

School of Health Sciences / Nursing

2023 - 2024 Academic Year

HEALTH PROMOTION

Syllabus

Course Description					
Name	Code	Semester	T+A Hour	Credit	ECTS
HEALTH PROMOTION	HEM4174980	Fall Semester	2+0	2	2
Prerequisites Courses					
Recommended Elective Courses	Health Literacy				
Language of Instruction	Turkish				
Course Level	First Cycle (Bachelor's Degree)				
Course Type	Elective				
Course Coordinator	Assist.Prof. Esra EREN				
Name of Lecturer(s)	Assist.Prof. Esra EREN				
Assistant(s)					
Aim	It provides basic information about the concept of health promotion and health promotion strategies, so that the student becomes aware of the possession of positive health behaviors.				
Course Content	This course contains; Basic concepts about health and definitions of health,Health education, health protection, health promotion concepts,Historical Development Process Health Protection and Development Practices,Theories and Models on Health Promotion, Use in Practice (research examples),Theories and Models on Health Promotion, Use in Practice (research examples)-2,In the world and in our country Health Development Practices,School Health Development Programs,Occupational Health Promotion Programs,Health Promotion in Vulnerable Groups,Healthy Lifestyle Behaviors - Nutrition,Healthy Lifestyle Behaviors - Tobacco/Alcohol/Substance use,Healthy Life Style Behaviors-Physical Activity,Healthy Life Style Behavior-stress management,Project work, course review.				
Course Learning Outcomes			Teaching Methods	Assessment Methods	
Knows the concepts of health protection and promotion			16, 37, 9		
Explains the process of behavior change and the factors affecting it			16, 4, 9		
Plans health programs to gain healthy lifestyle behaviors			10, 16, 5, 9	E	
Sağlığın korunması ve geliştirilmesinde hemşirenin rol ve sorumluluklarını tanımlar			10, 16, 9		
Knows the importance of gaining healthy lifestyle behaviors			10, 16, 9		
Teaching Methods	10: Discussion Method, 16: Question - Answer Technique, 37: Computer-Internet Supported Instruction, 4: Inquiry-Based Learning, 5: Cooperative Learning, 9: Lecture Method				
Assessment Methods	E: Homework				
Lecture Schedule					
Sequence	Topics	Preliminary Preparation			
1	Basic concepts about health and definitions of health	Review of the 6th reference,			
2	Health education, health protection, health promotion concepts	Review of the 4th reference,			
3	Historical Development Process Health Protection and Development Practices	Review of the 1st reference,			
4	Theories and Models on Health Promotion, Use in Practice (research examples)	Review of the 1st and 3rd reference			
5	Theories and Models on Health Promotion, Use in Practice (research examples)-2	Review of the 1st and 3rd reference,			
6	In the world and in our country Health Development Practices	Review of 1st and 3rd reference,			
7	School Health Development Programs	Review of the 2nd, 9th and 15th reference,			
8	Occupational Health Promotion Programs	Review of 1st and 7th reference,			
9	Health Promotion in Vulnerable Groups	Review of 5th and 16th reference,			
10	Healthy Lifestyle Behaviors - Nutrition	Review of the 8th, 11st and 12nd reference,			
11	Healthy Lifestyle Behaviors - Tobacco/Alcohol/Substance use	Review of the 14th and 16th reference,			
12	Healthy Life Style Behaviors-Physical Activity	Review of the 10th and 13rd reference,			
13	Healthy Life Style Behavior-stress management	Review of the 14th reference,			
14	Project work, course review				
Evaluation Methods		Weight(%)			
(Midterm Exam) quiz		%15			
Midterm Exam		40			
(General Exam) Project		%20			
General Exam		60			

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Resources

- 1.Fertman, CI., Allensworth, DD. (Ed.).(2010). Health Promotion Programs: From Theory to Practice.Sağlık Bakanlığı, 2012.
2. Gözüm, S. (Ed.).(2016).Okul Dönemindeki Çocukların Sağlığının Geliştirilmesi. Ankara: Vize Yayıncılık.
- 3.Snelling, A. (Ed.).(2014). Introduction to Health Promotion.Wiley: United States of America.
4. Erci, B. (Ed.).(2016). Halk Sağlığı Hemşireliği. Elazığ:Anadolu Nobel Tıp Kitabevleri.
- 5.Güler Ç., Akın, L.(Ed.). (2012). Halk Sağlığı-Temel Bilgiler.Ankara: Hacettepe Üniversitesi Yayınları
6. Aştı T., Karadağ A.(Ed.). (2013). Hemşirelik Esasları: Hemşirelik bilimi ve Sanatı ,Akademi Basın ve Yayıncılık: İstanbul.
- 7.Esin, M.N., Aktaş, E. (2012). Çalışanların Sağlık Davranışları ve Etkileyen Faktörler: Sistematik İnceleme. Florence Nightingale Hemşirelik Dergisi, 20, 166-176.
8. Hilger, J., Loerbroks, A. , Diehl, K. (2016). Eating behaviour of university students in Germany: Dietary intake, barriers to healthy eating and changes in eating behaviour since the time of matriculation, Appetite,109,100-107.
9. Meier, S., Stock, C., Kramer, A. (2006). The contribution of health discussion groups with students to campus health promotion, Health Promotion International, 22,1.
10. Oğuz, S., Çamcı, G., Yılmaz, RK. (2018). Üniversite Öğrencilerinin Fiziksel Aktivite Yapma Durumu ve Fiziksel Aktivitenin Kalp Sağlığına Etkisini Bilme Durumu.Gümüşhane Üniversitesi Sağlık Bilimleri Dergisi, 7, 54-61.
11. Önay, D.(2011). Üniversite Öğrencilerinin Kahvaltı Alışkanlıklarının Değerlendirmesi: Akşehir Sağlık Yüksekokulu Örneği. Gazi Üniversitesi Endüstriyel Sanatlar Eğitim Fakültesi Dergisi, 27, 95-106.
12. Özdoğan, Y., Yardımcı, H., Özçelik, A.Ö., Sürücüoğlu, M.S. (2012). Üniversite Öğrencilerinin Öğün Düzenleri. Gazi Üniversitesi, Endüstriyel Sanatlar Eğitim Fakültesi Dergisi, 29, 66-74.
13. Straker, L.M., Howie, E.K., Smith, KL., Fenner, AA., Kerr, DA., Olds, T.S. ve ark. (2014). The Impact of Curtin University's Activity, Food and Attitudes Program on Physical Activity, Sedentary Time and Fruit, Vegetable and Junk Food Consumption among Overweight and Obese Adolescents: A Waitlist Controlled Trial, Plus One Journal, 9, 11-1
14. Tuğut, N., Bekar, M. (2008). Üniversite Öğrencilerinin Sağlığı Algılama Durumları ile Sağlıklı Yaşam Biçimi Davranışları Arasındaki İlişki. Atatürk Üniversitesi Hemşirelik Yüksekokulu Dergisi,11, 3.
15. Zaybak, A., Fadiloğlu, Ç. (2004). Üniversite Öğrencilerinin Sağlığı Geliştirme Davranışı ve Bu Davranışı Etkileyen Etmenlerin Belirlenmesi. Ege Üniversitesi Hemşirelik Yüksek Okulu Dergisi, 20, 77-95.
16. Atlam, D.H., Aldemir, E., Altıntoprak, AE. (2017). Üniversite Öğrencilerinde Riskli Davranışların Yaygınlığı ve Madde Kullanımı ile İlişkisi. Dusunen Adam The Journal of Psychiatry and Neurological Sciences, 30, 287-298.