Course Syllabus

Code - Course Title	**EVİ212U - Healthy Living**
Course Type	IV. SEMESTER
Laboratory + Practice	0+0
ECTS	**5.0**
Language of Instruction	Türkçe
Course Type	Elective Courses
Course Instructor(s)	LECTURER HAKAN SİVRİSERVİ

Mode of Delivery	Distance Education
Prerequisites	There is no prerequisite or co-requisite for this course.
Courses Recomended	There are not any recommended optional programme components.
Recommended Resources	Aktürk, Zekeriya ve Turgut, Akın (2013). Healty Life. Eskisehir: Anadolu University Publications, Publication No: 2866.
Work Placement	N/A

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1		The Concept of Health	
Week - 2		The Concept of Healthy Life	
Week - 3		Promoting and Protecting Health	
Week - 4		Preventive Health Practices	
Week - 5		Nutrition for Health	
Week - 6		Personal Hygiene and Cleaning	
Week - 7		Midterm Exam	
Week - 8		Physical Activity for a Healthy Life	
Week - 9		Psychological Problems in Human Life and Their Solutions	
Week - 10		Psychiatric Problems in Human Life and Their Solutions	
Week - 11		Addiction	
Week - 12		Addiction and Health	
Week - 13		Special Situations and Issues Related to Health	
Week - 14		Final Exam	

Learning Outcomes

#	Learning Outcome
1	Be able to determine precautions for protecting people's health
2	Be able to explain adequate and balanced nutrition
3	Be able to explain the effects of motivation on healty life
4	Be able to develop recommandations for physical education
5	Be able to explain healthy nutrition consultancy, and the features of healthy nutrition consultancy
6	Be able to explain the currency, etiology, protection and cure of obesity in Turkey and in the World
7	Be able to define risk factors that cause death, illness and disability in the developing and development countires
8	Be able to explain the concepts of Health Education, Social Marketing and Health Literacy and relationships with health development

Sustainable Development Goals

No content has been provided.

Course Theme

No content has been provided.

AKTS Workload

Activity	Duration (Hour)	Count	Workload
Teorik Derse Katılım	0	0	0
Sınıf Dışı Çalışma (Ön Hazırlık & Pekiştirme Amaçlı)	0	0	0
Ödevler	0	0	0
Proje - Rapor - Sunum Hazırlama	0	0	0
Ara Sınav Hazırlığı (sınav süresi dahil)	0	0	0
Final Sınavı Hazırlığı (sınav süresi dahil)	0	0	0
Uygulama (Laboratuvar, Müzik/Enstrüman Uygulaması, Atölye/Saha Çalışması vb.)	0	0	0
Staj Uygulaması	0	0	0
		Calculated ECTS	**0**

Assessment Method and Passing Requirements

No content has been provided.

Assessment Method and Passing Requirements	Quamtity	Percentage (%)
1.Midterm Exam	1	30
Final Exam	1	70
	Sum (%)	**100**