Course Syllabus

Code - Course Title	**SAĞ108U -**
Course Type	II. SEMESTER
Laboratory + Practice	0+0
ECTS	**5.0**
Language of Instruction	Türkçe
Course Type	Elective Courses

Mode of Delivery	Distance Education
Prerequisites	There is no prerequisite or co-requisite for this course.
Courses Recomended	No recommended optional programme is required.
Recommended Resources	Educational publications
Work Placement	No work placement.

Course Syllabus

Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1		An Overview of Health Psychology	
Week - 2		An Overview of Health Psychology	
Week - 3		Stress and Coping with Stress	
Week - 4		Stress and Coping with Stress	
Week - 5		Pain, Pain Management and the Placebo Effect for Pain Relief	
Week - 6		Pain, Pain Management and the Placebo Effect for Pain Relief	
Week - 7		Midterm	
Week - 8		Healthy Living: Healthy Eating, Physical Activity, Sleep and Sexuality	
Week - 9		Dependency	
Week - 10		Dependency	
Week - 11		Grief, Spiritual Trauma and Burnout	
Week - 12		Common Mental Disorders	
Week - 13		Common Medical Diseases	
Week - 14		Final Examination	

Learning Outcomes

#	Learning Outcome
1	Defines the concepts of health and disease
2	Defines the concept of stress
3	Understands the components necessary for a healthy life
4	Defines mental illnesses
5	Gains knowledge about common medical diseases

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**