

Oral and Dental Health (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:	Taylor, S. E. (2018). Health psychology (10th ed.). McGraw-Hill Education.  Ogden, J. (2012). Health psychology: A textbook (5th ed.). McGraw-Hill.
References:	Taylor, S. E. (2018). Health psychology (10th ed.). McGraw-Hill Education.  Ogden, J. (2012). Health psychology: A textbook (5th ed.). McGraw-Hill.

### Course - Program Learning Outcome Relationship

Course Learning Outcomes	1	2	3	4	5	6	7
Program Outcomes							
1) He/ She has a basic level of theoretical and practical knowledge about oral and dental health.							
2) He/ She knows and applies the ethical principles and rules in the field.							
3) He/ She participate in sterilization and disinfection studies.							
4) He/ She carries out the assigned task independently by using its basic knowledge about oral and dental health field and when it encounters an unpredictable situation, he/she takes responsibility and develops solutions.							
5) He/ She has the awareness of lifelong learning and directs his/her education to an advanced level of education in the same field or to a profession at the same level.							
6) He/ She evaluates the basic knowledge and skills acquired in the field of Oral and Dental Health with a critical approach; determine learning needs and direct their learning.							
7) He/ She is sensitive to the events on the agenda of the community and the world about Oral and Dental Health and follows the developments, informs the related persons and institutions by using the basic knowledge and skills in these subjects.							
8) He/ She communicates effectively.							
9) He/ She follows information in the field by using a foreign language at least at the level of European Language Portfolio A2 General Level.							
10) He/ She use computer software and information and communication technologies at the basic level of European Computer Driving License required by the field.							

Course Learning Outcomes	1	2	3	4	5	6	7
11) He/ She contributes to social, scientific, cultural and ethical values in the stages of collecting, interpreting, applying and announcing the data related to Oral and Dental Health field.							
12) He/ She behaves and participates in the quality management and processes.							
13) He/ She has enough awareness about individual and public health, environmental protection and occupational safety.							
14) He/ She develops himself/ herself by following the developments in science and technology related to his field with the awareness of the necessity of lifelong learning.							
15) His/ Her appearance, attitude, attitude and behavior make it an example for society.							
16) Has basic theoretical and applied knowledge about Oral and Dental Health. Knows the ethical principles and rules of oral and dental health.							

### Course - Learning Outcome Relationship

No Effect	1 Lowest	2 Average	3 Highest

	Program Outcomes	Level of Contribution
1)	He/ She has a basic level of theoretical and practical knowledge about oral and dental health.	
2)	He/ She knows and applies the ethical principles and rules in the field.	
3)	He/ She participate in sterilization and disinfection studies.	
4)	He/ She carries out the assigned task independently by using its basic knowledge about oral and dental health field and when it encounters an unpredictable situation, he/she takes responsibility and develops solutions.	
5)	He/ She has the awareness of lifelong learning and directs his/her education to an advanced level of education in the same field or to a profession at the same level.	
6)	He/ She evaluates the basic knowledge and skills acquired in the field of Oral and Dental Health with a critical approach; determine learning needs and direct their learning.	

7)	He/ She is sensitive to the events on the agenda of the community and the world about Oral and Dental Health and follows the developments, informs the related persons and institutions by using the basic knowledge and skills in these subjects.	
8)	He/ She communicates effectively.	
9)	He/ She follows information in the field by using a foreign language at least at the level of European Language Portfolio A2 General Level.	
10)	He/ She use computer software and information and communication technologies at the basic level of European Computer Driving License required by the field.	
11)	He/ She contributes to social, scientific, cultural and ethical values in the stages of collecting, interpreting, applying and announcing the data related to Oral and Dental Health field.	
12)	He/ She behaves and participates in the quality management and processes.	
13)	He/ She has enough awareness about individual and public health, environmental protection and occupational safety.	
14)	He/ She develops himself/ herself by following the developments in science and technology related to his field with the awareness of the necessity of lifelong learning.	
15)	His/ Her appearance, attitude, attitude and behavior make it an example for society.	
16)	Has basic theoretical and applied knowledge about Oral and Dental Health. Knows the ethical principles and rules of oral and dental health.	

### Assessment & Grading

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

### Workload and ECTS Credit Calculation

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