

COURSE INFORMATION					
Course Title	Code	Semester	L+P Hour	Credits	ECTS
Healthy Living: The Milestones of the Life for Performance Management	MED 628	Phase 1/2/3	28	2	2*

* ECTS credits are the university credits of the courses in Yeditepe University, Faculty of Medicine, Undergraduate Medical Education Program

Prerequisites	None
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Language of Instruction	English/Turkish
Course Level	Second Cycle including First Cycle Degree (One Tier Programme)
Course Type	Free Elective
Course Coordinator	Mehtap Kaçar, Assoc. Prof.
Instructors	Mehtap Kaçar, Elif Çil
Assistants	-
Goals	To support fitness practices & dietary habits of healthy life style for medical students. To introduce techniques for reducing stress with healthy living habits. To highlight the importance of superior physical and mental health status for a better job performance.
Content	In the content of this course; understanding physiology of the physical activities, risks and benefits of the regular physical activities, using fitness training as a treatment technique, effects of physical activities to reduce stress, the relation between dietary habits and health will have quite importance.

Learning Outcomes: At the end of this course, the student should be able to:	Program Outcomes	Teaching Methods	Assessment Methods
Explains main exercise physiology	1.4.	1,2,6	A,B,C
Defines main fitness terms	1.4.	1,2,6	A,B, C
Analyzes main risks and benefits of exercising	1.4., 3.3.	1,2,6	A,B, C
Relates health and eating habits	1.4., 3.3.	1,2,6	A,B,C
Performs main fitness training techniques	1.4., 3.3.	1,2,6	A,B,C
Manages the basic exercises necessary for healthy life	1.4., 3.3.	1,2,6	A,B,C
Performs physical techniques which are frequently used in stress management	1.4., 3.3.	1,2,6	A,B, C
Explains the relationship between health and	1.4., 3.3.	1,2,6	A,B, C

nutrition			
Describes the principles of healthy eating	1.4., 3.3.	1,2,6	A,B,C
Recognizes exercise as a treatment method for common diseases in the community	1.4., 1.6., 3.3.	1,2,6	A,B,C

Teaching Methods:	1-Lecture; 2-Team Work; 3-Case Study, 4-Discussion Hours 5-Problem Solving 6- Applied Examples
Assessment Methods:	A: Presentation; B: Homework; C: Application

COURSE CONTENT		
Week	Topics	Study Materials
1	Introduction to Fitness Terminologies and Exercise Physiology	Lecture Notes
2	The Risks and Benefits of the Gym Training	Lecture Notes
3	LAB: Measurement of Basal Metabolic Rates	Practice Notes
4	The Principles of Exercise Applications	Lecture Notes
5	Team Work: Applied Exercise Workshop	Applied Training
6	Relation between Health and Nutrition	Lecture Notes
7	Midterm	
8	Effects of Exercising on Stress Management	Lecture Notes & Applied Training
9	Team Work: Applied Exercise Workshop for Stress Management	Applied Training
10	The role of fitness training to treat main muscle-carcass diseases	Lecture Notes & Applied Training
11	Team Work: Fitness Workshop	Applied Training
12	The role of fitness training to treat obesity	Lecture Notes
13	The role of fitness training to treat hypertension and heart diseases	Lecture Notes
14	Final	

RECOMMENDED SOURCES	
Textbook	Lecture Notes
Additional Resources	<ul style="list-style-type: none"> Guyton and Hall Textbook of Medical Physiology. John E. Hall, Ph.D. Arthur C. Guyton 13th ed., 2015

	<ul style="list-style-type: none"> ACMS's Guidelines for Exercise Testing and Prescription, Mitchell H. Whaley, P.H. Brubaker, R.M. Otto, 7th ed. Lippincott Williams&Wilkins, 2006. Techniques in Musculoskeletal Rehabilitation. W.E. Prentice, M.I. Voight McGraw-Hill Medical, 2001..
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MATERIAL SHARING	
Documents	Slides and lecture notes will be shared
Assignments	Shared
Exams	Not shared

COURSE CATEGORY	Free Elective
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COURSE'S CONTRIBUTION TO PROGRAM						
No	Program Learning Outcomes	Contribution				
		1	2	3	4	5
1	PO.1.4.1., 1.4.2.			X		
2	PO.1.6.1.			X		
3	PO.3.3.1.-3.3.3.					X

ASSESSMENT			
IN-TERM STUDIES	NUMBER	PERCENTAGE	
Midterm Project	1	25	
Homework	1	25	
Final Project	1	50	
Total	3	100	
CONTRIBUTION OF FINAL EXAMINATION TO OVERALL GRADE		50	
CONTRIBUTION OF IN-TERM STUDIES TO OVERALL GRADE		50	
Total		100	

ECTS ALLOCATED BASED ON STUDENT WORKLOAD BY THE COURSE DESCRIPTION			
Activities	Quantity	Duration (Hour)	Total Workload (Hour)
Lectures	12	2	24
Independent learning	12	2	24
Team Work & Presentations	1	4	4
Mid-term project	1	4	4
Final Pject	1	4	4
Total Work Load			60
Total Work Load / 30 (h)			2
ECTS Credit of the Course			2