

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

<b>Prerequisites</b>	None
----------------------	------

<b>Language of Instruction</b>	English/Turkish
<b>Course Level</b>	Second Cycle including First Cycle Degree (One Tier Programme)
<b>Course Type</b>	Free Elective
<b>Course Coordinator</b>	Prof. Gülsüm Seda Güleç Yılmaz
<b>Instructors</b>	Mehtap Kaçar, Elif Çil, Binnur Okan
<b>Assistants</b>	-
<b>Goals</b>	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.
<b>Content</b>	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	1.1.1,1.1.3,1.1.4,1.1.5, 1.1.6,1.1.8,2.1.3,2.2.1, 2.2.3,2.2.4,2.5.1,2.5.2, 2.5.3,3.1.1,3.1.2,3.1.3, 3.2.2,3.2.3	1,2,6	A,B,C
Defines main fitness terms	1.1.1,1.1.4,1.1.6,2.1.3, 2.2.3,2.5.1,2.5.3,3.1.1, 3.1.2,3.1.3,3.2.2,3.2.3	1,2,6	A,B, C
Analyzes main risks and benefits of exercising	1.1.1,1.1.3,1.1.4,1.1.5, 1.1.6,1.1.8,2.1.3,2.2.1,	1,2,6	A,B, C

	2.2.3,3.1.1,3.1.2,3.1.3, 3.2.2,3.2.3		
Relates health and eating habits	1.1.1,1.1.4,1.1.6,2.1.3, 2.2.3,2.5.1,2.5.3,3.1.1, 3.1.2,3.1.3,3.2.2,3.2.3	1,2,6	A,B,C
Performs main fitness training techniques	1.1.1,1.1.3,2.1.3,2.2.1, 2.2.3,2.2.4,2.5.1,2.5.2, 2.5.3	1,2,6	A,B,C
Manages the basic exercises necessary for healthy life	1.1.1,1.1.3,1.1.4,1.1.5, 1.1.6,1.1.8,2.1.3,2.2.1, 2.2.3,2.2.4,2.5.1,2.5.2, 2.5.3,3.1.1,3.1.2,3.1.3, 3.2.2,3.2.3	1,2,6	A,B,C
Performs physical techniques which are frequently used in stress management	1.1.1,1.1.3,2.1.3,2.2.1, 2.2.3,2.2.4,2.5.1,2.5.2, 2.5.3	1,2,6	A,B, C
Explains the relationship between health and nutrition	2.2.1,2.2.3,2.2.4,2.5.1, 2.5.2,2.5.3,3.1.1,3.1.2, 3.1.3,3.2.2,3.2.3	1,2,6	A,B, C
Describes the principles of healthy eating	1.1.1,1.1.3,1.1.4,1.1.5, 1.1.6,1.1.8,2.1.3,2.2.1, 2.2.3,2.2.4,2.5.1,2.5.2, 2.5.3,3.1.1,3.1.2,3.1.3, 3.2.2,3.2.3	1,2,6	A,B,C
Recognizes exercise as a treatment method for common diseases in the community	1.1.1,1.1.3,1.1.4,1.1.5, 1.1.6,1.1.8,2.1.3,2.2.1, 2.2.3,2.2.4,2.5.1,2.5.2, 2.5.3,3.1.1,3.1.2,3.1.3, 3.2.2,3.2.3	1,2,6	A,B,C

<b>Teaching Methods:</b>	1-Lecture; 2-Team Work; 3-Case Study, 4-Discussion Hours 5-Problem Solving 6- Applied Examples
<b>Assessment Methods:</b>	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	
<b>Textbook</b>	Lecture Notes
<b>Additional Resources</b>	<ul style="list-style-type: none"> <li>Guyton and Hall Textbook of Medical Physiology. John E. Hall, Ph.D. Arthur C. Guyton 13th ed., 2015</li> <li>ACMS's Guidelines for Exercise Testing and Prescription, Mitchell H. Whaley, P.H. Brubaker, R.M. Otto, 7th ed. Lippincott Williams&amp;Wilkins, 2006.</li> <li>Techniques in Musculoskeletal Rehabilitation. W.E. Prentice, M.I. Voight McGraw-Hill Medical, 2001..</li> </ul>

MATERIAL SHARING	
<b>Documents</b>	Slides and lecture notes will be shared
<b>Assignments</b>	Shared
<b>Exams</b>	Not shared

