

## HEALTY LIFE AND EXERCISE

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
Healty Life and Exercise	FTR 339	3.year/ 1.term Fall	2	-	-	4
Prerequisites						
Course language	Turkish					
Course type	Elective					
Learning and teaching strategies	Theory					
Instructor (s)						
Course objective(Aim of course)	To provide basic knowledge about healthy living and physical activity.					
Learning outcomes	The students; 1)will able to learn the basic principles of healthy life. 2)will able to learn to teach the people healthy lifestyle behaviors (exercise,physical activity,nutrition)					
References						

## Course outline weekly:

Weeks	Topics
1. Week	Introduction to the concept of healthy living
2. Week	All the components in the concept of wellness
3. Week	Exercise in the concept of wellness
4. Week	The role of exercise and its benefits
5. Week	Weight control
6. Week	The effect of exercise professionals on the health protection
7. Week	Exercise, wellness, fitness concepts
8. Week	Midterm Exam
9. Week	Exercise in different age groups
10. Week	False applications on wellness (improper feeding behavior)
11. Week	False applications on wellness (improper exercise behavior)
12. Week	False applications on wellness (improper exercise behavior)
13. Week	The role of health professionals on wellness
14. Week	Midterm Exam
15. Week	FINAL EXAM

## ECTS (Student Work Load 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
<b>Total Work Load ( hour ) / 25(s)</b>	<b>100/25=4</b>		
<b>ECTS</b>	<b>4</b>		

#### **Evaluation System**

Mid-Term Studies	Number	Contribution

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

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

<b>Program Qualifications</b>	<b>Learning outcomes</b>
	<b>L.O.1</b>
1. Sufficient background in basic- clinical medical sciences and physical therapy and rehabilitation discipline; ability to use theoretical and practical skills and knowledge in these fields with analytical thinking	5
2. Ability to determine, define, formulate and solve the factors that affect health; ability to choose and apply evidence based techniques and new methods for this aim.	
3. Ability to choose and use modern equipments, techniques and modalities for physiotherapy and rehabilitation practices; effectively use the informatique technologies.	
4. Ability to design multidisciplinary research, keep records, collect appropriate data, analysis and interpret results.	
5. Ability to attain new knowledge, make literature reviews, use medical databases and sources of information devoted to medical- health sciences	
6. To work autonomously and effectively in health team and self confidence to take responsibility	
7. To internalize characteristically development, literate and lifelong learning; quality development,to contribute education and promotion programs in field,to internationalize their professional behavior.	
8. To have professional deontology and ethical	

awareness	
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**Contribution to the level of proficiency: 1. Lowest, 2. Low / Medium, 3. Average, 4. High, 5. Excellent**