

Content

Course Code	Course Name	Semester	Theory	Practice	Lab	Credit	ECTS
GEM220	First Aid and Medical Care	3	1	0	1	1,5	2

Prerequisites	
Admission Requirements	

Language of Instruction	Turkish
Course Type	Compulsory
Course Level	Associate Degree
Objective	Define health and health promotion behaviours, disease and disease -producing organisms and the body systems
Content	Concepts of health,health and disease, definition and aim of health promotion, behaviours that promote health, nutrition, promoting hygiene, exercise, promoting sleeping, stress management, promoting interpersonal relationships, healthy environments, health promotion in higher education
References	1) The Ship Captain's Medical Guide - Google Kitaplar Sonucu books.google.com.tr/books?isbn=0115516581 2) First aid books and knowledge you can find at the Library and internet may also be used as reference. 3) Memmler RL, Memmler RL, Cohen BJ, Wood DL. (2008).The Human Body in Health and Disease. 11th Ed., Lippincott Williams & Wilkins.

Theory Topics

Week	Weekly Contents
1	Introduction
2	Concepts of health and disease, definition and aim of health promotion
3	Behaviours that promote health
4	Body structure and functions
5	Skin problems and prevent. Skin hygiene
6	Respiration system problems and prevent
7	Cardiac systems problems and prevent
8	Gastrointestinal system problems and prevent. Balanced diet
9	Urinary tract problems and prevent
10	Drugs
11	Drugs
12	Health Risk in maritime
13	Health Risk in maritime
14	Evaluation