<b>COURSE CATEGORY</b>	Free Elective
------------------------	---------------

COURSES CONTRIBUTION TO PROGRAM
---------------------------------

COMPETENCE AREA-1 / Professional Practices	Contribution				
COMPETENCE 1.1. Health Service Provider	1	2	3	4	5
<b>Competency 1.1.1.</b> Integrates knowledge, skills, and attitudes acquired from basic and clinical medical sciences, behavioral sciences, and social sciences to provide health services.				X	
<b>Competency 1.1.2.</b> Demonstrates a biopsychosocial approach that considers the individual's sociodemographic and sociocultural background without discrimination based on language, religion, race, or gender in patient management.					
<b>Competency 1.1.3.</b> Prioritizes the protection and improvement of individuals' and community's health in the delivery of healthcare services.					X
<b>Competency 1.1.4.</b> Performs the necessary actions in the direction of maintaining and improving the state of health as considering the individual, social, social and environmental factors affecting health.					X
<b>Competency 1.1.5.</b> Provides health education to healthy/ill individuals and their families, as well as to other healthcare professionals, by recognizing the characteristics, needs, and expectations of the target audience.				X	
<b>Competency 1.1.6.</b> Demonstrates a safe, rational, and effective approach in the processes of protection, diagnosis, treatment, follow-up, and rehabilitation in health service delivery.			X		
<b>Competency 1.1.7.</b> Performs interventional and/or non-interventional procedures safely and effectively for the patient in the processes of diagnosis, treatment, follow-up, and rehabilitation.					
<b>Competency 1.1.8.</b> Provides healthcare services considering patient and employee health and safety.			X		
<b>Competency 1.1.9.</b> Considers changes related to the physical and socio-economic environment at both regional and global scales that affect health, as well as changes in the individual characteristics and behaviors of those who seek healthcare services.					
COMPETENCE AREA-2 / Professional Values and Approaches	Contribution				
COMPETENCE 2.1. Adopting Professional Ethics and Principles	1	2	3	4	5
<b>Competency 2.1.1.</b> Considers good medical practices while performing the profession.					

<b>Competency 2.1.2.</b> Fulfills duties and obligations within the framework of ethical principles, rights, and legal responsibilities required by the profession.					
<b>Competency 2.1.3.</b> Demonstrates determined behavior in providing high-quality healthcare while considering the patient's integrity.				X	
<b>Competency 2.1.4.</b> Evaluates own performance in professional practices by considering own emotions and cognitive characteristics.					
<b>COMPETENCE 2.2. Health Advocate</b>					
<b>Competency 2.2.1.</b> Advocates for the improvement of healthcare service delivery by considering the concepts of social accountability and social responsibility in the protection and enhancement of community health.					X
<b>Competency 2.2.2.</b> Plans and implements service delivery, education, and counseling processes related to individual and community health, in collaboration with all stakeholders, for the protection and improvement of health.					X
<b>Competency 2.2.3.</b> Evaluates the impact of health policies and practices on individual and community health indicators and advocates for the improvement of healthcare quality.				X	
<b>Competency 2.2.4.</b> Gives importance to protecting and improving own physical, mental, and social health and takes necessary actions for it.					X
<b>COMPETENCE 2.3. Leader-Manager</b>					
<b>Competency 2.3.1.</b> Demonstrates exemplary behavior and leadership within the healthcare team during service delivery.					
<b>Competency 2.3.2.</b> Utilizes resources in a cost-effective, socially beneficial, and compliant manner with regulations in the planning, implementation, and evaluation processes of healthcare services as the manager in the healthcare institution.					
<b>COMPETENCE 2.4. Team Member</b>					
<b>Competency 2.4.1.</b> Communicates effectively within the healthcare team and takes on different team roles as necessary.					
<b>Competency 2.4.2.</b> Displays appropriate behaviors while being aware of the duties and responsibilities of healthcare workers within the healthcare team.					
<b>Competency 2.4.3.</b> Works collaboratively and effectively with colleagues and other professional groups in professional practice.					
<b>COMPETENCE 2.5. Communicator</b>					
<b>Competency 2.5.1.</b> Communicates effectively with patients, their families, healthcare professionals, and other occupational groups, institutions and organizations.			X		
<b>Competency 2.5.2.</b> Communicates effectively with individuals and groups who require a special approach and have different sociocultural characteristics.			X		
<b>Competency 2.5.3.</b> Demonstrates a patient-centered approach that involves the patient in decision-making mechanisms during the diagnosis, treatment, follow-up, and rehabilitation processes.					X
<b>COMPETENCE AREA-3 / Professional and Personal Development</b>	<b>Contribution</b>				
<b>COMPETENCE 3.1. Scientific and Analytical Approach</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Competency 3.1.1.</b> Plans and implements scientific research, as necessary, for the population it serves, and utilizes the results obtained, as well as those from other research, for the benefit of the community.			X		
<b>Competency 3.1.2.</b> Accesses and critically evaluates current literature		X			

related to their profession.					
<b>Competency 3.1.3.</b> Applies evidence-based medicine principles in the clinical decision-making process.				<b>X</b>	
<b>Competency 3.1.4.</b> Uses information technologies to enhance the effectiveness of healthcare, research, and education activities.					
<b>COMPETENCE 3.2. Lifelong Learner</b>					
<b>Competency 3.2.1.</b> Manages effectively individual study processes and career development.					
<b>Competency 3.2.2.</b> Demonstrates skills in acquiring, evaluating, integrating new information with existing knowledge, applying to professional situations, and adapting to changing conditions throughout professional career.			<b>X</b>		
<b>Competency 3.2.3.</b> Selects the right learning resources to improve the quality of health care and organizes the learning process.			<b>X</b>		

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

<b>ECTS ALLOCATED BASED ON STUDENT WORKLOAD BY THE COURSE DESCRIPTION</b>			
<b>Activities</b>	<b>Quantity</b>	<b>Duration (Hour)</b>	<b>Total Workload (Hour)</b>
<b>Lectures</b>	12	2	24
<b>Independent learning</b>	12	2	24
<b>Team Work &amp; Presentations</b>	1	4	4
<b>Mid-term project</b>	1	4	4
<b>Final Pject</b>	1	4	4
<b>Total Work Load</b>			60

<b>Total Work Load / 30 (h)</b>			2
<b>ECTS Credit of the Course</b>			2