÜRK
10:30-11:15	Positive and negative aspects of lipids	Prof. Murat Faik ERDOĞAN
11:30-12:15	Positive and negative aspects of lipids	Prof. Murat Faik ERDOĞAN
12:15-13:30	Lunch Break	
13:30-14:15	Ataturk's Principles and History of Revolution II	Lect. Demo Ahmet ASLAN
14:30-15:15	Ataturk's Principles and History of Revolution II	Lect. Demo Ahmet ASLAN
15:30-16:15	Group study for seminar preparation and presentation	
16:30-17:15		
WEDNESDAY (18.03.2020)		
08.30-09:15	Basic Communication Skills (Lecture-2)	Prof. Dilşad MUNGAN
09:30-10:15		Prof. Gürol CANTÜRK
10:30-11:15		Prof. Elif İNCE
11:30-12:15		Prof. Nuray HALILOĞLU Assist. Prof. İpek GÖNÜLLÜ Lect. Filiz AK AZAR
12:15-13:30	Lunch Break	
13:30-14:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
14:30-15:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
15:30-16:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
16:30-17:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
THURSDAY (19.03.2020)		
08.30-09:15	Independent Learning Session	
09:30-10:15		
10:30-11:15	Metabolism of amino acids and nitrogen compounds	Prof. Aslıhan GÜRBÜZ
11:30-12:15	Metabolism of amino acids and nitrogen compounds	Prof. Aslıhan GÜRBÜZ
12:15-13:30	Lunch Break	
13:30-14:15	Lab Practice: Lipid profile	Prof. Hasan Serdar ÖZTÜRK
14:30-15:15		
15:30-16:15	ELECTIVE COURSES	
16:30-17:15		
FRIDAY (20.03.2020)		
08.30-09:15	Electron transport chain	Prof. Aslıhan GÜRBÜZ
09:30-10:15	Metabolism of purines and pyrimidines	Prof. Aslıhan GÜRBÜZ

10:30-11:15	Nutrition physiology	Lect. Simge A. ZERGEROĞLU
11:30-12:15	Nutrition physiology	Lect. Simge A. ZERGEROĞLU
12:15-13:30	Lunch Break	
13:30-14:15	What have we learned this week?	Lect. Simge A. ZERGEROĞLU
14:30-15:15		
15:30-16:15		
16:30-17:15		

WEEK-3

MONDAY (23.03.2020)

08.30-09:15	Lab Practice: Protein measurement in blood and urine, and search for amino acid metabolites in urine	Prof. Aslıhan GÜRBÜZ
09:30-10:15		
10:30-11:15	Nutrition physiology	Lect. Simge A. ZERGEROĞLU
11:30-12:15	Fasting and feeding	Lect. Simge A. ZERGEROĞLU
12:15-13:30	Lunch Break	
13:30-14:15	Microbiota: Are our intestines our second brain?	Prof. Aslıhan GÜRBÜZ
14:30-15:15	Microbiota: Are our intestines our second brain?	Prof. Aslıhan GÜRBÜZ
15:30-16:15	Turkish Language II	Lect. Meltem AYABAKAN İPEK
16:30-17:15	Turkish Language II	Lect. Meltem AYABAKAN İPEK

TUESDAY (24.03.2020)

08.30-09:15	Lab Practice: Uric acid measurement in blood and clinical interpretation of the results	Prof. Aslıhan GÜRBÜZ
09:30-10:15		
10:30-11:15	Healthy nutrition	Prof. Mustafa ŞAHİN
11:30-12:15	Practice: Nutrition recipe	Lect. Filiz AK AZAR
12:15-13:30	Lunch Break	
13:30-14:15	Ataturk's Principles and History of Revolution II	Lect. Demo Ahmet ASLAN
14:30-15:15	Ataturk's Principles and History of Revolution II	Lect. Demo Ahmet ASLAN
15:30-16:15	Group study for seminar preparation and presentation	
16:30-17:15		

WEDNESDAY (25.03.2020)

08.30-09:15	Basic Communication Skills (Role-play)	Prof. Dilşad MÜNGAN Prof. Gürol CANTÜRK Prof. Elif İNCE Prof. Nuray HALİLOĞLU Assist. Prof. İpek GÖNÜLLÜ Lect. Filiz AK AZAR
09:30-10:15		
10:30-11:15		
11:30-12:15		

12:15-13:30	Lunch Break	
13:30-14:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
14:30-15:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
15:30-16:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
16:30-17:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
THURSDAY (26.03.2020)		
08.30-09:15	Nutrition & Community Health	Prof. Ahmet SALTIK
09:30-10:15	Nutrition & Community Health	Prof. Ahmet SALTIK
10:30-11:15	Global hunger disaster	Prof. Ahmet SALTIK
11:30-12:15	GMOs and their impact on society and public health	Assist. Prof. Timur TUNCALI
12:15-13:30	Lunch Break	
13:30-14:15	Salt intake and effects on health	
14:30-15:15	Independent Learning Session	
15:30-16:15	ELECTIVE COURSES	
16:30-17:15		
FRIDAY (27.03.2020)		
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-4		
MONDAY (30.03.2020)		
08.30-09:15	Independent Learning Session	
09:30-10:15	Debate: Critical appraisal of nutrition guidelines	Assoc. Prof. Özgür DEMİR
10:30-11:15		
11:30-12:15	Metabolism, mental health and sleep	Prof. E. Tuğba ÖZEL KIZIL
12:15-13:30	Lunch Break	
13:30-14:15	Nutrition and mental health	Prof. Meram Can SAKA

14:30-15:15	Nutrition and mental health	Prof. Meram Can SAKA
15:30-16:15	Turkish Language II	Lect. Meltem AYABAKAN İPEK
16:30-17:15	Turkish Language II	Lect. Meltem AYABAKAN İPEK
TUESDAY (31.03.2020)		
08.30-09:15	MID-TERM EXAM	
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 II	Lect. Demo Ahmet ASLAN
14:30-15:15	Ataturk's Principles and History of Revolution II	Lect. Demo Ahmet ASLAN
15:30-16:15	Group study for seminar preparation and presentation	
16:30-17:15		
WEDNESDAY (01.04.2020)		
08.30-09:15	Basic Communication Skills (Practice-1)	Prof. Dilşad MUNGAN Prof. Gürol CANTÜRK Prof. Elif İNCE Prof. Nuray HALİLOĞLU Assist. Prof. İpek GÖNÜLLÜ Lect. Filiz AK AZAR
09:30-10:15		
10:30-11:15		
11:30-12:15		
12:15-13:30	Lunch Break	
13:30-14:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
14:30-15:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
15:30-16:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
16:30-17:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
THURSDAY (02.04.2020)		
08.30-09:15	Independent Learning Session	
09:30-10:15	Health and physical exercise	Prof. Rüştü GÜNER
10:30-11:15	Health benefits of physical activity	Prof. Rüştü GÜNER
11:30-12:15	Health benefits of physical activity	Prof. Rüştü GÜNER
12:15-13:30	Lunch Break	
13:30-14:15	Practice: Health and physical activity	Lect. Zehra DAĞLI
14:30-15:15	Independent Learning Session	
15:30-16:15	ELECTIVE COURSES	
16:30-17:15		

FRIDAY (03.04.2020)		
08.30-09:15	Panel: Physical activity and mental health	Prof. Bedriye Ö. ÇETİNKAYA Prof. Rüştü GÜNER
09:30-10:15		
10:30-11:15	Practice: Exercise prescription	Prof. Rüştü GÜNER
11:30-12:15		
12:15-13:30	Lunch Break	
13:30-14:15	What have we learned this week?	Prof. Rüştü GÜNER
14:30-15:15		
15:30-16:15		
16:30-17:15		

WEEK-5		
MONDAY (06.04.2020)		
08.30-09:15	Smoking and health	Prof. Hakan AKBULUT
09:30-10:15	Panel: Alcohol addiction and health	Psychiatry, Gastroenterology
10:30-11:15		
11:30-12:15	Healthy sexual life	Prof. Vesile Ş. CANKORUR
12:15-13:30	Lunch Break	
13:30-14:15	Practice: Healthy life history	Assist. Prof. Gülsen C. PEKER
14:30-15:15	Practice: Anthropometric measurements	Prof. Rüştü GÜNER
15:30-16:15	Turkish Language II	Lect. Meltem AYABAKAN İPEK
16:30-17:15	Turkish Language II	Lect. Meltem AYABAKAN İPEK
TUESDAY (07.04.2020)		
08.30-09:15	Case presentation	Assist. Prof. Ayşe Selda TEKİNER Assist. Prof. Gülsen C. PEKER
09:30-10:15		
10:30-11:15	Public health approach for chronic disease	Prof. Ahmet SALTİK
11:30-12:15	Public health approach for chronic disease	Prof. Ahmet SALTİK
12:15-13:30	Lunch Break	
13:30-14:15	Ataturk's Principles and History of Revolution II	Lect. Demo Ahmet ASLAN
14:30-15:15	Ataturk's Principles and History of Revolution II	Lect. Demo Ahmet ASLAN
15:30-16:15	Group study for seminar preparation and presentation	
16:30-17:15		
WEDNESDAY (08.04.2020)		

08.30-09:15	Basic Communication Skills (Practice-2)	Prof. Dilşad MUNGAN Prof. Gürol CANTÜRK Prof. Elif İNCE Prof. Nuray HALILOĞLU Assist. Prof. İpek GÖNÜLLÜ Lect. Filiz AK AZAR
09:30-10:15		
10:30-11:15		
11:30-12:15		
12:15-13:30	Lunch Break	
13:30-14:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
14:30-15:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
15:30-16:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
16:30-17:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
THURSDAY (09.04.2020)		
08.30-09:15	Seminar presentations	Prof. Rüştü GÜNER Prof. Bedriye Ö. ÇETİNKAYA Prof. Rifat EMRAL Assist. Prof. Gülsen C. PEKER Lect. Filiz AK AZAR
09:30-10:15		
10:30-11:15		
11:30-12:15		
12:15-13:30	Lunch Break	
13:30-14:15	The road to obesity	Assoc. Prof. Özgür DEMİR
14:30-15:15	Practice: The road to obesity	Assist. Prof. Gülsen C. PEKER
15:30-16:15	ELECTIVE COURSES	
16:30-17:15		
FRIDAY (10.04.2020)		
08.30-09:15	Seminar presentations	Prof. Rüştü GÜNER Prof. Bedriye Ö. ÇETİNKAYA Prof. Rifat EMRAL Assist. Prof. Gülsen C. PEKER Lect. Filiz AK AZAR
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

MONDAY (13.04.2020)

08.30-09:15	Independent Learning Session
09:30-10:15	

10:30-11:15	The road to diabetes mellitus	Prof. Rifat EMRAL
11:30-12:15	Practice: The road to diabetes mellitus	Assist. Prof. Ayşe Selda TEKİNER
12:15-13:30	Lunch Break	
13:30-14:15	Hypertension and association between lifestyle and blood pressure	Prof. Mustafa ŞAHİN
14:30-15:15	Case Discussion: Association between lifestyle and blood pressure	Prof. Mehmet UNGAN
15:30-16:15	Turkish Language II	Lect. Meltem AYABAKAN İPEK
16:30-17:15	Turkish Language II	Lect. Meltem AYABAKAN İPEK
TUESDAY (14.04.2020)		
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 II	Lect. Demo Ahmet ASLAN
14:30-15:15	Ataturk's Principles and History of Revolution II	Lect. Demo Ahmet ASLAN
15:30-16:15	INDEPENDENT STUDY FOR EXAMS	
16:30-17:15		
WEDNESDAY (15.04.2020)		
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	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
14:30-15:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
15:30-16:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
16:30-17:15	Development of Reading and Writing Skills in English II	Lect. Deniz ÇOKER
THURSDAY (16.04.2020)		
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	ELECTIVE COURSES	
16:30-17:15		
FRIDAY (17.04.2020)		
08.30-09:15	WRITTEN EXAM AT THE END OF COURSE	
09:30-10:15		
10:30-11:15	FEEDBACK SESSION OF THE COURSE	All Faculty Members
11:30-12:15		
12:15-13:30	Lunch Break	
13:30-14:15		
14:30-15:15		
15:30-16:15		
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.
- Lippincott Illustrated Reviews: Biochemistry (7th Edition); Denise R. Ferrier; Lippincott Williams & Wilkins; Philadelphia, 2017.
- Harper's Illustrated Biochemistry (30th Edition); Victor W. Rodwell, David Bender, Kathleen M. Botham, Peter J. Kennelly, P. Anthony Weil; McGraw-Hill, 2015.
- 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.
- Teaching and Learning Communication Skills in Medicine (2nd Edition); Suzanne Kurtz, Juliet Draper, Jonathan Silverman; Radcliffe Publishing, Abingdon, 2005.