

First Aid and Emergency (Evening Education)			
Associate	TR-NQF-HE: Level 5	QF-EHEA: Short Cycle	EQF-LLL: Level 5

Course Introduction and Application Information

Course Code:	SHM023		
Course Name:	Health Psychology		
Semester:	Spring		
Course Credits:	<div>ECTS</div> <div>3</div>		
Language of instruction:	Turkish		
Course Condition:			
Does the Course Require Work Experience?:	No		
Type of course:	Departmental Elective		
Course Level:	<div>Associate</div> <div>TR-NQF-HE:5. Master`s Degree</div> <div>QF-EHEA:Short Cycle</div> <div>EQF-LLL:5. Master`s Degree</div>		
Mode of Delivery:	E-Learning		
Course Coordinator:	Öğr. Gör. BETÜL KOÇARSLAN		
Course Lecturer(s):	BETÜL KOÇARSLAN		
Course Assistants:			

Course Objective and Content

Course Objectives:	The aim of this course is to define basic terms used in health psychology and provide a current knowledge about research applied in this field as well as health-threatening behaviors and coping mechanisms.
Course Content:	This course includes the core concepts in health psychology and coping mechanisms as well as current therapeutic process and interventions.

Learning Outcomes

The students who have succeeded in this course;

- 1) Has a knowledge about basic terms in health psychology.
- 2) Has an understanding about stress and coping mechanisms.
- 3) Has an understanding about addiction.
- 4) Gains an ability to define the term placebo.
- 5) Defines mental health and behavioral disorders.
- 6) Has a knowledge about third wave psychotherapy model.
- 7) Has an understanding about current developments in health psychology.

Course Flow Plan

Week	Subject	Related Preparation
1)	An introduction to health psychology	
2)	Illness Cognitions	
3)	Health Promotion: Changing Health Behaviors	
4)	Stress and illness	
5)	Coping with Stress	
6)	Addiction	
7)	Exercise	
8)	Midterm	
9)	Pain	
10)	Mental Health and Behavioral Disorders	
11)	Placebo	
12)	Psychology of Cancer and HIV	
13)	Illness and Third Wave Psychotherapy Model	
14)	Psychological Issues in Advancing and Terminal Issues	
15)	Current Readings in Health Psychology	
16)	Final Exam	

Sources

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Course Notes / Textbooks:	<p>Taylor, S. E. (2018). Health psychology (10th ed.). McGraw-Hill Education.</p> <p>Ogden, J. (2012). Health psychology: A textbook (5th ed.). McGraw-Hill.</p>
References:	<p>Taylor, S. E. (2018). Health psychology (10th ed.). McGraw-Hill Education.</p> <p>Ogden, J. (2012). Health psychology: A textbook (5th ed.). McGraw-Hill.</p>

Course - Program Learning Outcome Relationship

Course Learning Outcomes	1	2	3	4	5	6	7
Program Outcomes							
1) Students will be able to use the basic knowledge, skills, competencies and experiences gained from the basic theoretical and practical courses supported by the course materials, application tools, information technologies and other resources, which contain up-to-date information in the field of First Aid and Emergency Assistance.							
2) In case of emergencies such as sudden illness, emergency birth, accident, disaster or injury, it reaches the scene quickly, evaluates the situation together with the doctor, if necessary, makes the first intervention, provides the appropriate position for the patients or the wounded during the patient transport and provides the proper transportation to the appropriate hospital emergency service.							
3) Using the basic knowledge of the First and Emergency Assistance area, it carries out a task independently.							
4) Using the knowledge and skills acquired in the first and Emergency Assistance area, informs the relevant people and institutions by using the communication network correctly and rapidly in all stages of his duty, and transfers his ideas and solutions to the problems in written and / or verbally.							
5) In order to solve unforeseen complex problems encountered in the applications related to First Aid and Emergency Assistance, the team acts in a harmonious manner within the team and acts in accordance with the quality management and processes and takes individual responsibility when necessary.							
6) Communicates effectively with written and / or verbal communication with colleagues, patients and relatives, physicians and all other health professionals and has the ability to work effectively with different							

