

Radio, Television and Cinema (English)			
Bachelor	TR-NQF-HE: Level 6	QF-EHEA: First Cycle	EQF-LLL: Level 6

## Course Introduction and Application Information

Course Code:	UNI240		
Course Name:	Neck and Back Health		
Semester:	Spring		
Course Credits:	<div>ECTS</div> <div>5</div>		
Language of instruction:	English		
Course Condition:			
Does the Course Require Work Experience?:	No		
Type of course:	University Elective		
Course Level:	<div> <div>Bachelor</div> <div>TR-NQF-HE:6. Master`s Degree</div> <div>QF-EHEA:First Cycle</div> <div>EQF-LLL:6. Master`s Degree</div> </div>		
Mode of Delivery:	Face to face		
Course Coordinator:	Dr. Öğr. Üy. NALAN SOYDAŞ ENGİN		
Course Lecturer(s):	Dr. Öğr. Üyesi Nalan Engin Soydaş		
Course Assistants:			

## Course Objective and Content

Course Objectives:	Emphasising the importance of postural correction in neck and back health improvement.
Course Content:	Prevention and maintenance of neck and back health in different age, gender, conditions, occupation and weight.

## Learning Outcomes

The students who have succeeded in this course;

- 1) Information about neck and back health
- 2) Information about the importance and maintenance of posture

## Course Flow Plan

Week	Subject	Related Preparation
1)	Definition of health according to WHO. Gross anatomy of the vertebral column (neck and back).	-
2)	What is the importance of the neck and back health in our daily lives?	-
3)	Anatomical position, body posture and balance.	-
4)	Postural disorders of the neck, trunk and back.	-
5)	What is Ergonomics and importance of Ergonomics in preventing of postural deformities?	-
6)	Neck and back pain and preventive issues in different situations such as age, gender, occupation, weight, pregnancy.	-
7)	Benefits of ergonomics in different positions according to occupations (White and blue colour workers: Health, engineering, office workers, music, arts, teachers, students etc.	-
8)	Mid term	-
9)	The effects of sports, leisure activities on neck and back health.	-
10)	Negative effects of psychosocial issues on neck and back health.	-
11)	Informing and preparing students to make presentations: Preventive approaches for neck and back problems.	-
12)	Presentation by the students about the neck and back health.	-
13)	Presentation by the students about the neck and back health.	-
14)	Presentation by the students about the neck and back health.	-
15)	Final exam	-
16)	Final exam	

## Sources

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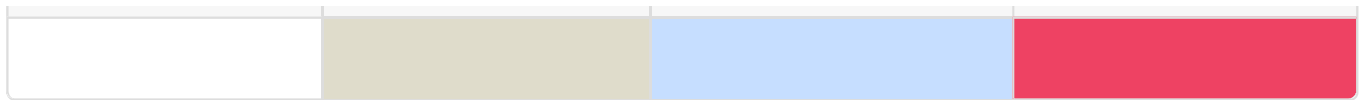
Course Notes / Textbooks:	Ders notları haftalık verilecektir.
References:	Ders notları haftalık verilecektir.

### Course - Program Learning Outcome Relationship

Course Learning Outcomes	1	2
Program Outcomes		
1) By providing both theoretical and practical education, it prepares students for academic and business life.		
2) It provides a critical perspective on mass media.		
3) With the English curriculum, it allows students to follow the international market and academic studies from original sources.		
4) Students will be an expert in front of the camera, behind-the-scenes, news center, light, sound, editing, directing, cinematography, screenwriting.		
5) Thanks to the media professionals, the students will be ready for the sector.		
6) Acquires production skills such as short and medium films, screenplays, documentaries and TV programs.		
7) Have the basic knowledge and experience of image technologies.		
8) Thanks to sectoral cooperation, professional business life will be started.		
9) Through an applied curriculum, students gain an interdisciplinary perspective on different media studies.		
10) With the technical training to be taken in studio environment, students gain experience in the sector.		
11) They will have skills such as negotiating with the group, taking initiative.		
12) Acquire basic values related to media and business ethics.		
13) Follow the developments in the field and communicate with colleagues by using a foreign language at least at the level of European Language Portfolio B1.		
14) Students use information and communication technologies together with computer software at the advanced level of European Computer Driving License required by the field.		

### Course - Learning Outcome Relationship

No Effect	1 Lowest	2 Average	3 Highest
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	Program Outcomes	Level of Contribution
1)	By providing both theoretical and practical education, it prepares students for academic and business life.	
2)	It provides a critical perspective on mass media.	
3)	With the English curriculum, it allows students to follow the international market and academic studies from original sources.	
4)	Students will be an expert in front of the camera, behind-the-scenes, news center, light, sound, editing, directing, cinematography, screenwriting.	
5)	Thanks to the media professionals, the students will be ready for the sector.	
6)	Acquires production skills such as short and medium films, screenplays, documentaries and TV programs.	
7)	Have the basic knowledge and experience of image technologies.	
8)	Thanks to sectoral cooperation, professional business life will be started.	
9)	Through an applied curriculum, students gain an interdisciplinary perspective on different media studies.	
10)	With the technical training to be taken in studio environment, students gain experience in the sector.	
11)	They will have skills such as negotiating with the group, taking initiative.	
12)	Acquire basic values related to media and business ethics.	
13)	Follow the developments in the field and communicate with colleagues by using a foreign language at least at the level of European Language Portfolio B1.	
14)	Students use information and communication technologies together with computer software at the advanced level of European Computer Driving License required by the field.	

### 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 Activities	Workload
Course Hours	16	80
Study Hours Out of Class	16	48
<b>Total Workload</b>		<b>128</b>