

HEALTHY LIFE AND EXERCISE

1	Course Title:	HEALTHY LIFE AND EXERCISE	
2	Course Code:	OTPS033	
3	Type of Course:	Optional	
4	Level of Course:	Short Cycle	
5	Year of Study:	0	
6	Semester:	0	
7	ECTS Credits Allocated:	3.00	
8	Theoretical (hour/week):	2.00	
9	Practice (hour/week):	0.00	
10	Laboratory (hour/week):	0	
11	Prerequisites:		
12	Language:	Turkish	
13	Mode of Delivery:	Face to face	
14	Course Coordinator:	Öğr. Gör. BENGÜL AYDIN	
15	Course Lecturers:	Öğr.Gör.Bengül AYDIN	
16	Contact information of the Course Coordinator:	baydin@uludag.edu.tr Telefon: 0 224 294 29 51 Uludağ Üniversitesi Sağlık Hizmetleri Meslek Yüksekokulu, Görükle Kampüsü - Bursa	
17	Website:		
18	Objective of the Course:	The aim of this course is to provide basic information about healthy life and physical activity	
19	Contribution of the Course to Professional Development:	Increasing the quality of life, teaching a healthy life	
20	Learning Outcomes:		
		1	Will be able to understand the effect of exercise on the physical, psychological and social life of the individual.
		2	Will be able to understand the indispensable role of exercise in a healthy life
		3	Describe the types of exercise
		4	Describe the general role of exercise in chronic diseases
		5	Describe that exercise can change in different age groups
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21	Course Content:		
		Course Content:	
Week	Theoretical	Practice	
1	Course Introduction -What is health? -Healthy and healthy lifestyle		
2	Components of healthy lifestyle and exercise		

3	The concept of exercise in healthy life The pros and cons of exercise			
4	Effect and benefits of exercise in health protection and improvement			
5	Exercise, wellness, fitness concepts and basic approaches			
6	-Effect of exercise on human physiology			
7	Exercise and varieties (Isokinetic, Isometric, Isotonic)			
8	Exercise and varieties (Aquatic, aerobic exercise)			
9	Exercise and varieties			
10	Exercise and varieties			
11	Age groups and exercise			
12	Chronic diseases and exercise			
13	Wrong practices for healthy life (Inappropriate exercise practices)			
14	The role of health professionals in gaining and maintaining healthy lifestyle behavior			
22	Textbooks, References and/or Other	Öğrenim Materyalleri, Kaynaklar, Diğer Kaynaklar		
Activites		Number	Duration (hour)	Total Work Load (hour)
Theoretical		14	2.00	28.00
Practicals/Labs		0	0.00	0.00
Self study and preperation		14	3.00	42.00
Homeworks		0	0.00	0.00
Projects		0	0.00	0.00
Field Studies		0	0.00	0.00
Midterm exams		1	10.00	10.00
Others		0	0.00	0.00
23 /Assesment		1	10.00	10.00
Final Exams		1	10.00	10.00
Total Work Load				100.00
Total work load/ 30 hr	1	40.00		3.00
ECTS Credit of the Course				3.00
Home work-project	0	0.00		
Final Exam	1	60.00		
Total	2	100.00		
Contribution of Term (Year) Learning Activities to Success Grade		40.00		
Contribution of Final Exam to Success Grade		60.00		
Total		100.00		
Measurement and Evaluation Techniques Used in the Course		Exam		
24	ECTS / WORK LOAD TABLE			

25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	PQ14	PQ15	PQ16
ÖK1	3	2	1	1	1	1	3	1	2	1	1	1	0	0	0	0
ÖK2	3	1	1	1	3	1	3	2	2	2	1	1	0	0	0	0
ÖK3	4	2	1	2	1	2	3	1	1	1	2	1	0	0	0	0
ÖK4	4	2	3	1	4	1	3	2	2	2	1	4	0	0	0	0
ÖK5	4	2	2	2	2	1	3	1	1	2	1	3	0	0	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			