

Course Title	Code	Semester	Theoretical (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECTS
Protection and Improvement of Health	SBF104	2. Semester / Fall	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, Brainstorming					
Instructor(s)						
Goal	This course aims to enable the student to evaluate the conditions affecting health, to understand the importance of protecting and promoting health in human life, and to understand their own responsibilities in protecting and improving health.					
Learning Outcomes	1. Relate health and health-related concepts, 2. Evaluate the conditions and risk factors that affect health, 3. Recognize some health-related models, 4. Can explain the roles and responsibilities of health personnel in protecting and improving health and cooperate with team members. 5. Knows the practices aimed at protecting and improving health					
Course Content	This course focuses on health protection and development-oriented approaches in the historical development of health services, health, health education, health protection, health promotion concepts, factors affecting health-culture and health behavior, theories and models related to health promotion and their use in practice, diagnosis of health behaviors, behavior change process and initiatives to gain positive health behavior, health literacy and health protection and promotion, nutrition and health promotion, physical activity and health promotion, smoking, alcohol, substance abuse; It includes prevention, protection and cessation, mental health promotion and stress management, prevention of accidents and violence for health, creation of a healthy and safe environment, health promotion programs and practice examples.					
References	1.Bayık Temel A. Sağlığı Koruma ve Geliştirme. Ema Tıp Kitabevi, 2021 2.Özvarış Bahar Ş. Sağlığı Geliştirme ve Sağlık Eğitimi. Hacettepe Üniversitesi Yayın Evi, Ankara, 2016 3.Demirbağ BC. Sağlığı Koruma ve Geliştirme. Göktuğ Basın Yayın ve Dağıtım, Amasya, 2016 4.Bilir, N. (2014). Sağlık okur-yazarlığı. Türkiye Halk Sağlığı Dergisi, 12(1), 61-68. 5.Bahar, Z., & Dilay, A. Ç. I. L. (2014). Sağlığı geliştirme modeli: kavramsal yapı. Dokuz Eylül Üniversitesi Hemşirelik Fakültesi Elektronik Dergisi, 7(1), 59-67.					

Course Outline Weekly:

WEEKS	TOPICS
1. Week	Health Protection and Development Focused Approaches in the Historical Development Process of Health Services
2. Week	Health, Health Education, Health Protection, Health Promotion Concepts
3. Week	Factors Affecting Health - Culture and Health Behavior
4. Week	Health Promotion Theories, Models and Use in Practice
5. Week	Initiatives in Diagnosing Health Behaviors, Behavior Change Process and Inducing Positive Health Behaviors
6. Week	Health Literacy and Health Protection and Development
7. Week	Nutrition and Health Promotion
8. Week	MIDTERM
9. Week	Physical Activity and Health Promotion
10. Week	Cigarette, Alcohol, Substance Addiction; Prevention, Protection and Quitting
11. Week	Mental Health Promotion and Stress Management
12. Week	Prevention of Accidents and Violence for Health
13. Week	Creating a Healthy and Safe Environment
14. Week	Health Promotion Programs and Practice Examples
15. Week	AN OVERVIEW

ECTS (Student WorkLoad Table)

Activities	Number	Duration	Total Work Load
Length of course	14	2	28
Laboratory			
Practice			
Field Study			
Study time outside of classroom (Free-study/Group work/Pre-study)	14	4	56
Presentation (Video recording/Poster preparation/Focus Group Interview/Questionnaire/Observation and Writing reports)			
Seminar Preparation			
Project			
Case Study			
Role playing, Dramatization			
Writing articles-Make criticals			
Time to prepare for midterm exams	1	8	8
Time to prepare for final exam	1	8	8
Total Work Load (hour) / 25(h)	100/25=4		
Course ECTS	4		

Evaluation System

Workload within semester	Number	Contribution
Midterm Exam	1	% 40
Quiz		
Laboratory		
Practice		
Field Study		
Course Internship (If there is)		
Assignments		
Presentations and Seminars		
Projects		
Other		
Total Semester Work Load	1	% 40
End-of-year Work Load		
Final Exam	1	% 60
Assignments		
Practice		
Laboratory		
Total End-of-year Work Load	1	% 60
TOTAL	2	% 100

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

This course is suitable for all programs within the scope of the Faculty of Health Sciences. Therefore, the level of contribution to the program outcomes is not specified