

Dentistry (English)			
Bachelor	TR-NQF-HE: Level 6	QF-EHEA: First Cycle	EQF-LLL: Level 6

Course Introduction and Application Information

Course Code:	UNI159		
Course Name:	Healthy Life and Physical Activity		
Semester:	Spring		
Course Credits:	ECTS 5		
Language of instruction:	English		
Course Condition:			
Does the Course Require Work Experience?:	No		
Type of course:	University Elective		
Course Level:	Bachelor TR-NQF-HE:6. Master`s Degree</div> <div>QF-EHEA:First Cycle</div> <div>EQF-LLL:6. Master`s Degree		
Mode of Delivery:	E-Learning		
Course Coordinator:	Öğr. Gör. ÇİÇEK GÜNDAY		
Course Lecturer(s):	Lecturer Cicek Gunday, Lecturer Pinar Van Der Veer III, Lecturer Kubra Kardes		
Course Assistants:			

Course Objective and Content

Course Objectives:	The aim of this course to introduce the concepts of health and physical activity and to evaluate the importance of activities and exercises in healthy life.
Course Content:	This course includes topics such as the definition of health and basic health information, physical activity, exercise and sports, physical fitness, principles of exercise training, different types of

exercise, exercise prescribing for different age groups, indications and contraindications of exercise, the effects of nutrition and technology on health.

Learning Outcomes

The students who have succeeded in this course;

- 1) Describe exercise techniques
- 2) Select suitable exercise modalities for different populations
- 3) Have information on yoga, pilates, body awareness and stabilization
- 4) Have information on healthy nutrition
- 5) Correlate exercise with technology and design exercise programs in an innovative manner.

Course Flow Plan

Week	Subject	Related Preparation
1)	Introduction	
2)	Health and wellness	
3)	FITT	
4)	Recommendations for Healthy Physical Activity (Part 1)	
5)	Recommendations for Healthy Physical Activity (Part 2)	
6)	Risks of Physical Activity	
7)	Assessment of Health	
8)	Midterm	
9)	Posture and Ergonomy	
10)	Core Stabilization	
11)	Yoga/Pilates	
12)	Nutritional Advices for Healthy Living	
13)	Sexual Health	
14)	Technology and Healthy Living	
15)	Final Project Submission	

Sources

Course Notes /	Ders notları dersin öğretim elemanı tarafından paylaşılacaktır. - Course notes will be
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Textbooks:	shared by the lecturer.
References:	1-Fitness Theory&Practice (Ed. Laura A. Gladwin, MS)

Course - Program Learning Outcome Relationship

Course Learning Outcomes	1	2	3	4	5
Program Outcomes					
1) Has basic and up-to-date knowledge in the field of dentistry, follows scientific publications, and applies evidence-based data to his/her professional practice.					
2) Knows well and effectively uses devices, tools, and materials specific to diagnosis and treatment in the field of dentistry.					
3) Evaluates the knowledge in the field of dentistry critically, integrates it with the knowledge of disciplines in the field of health, uses it by analyzing and synthesizing it.					
4) Produces projects related to the field of dentistry, can work with other health disciplines, takes part as a member of the research team and evaluates and reports the results obtained at a scientific level.					
5) Uses information that will contribute to the dentistry profession during practice, takes responsibility, and produces solutions in unforeseen situations.					
6) Shares, compares, and exchanges dental knowledge with professional colleagues in social and scientific environments in written, verbal, and visual forms.					
7) Within the framework of social, scientific, and ethical values including patient privacy, communicates with patients and their relatives, knows all the characteristics of the patient, and recommends the most appropriate treatment with a patient-centered approach.					
8) Follows technological developments, participates in national and international studies, and shares and presents own observations, experiences, and research to further advance dental practices.					
9) By adopting the principle of lifelong learning throughout the dentistry profession, follows current evidence-based dental knowledge and uses it during his professional practice.					
10) During dental practice, in cases such as abuse and addiction, performs the treatment by exhibiting the behaviors required by social ethics and legal rules, and collects and records the relevant data.					
11) Uses basic and current knowledge in the field of dentistry during professional					

practice for the benefit of society within the framework of national values and country realities. Course Learning Outcomes	1	2	3	4	5
12) In natural disasters and emergency cases, takes the protective measures required by the dentistry profession; performs professional practices that benefit patients and society					
13) Generates ideas regarding health policy in dentistry, prioritizes individual and public health, and carries out preventive and therapeutic medical practices within the framework of scientific, ethical, and quality processes.					
14) Differentiates the signs and symptoms commonly encountered in the dentistry profession, makes a treatment plan and refers when necessary, and manages diseases and clinical situations regarding their urgency and patient priority.					
15) Can assume the leadership responsibility of the team he/she works for, manage it following scientific criteria, and support the professional development of the team.					

Course - Learning Outcome Relationship

No Effect	1 Lowest	2 Average	3 Highest

	Program Outcomes	Level of Contribution
1)	Has basic and up-to-date knowledge in the field of dentistry, follows scientific publications, and applies evidence-based data to his/her professional practice.	
2)	Knows well and effectively uses devices, tools, and materials specific to diagnosis and treatment in the field of dentistry.	
3)	Evaluates the knowledge in the field of dentistry critically, integrates it with the knowledge of disciplines in the field of health, uses it by analyzing and synthesizing it.	
4)	Produces projects related to the field of dentistry, can work with other health disciplines, takes part as a member of the research team and evaluates and reports the results obtained at a scientific level.	
5)	Uses information that will contribute to the dentistry profession during practice, takes responsibility, and produces solutions in unforeseen situations.	
6)	Shares, compares, and exchanges dental knowledge with professional colleagues in social and scientific environments in written, verbal, and visual forms.	
7)	Within the framework of social, scientific, and ethical values including patient privacy,	

	communicates with patients and their relatives, knows all the characteristics of the patient, and recommends the most appropriate treatment with a patient-centered approach.	
8)	Follows technological developments, participates in national and international studies, and shares and presents own observations, experiences, and research to further advance dental practices.	
9)	By adopting the principle of lifelong learning throughout the dentistry profession, follows current evidence-based dental knowledge and uses it during his professional practice.	
10)	During dental practice, in cases such as abuse and addiction, performs the treatment by exhibiting the behaviors required by social ethics and legal rules, and collects and records the relevant data.	
11)	Uses basic and current knowledge in the field of dentistry during professional practice for the benefit of society within the framework of national values and country realities.	
12)	In natural disasters and emergency cases, takes the protective measures required by the dentistry profession; performs professional practices that benefit patients and society	
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15)	Can assume the leadership responsibility of the team he/she works for, manage it following scientific criteria, and support the professional development of the team.	

Assessment & Grading

Semester Requirements	Number of Activities	Level of Contribution
Quizzes	2	% 60
Project	1	% 40
total		% 100
PERCENTAGE OF SEMESTER WORK		% 100
PERCENTAGE OF FINAL WORK		%
total		% 100

Workload and ECTS Credit Calculation

Activities	Number of Activities	Workload
Course Hours	13	65
Study Hours Out of Class	14	62
Total Workload		127