



COURSE INFORMATION FORM

Course Name	Course Code
Physical Activity in Health Protection-II	

Semester	Number of Course Hours per Week		ECTS
	Theory	Practice	
1	2	0	3

Course Category (Credit)				
Basic Sciences	Engineering Sciences	Design	General Education	Social Elective
				X

Course Language	Course Level	Course Type
Turkish	Undergraduate	Elective

Prerequisite(s) if any	There is no prerequisite for the course.
Objectives of the Course	It is aimed to have basic knowledge about the importance of physical activity in various populations and chronic diseases and to improve the level of awareness and awareness on this issue.
Short Course Content	This course provides basic knowledge about the effectiveness of physical activity in various populations and chronic diseases for health protection.

Learning Outcomes of the Course		Contributed PO(s)	Teaching Methods *	Measuring Methods **
1	Explain the importance of physical activity in health protection.	5, 7	1, 2, 5	A, B
2	Has a basic level of knowledge about the importance of physical activity in a digitalizing world.	5, 7	1, 2, 5	A, B
3	Have a basic knowledge of physical activity in healthy adults and various populations.	5, 7	1, 2, 5	A, B
4	Has basic knowledge about the protective effect of physical activity in chronic diseases.	5, 7	1, 2, 5	A, B
5	Has basic knowledge about approaches to promote physical activity.	5, 7	1, 2, 5	A, B

*Teaching Methods 1:Expression, 2:Discussion, 3:Experiment, 4:Simulation, 5:Question-Answer, 6:Tutorial, 7:Observation, 8:Case Study, 9:Technical Visit, 10:Trouble/Problem Solving, 11:Individual Work, 12:Team/Group Work, 13:Brain Storm, 14:Project Design / Management, 15:Report Preparation and/or Presentation

**Measuring Methods A:Exam, B:Quiz, C:Oral Exam, D:Homework, E:Report, F:Article Examination, G:Presentation, I:Experimental Skill, J:Project Observation, K:Class Attendance; L:Jury Exam

Main Textbook	1. Turkey Physical Activity Guide, Ministry of Health, Public Health Institution of Turkey, Ankara, 2014. 2. Arikan H., Ergun N., Özdiñler Razak A., Tuğay U.B (Translation editors). Clinical Exercise Physiology. Istanbul Medical Bookstores, 2018.
Supporting References	World Health Organization. (2020). WHO guidelines on physical activity and sedentary behaviour. World Health Organization.
Necessary Course Material	Computer Projector

Course Schedule	
1	Information about the content and purpose of the course
2	The effects of physical activity on health
3	Physical activity and digital technology
4	Physical activity in healthy adults
5	Physical activity in children
6	Physical activity in the elderly
7	Physical activity in women
8	Mid-Term Exam
9	Arthritis and physical activity
10	Obesity and physical activity
11	Diabetes mellitus and physical activity
12	Hypertension and physical activity
13	Cancer and physical activity
14	Cardiovascular diseases and physical activity
15	Approaches to promote physical activity
16,17	Final Exam

Calculation of Course Workload			
Activities	Number	Time (Hour)	Total Workload (Hour)
Course Time (number of course hours per week)	14	2	28
Classroom Studying Time (review, reinforcing, prestudy,...)			
Homework			
Quiz Exam	3	1	3
Studying for Quiz Exam	3	2	6
Oral exam			
Studying for Oral Exam			
Report (Preparation and presentation time included)			
Project (Preparation and presentation time included)			
Presentation (Preparation time included)			
Mid-Term Exam	1	1	1
Studying for Mid-Term Exam	7	1	7
Final Exam	1	1	1
Studying for Final Exam	14	1	14
Total workload			60
Total workload / 30			2
Course ECTS Credit			3

Evaluation	
Activity Type	%
Mid-term	30
Quiz	20
Homework	
Final Exam	50
Total	100

RELATIONSHIP BETWEEN THE COURSE LEARNING OUTCOMES AND THE PROGRAM OUTCOMES (PO) (5: Very high, 4: High, 3: Middle, 2: Low, 1: Very low)		
NO	PROGRAM OUTCOME	Contribution
1	Has a basic level of knowledge in health sciences that can be applied in the field of physiotherapy and rehabilitation	1
2	Has the ability to perform necessary assessments, descriptions, and planning for physiotherapy and rehabilitation practices, guided by professional ethics and current information relevant to the field of physiotherapy and rehabilitation.	1
3	Applies the physiotherapy and rehabilitation program using the knowledge and skills acquired in the field, following ethical principles and current literature; modifies or terminates the program if necessary	1
4	Possesses the competence to integrate knowledge gained from following scientific and technological developments in the field of physiotherapy and rehabilitation into professional and clinical practices.	1
5	Has a basic level of knowledge and skills aimed at protecting and promoting public health.	5
6	Has the ability to implement and contribute to the development of physiotherapy and rehabilitation programs aimed at the protection and improvement of health, as well as to contribute to the development of health policies.	1
7	Possesses the ability to question, modify, and enhance the knowledge acquired within the framework of lifelong learning skills.	5
8	Has the competence to work as a team member and take responsibility, effectively communicating and collaborating with colleagues within and across disciplines and other professional groups in professional practice.	1
9	Possesses effective written and verbal communication/presentation skills in national and international academic and professional environments.	3

LECTUTER(S)				
Prepared by	Research Assistant, Dr. Selin BAYRAM			
Signature(s)				