disciplines.							
Course Learning Outcomes	1	2	3	4	5	6	7
7) Recognize the institutions and organizations within the health system; As an individual working in the field of First Aid and Emergency Assistance, he / she knows the laws, regulations and legislation related to his / her duties, rights and responsibilities and acts accordingly.							
8) He/She has the awareness of lifelong learning and directs its education to an advanced level of education in the same field or to a profession at the same level.							
9) Contributes to projects and activities for the social environment in which he lives with a sense of social responsibility.							
10) By using the knowledge and knowledge about the structure, properties, usage areas and legal regulations of medical devices used in health field; use this information in research, development and follow-up of technological developments.							
11) In case of emergency aid, he / she has the knowledge and skills to keep calm, fast, serial and correct at the scene and to maintain and maintain the physical, social and mental health of both the patient and himself.							
12) He/She follows information in the field by using a foreign language at least at the level of European Language Portfolio A2 General Level.							
13) Uses information and communication technologies together with computer software at the basic level of at least European Computer Driving License required by the field.							
14) Knows the measures for occupational diseases and accidents and applies the principles of Occupational Health and Safety in these cases.							
15) They act in accordance with quality management and processes.							

Course - Learning Outcome Relationship

No Effect	1 Lowest	2 Average	3 Highest

	Program Outcomes	Level of Contribution
1)	Students will be able to use the basic knowledge, skills, competencies and experiences gained from the basic theoretical and practical courses supported by the course materials,	

	application tools, information technologies and other resources, which contain up-to-date information in the field of First Aid and Emergency Assistance.	
2)	In case of emergencies such as sudden illness, emergency birth, accident, disaster or injury, it reaches the scene quickly, evaluates the situation together with the doctor, if necessary, makes the first intervention, provides the appropriate position for the patients or the wounded during the patient transport and provides the proper transportation to the appropriate hospital emergency service.	
3)	Using the basic knowledge of the First and Emergency Assistance area, it carries out a task independently.	
4)	Using the knowledge and skills acquired in the first and Emergency Assistance area, informs the relevant people and institutions by using the communication network correctly and rapidly in all stages of his duty, and transfers his ideas and solutions to the problems in written and / or verbally.	
5)	In order to solve unforeseen complex problems encountered in the applications related to First Aid and Emergency Assistance, the team acts in a harmonious manner within the team and acts in accordance with the quality management and processes and takes individual responsibility when necessary.	
6)	Communicates effectively with written and / or verbal communication with colleagues, patients and relatives, physicians and all other health professionals and has the ability to work effectively with different disciplines.	
7)	Recognize the institutions and organizations within the health system; As an individual working in the field of First Aid and Emergency Assistance, he / she knows the laws, regulations and legislation related to his / her duties, rights and responsibilities and acts accordingly.	
8)	He/She has the awareness of lifelong learning and directs its education to an advanced level of education in the same field or to a profession at the same level.	
9)	Contributes to projects and activities for the social environment in which he lives with a sense of social responsibility.	
10)	By using the knowledge and knowledge about the structure, properties, usage areas and legal regulations of medical devices used in health field; use this information in research, development and follow-up of technological developments.	
11)	In case of emergency aid, he / she has the knowledge and skills to keep calm, fast, serial and correct at the scene and to maintain and maintain the physical, social and mental health of both the patient and himself.	
12)	He/She follows information in the field by using a foreign language at least at the level of European Language Portfolio A2 General Level.	

13)	Uses information and communication technologies together with computer software at the basic level of at least European Computer Driving License required by the field.	
14)	Knows the measures for occupational diseases and accidents and applies the principles of Occupational Health and Safety in these cases.	
15)	They act in accordance with quality management and processes.	

Assessment & Grading

Semester Requirements	Number of Activities	Level of Contribution
Midterms	1	% 40
Final	1	% 60
total		% 100
PERCENTAGE OF SEMESTER WORK		% 40
PERCENTAGE OF FINAL WORK		% 60
total		% 100

Workload and ECTS Credit Calculation

Activities	Number of Activities	Preparation for the Activity	Spent for the Activity Itself	Completing the Activity Requirements	Workload
Midterms	1	0		40	40
Final	1	0		60	60
Total Workload					100