

The Hebrew University of Jerusalem

Syllabus

Physical Activity and health promotion - 96122

Last update 05-11-2017

HU Credits: 2

Degree/Cycle: 1st degree (Bachelor)

Responsible Department: medicine

Academic year: 0

Semester: 2nd Semester

Teaching Languages: Hebrew

Campus: Ein Karem

Course/Module Coordinator: Prof Naama Constantini

Coordinator Email: naamacons@gmail.com

Coordinator Office Hours:

Teaching Staff:

Prof Naama Constantini

Course/Module description:

STUDENTS WHO STUDY MEDICINE LEARN HUNDREDS OF HOURS ABOUT DISEASES AND HOW TREAT THEM. HOWEVER, VERY LITTLE ATTENTION IS GIVEN TO HEALTH AND DISEASE PREVENTION. THE INTENTION OF THIS UNIQUE COURSE IS TO GIVE BASIC KNOWLEDGE ABOUT WHAT IS NOW CALLED "LIFESTYLE" MEDICINE. THE IMPORTANCE OF LEADING HEALTHY LIFE AND HOW TO DO IT.

Course/Module aims:

1. RECOGNIZE THE IMPORTANCE OF PHYSICAL ACTIVITY IN DISEASE PREVENTION AND TREATMENT.
2. UNDERSTAND THE COMPONENTS OF PHYSICAL FITNESS.
3. LEARN THE PRINCIPLES OF "EXERCISE PRESCRIPTION".
4. LEARN THE BASIC PRINCIPLES OF HEALTHY NUTRITION AND IT'S RELATION TO HEALTH.
5. RECEIVE BASIC TOOLS IN HEALTH PROMOTION AND BEHAVIORAL CHANGE.

Learning outcomes - On successful completion of this module, students should be able to:

1. RECOGNIZE THE IMPORTANCE OF PHYSICAL ACTIVITY IN DISEASE PREVENTION AND TREATMENT.
2. UNDERSTAND THE COMPONENTS OF PHYSICAL FITNESS.
3. GIVE BASIC "EXERCISE PRESCRIPTION".
4. GIVE BASIC PRINCIPLES OF HEALTHY NUTRITION.
5. USE BASIC TOOLS IN HEALTH PROMOTION AND BEHAVIORAL CHANGE.

Attendance requirements(%):

100%

Teaching arrangement and method of instruction: FRONTAL LECTURES.
Practicing behavioral change in one component
practice health PROMOTION.

Course/Module Content:

INTRODUCTION TO PHYSICAL ACTIVITY, EXERCISE AND HEALTH.
THE HEALTH BENEFITS OF PHYSICAL ACTIVITY.
HOW TO PROMOTE CHANGES.
PRINCIPLES IN EXERCISE PHYSIOLOGY.
COMPONENTS OF PHYSICAL FITNESS.

THE PHYSICAL ACTIVITY PYRAMIDE.
SMOKING CESSATION.
BASIC PRINCIPLES IN HEALTHY NUTRITION.
BODY COMPOSITION AND IT'S ASSESSMENT.
ENERGY BALANCE AND OBESITY.
STRESS IN HEALTH AND DISEASE AND HOW TO COPE WITH IT.

Required Reading:

1. NICE AND CONSTANTINI 2011, EXERCISE PRESCRIPTION FOR FITNESS AND HEALTH
2. AMERICAN COLLEGE OF SPORTS MEDICINE. ACSM GUIDELINES FOR EXERCISE TESTING & PRESCRIPTION 9TH ED. BALTIMORE, WILLIAMS AND WILKINS, 2013.
3. AMERICAN COLLEGE OF SPORTS MEDICINE. ACSM'S RESOURCE MANUAL FOR GUIDELINES FOR EXERCISE TESTING AND PRESCRIPTION 7TH ED. BALTIMORE, WILLIAMS AND WILKINS, 2013.
4. MCARDLE, W.D., KATCH, F.I. AND KATCH, V. L (2012). EXERCISE PHYSIOLOGY. WILLIAMS AND WILLKINS, 7TH EDITION.
5. WHO SITE ON NUTRITION.
6. DIET, NUTRITION AND THE PREVENTION OF CHRONIC DISEASES BY A JOINT WHO/FAO EXPERT CONSULTATION.
8. Papers in the course website.

Additional Reading Material:

Course/Module evaluation:

End of year written/oral examination 50 %
Presentation 0 %
Participation in Tutorials 0 %
Project work 50 %
Assignments 0 %
Reports 0 %
Research project 0 %
Quizzes 0 %
Other 0 %

Additional information: