

Course Title	Code	Semester	Theoretical (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECTS
PROTECTION and IMPROVEMENT of HEALTH	SBF104	1.Year/2. Semester / spring	2	0	0	4
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Elective					
learning and teaching techniques of the Course	Lecture, Discussion, Question & Answer, Team / Group Work, Experiment, Drill-Practice, Brain Storming, Other.					
Instructor(s)						
Goal	The concept of assessing the conditions that affect health, the importance of protecting and developing health in human life, and understanding its responsibilities in protecting and improving health.					
Learning Outcomes	1. To be able to relate health and health related concepts, 2. To be able to evaluate conditions and risk factors affecting health, 3. Be aware of your own health behaviors, 4. To be able to recognize some health related models, 5. To explain the roles and responsibilities of health personnel in health protection and improvement, 6. To be able to understand health related organizations,					
References	1. Maville JA, Huerta CG (2008) Health Promotion in Nursing. Thompson Delmar Learning, 2nd Edition, New York, USA 2. Allender JA, Rector C, Warner KD 2. Edelman CL, Mandle CL, (2002). Health Promotion Throughout the Lifespan, Mosby, Toronto. 3. Bek, N. (2008). Physical Activity and Health, Klasmat Matbaacılık, Ankara. 4. Demirbağ BC. Health Protection and Development. Göktuğ Press Release and Distribution, Amasya, 2016 5. T. C. Ministry of Health General Directorate of Primary Health Care, Turkey Obesity (Obesity) Program to Combat and Control (2010-2014), 1st Edition, Ministry of Health, Publication No. 773. Kuban Printing Publishing, Ankara, 2010, 6. Öz, F. (2004). Basic Concepts in Health Care, İmaj İç ve Dış Ticaret A.Ş. 7. Tabak, R.S. (2000). Health Education, Somgür Publishing, Ankara.					

Course Outline Weekly

Weeks	Topics
1. Week	Approaches to Health Care in the Historical Development of Health Care and Development Focus
2. Week	Health, Health Education, Health Protection, Health Promotion Concepts
3. Week	Factors Affecting Health - Culture and Health Behavior
4. Week	Theories, Models and Practice in Health Development
5. Week	Diagnosis of Health Behaviors, Initiatives in Conducting Change of Behavior and Positive Health Behavior
6. Week	Health Literacy and Health Protection and Development
7. Week	MIDTERM EXAM
8. Week	Nutrition and Health Development
9. Week	Physical Activity and Health Development
10. Week	Smoking, Alcohol, Substance Abuse; Prevention, Protection and Release
11. Week	Development of Mental Health and Stress Management
12. Week	Prevention of Accidents and Violence for Health
13. Week	Environmental Health; Establishing a Healthy and Safe Environment
14. Week	Health Promotion Programs and Application Examples

Evaluation System

Mid-Term Studies	Number	Contribution
Midterm exams	1	%50
Quiz		
Laboratory		
Practice		
Field Study		
Course Internship (If There Is)		
Homework's		
Presentation and Seminar		
Project		
Other evaluation methods		
Total Time To Activities For Midterm		%50
Final works		
Final	1	%50
Homework		
Practice		
Laboratory		
Total Time To Activities For Midterm		%50
Contribution Of Midterm Studies On Grades		%50
Contribution Of Final Exam On Grades		%50
Total		100

ECTS (Student WorkLoad Table)

Activities	Number	Duration	Total Work Load
Course Duration (X14)	14	2	28
Laboratory			
Practice			
Field Study			
Study Time Of Outside Of Class (Pre-Study, Practice, Etc.)	14	3	42
Presentations (Video shoot/Poster preparation/Oral presentation, Etc.)			
Seminars	1	10	10
Project			
Case study			
Role playing, Dramatization			
Writing articles, Critique			
Time To Prepare For Midterm Exam	1	8	8
Final Exam Preparation Time	1	12	12
Total Work Load (hour) / 25(s)			100/25=4
ECTS			4

The relationship between learning outcomes and the program qualifications of the courses

Program Qualifications	L.O1	L.O2	L.O3	L.O.4	L.O.5	L.O.6
1. Competent and has the capabilities to fulfill their occupational duties.	5	5	4	5	4	5
2. Knows the theories and models that form the basis of Professional practice.	3	4	3			4
3. Has the general knowledge required to be both an individual and a member of the occupation.	2	3			4	
4. Carries out nursing practice based on the principles and standards.						
5. Meets the health-care needs of the individuals, families and the society with a holistic approach.						
6. Makes use of effective communication.						
7. Utilizes information and care technologies in professional practice and research.						
8. Uses scientific principles and techniques in Nursing practice.				5		5
9. Follows the latest advances and communicates with colleagues in a foreign language.						
10. Behaves according with the professional ethics and values.						
11. Takes the related legislation and regulations into account in Nursing practice.						
12. Follows the politics and regulations affecting the Nursing profession.						
13.Uses the learning-teaching and management processes in Nursing practice.						
14.Uses the life-long learning, problem-solving and critical thinking abilities.						
15. With a sense of social responsibility takes part in studies, projects and some other activities with other team members and other disciplines.						
16. Joins in activities that can contribute to professional development.						
17. Sets as a model for colleagues and the society with their professional identity.						
18. Protects the basic values and social rights.						

Excellent