

FTR339 - Healty Life And Exercise

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
Healty Life and Exercise	FTR 339	5. semester/1.term Fall	2	-	-	4
Prerequisites						
Course language	Turkish					
Course type	Elective					
Learning and teaching strategies	Lecture					
Instructor (s)						
Course objective(Aim of course)	To provide basic knowledge about healthy living and physical activity.					
Learning outcomes	The students; Gains knowledge and skills the basic principles of healthy life, teach the people healthy lifestyle behaviors, exercise,physical activity,nutrition, weight control and fluid consumption behaviors					
References	Christopher B. Cooper, Thomas W. Storer ; çev. ed. Abidin Kayserilioğlu, Hayrünnisa Çavuşoğlu. Egzersiz testleri ve yorumu : pratik yaklaşım. İstanbul : Yüce Yayım, 2003 Edibe Ünal. Fizyoterapide kanıta dayalı egzersiz yaklaşımlar. Ankara : Pelikan, 2015					

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, determination of exercise needs
6. Week	The effect of exercise professionals on the health protection
7. Week	Exercise, wellness, fitness concepts and basic approaches
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 gaining and maintaining wellness
14. Week	An overview
15. Week	An overview

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			
Project			
Case study			
Role playing, Dramatization			
Writing articles, Critique			
Time To Prepare For Midterm Exam	1	10	10
Final Exam Preparation Time	1	20	20
Total Work Load (hour) / 25(s)	100/25=4		
ECTS	4		

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		
Total Time To Activities For Midterm		100
Final works		
Final	1	%100
Homework		
Practice		
Laboratory		
Total Time To Activities For Midterm		100
Contribution Of Midterm Studies On Grades		%40
Contribution Of Final Exam On Grades		%60
Total		100

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

Program Qualifications	Learning outcomes
	L.O.1
1-Acquire proficient infrastructure related to the field of Physiotherapy and Rehabilitation, gain the ability to use theoretical and practical knowledge and skills in this field.	5
2-Identify, define the factors affecting health and gain problem-solving skill by using the information they have; plan and implement a treatment and exercise program with appropriate evidence-based methods and new techniques.	5
3-Gain the ability to use information technologies effectively, as well as the ability to select and use modern tools, techniques and agents necessary for physiotherapy and rehabilitation applications.	
4-Design individual and multidisciplinary research, keep records, prepare reports, analyze and interpret results for quality service and research in health sciences.	
5-They conduct a literature search to access the information by using evidence-based databases and information sources.	
6-Gain autonomy in interdisciplinary and individual studies, ability to work effectively and take responsibility and awareness of the universal and social effects of their professional practice.	
7-Adopt life-long learning; contribute to quality improvement, field-related training and introductory programs and exhibit their professional behavior at national and international level.	3
8-Have deontological and ethical awareness in professional researches and applications.	

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