



# *The Hebrew University of Jerusalem*

## *Syllabus*

### *Physical Activity and health promotion - 96122*

*Last update 13-08-2023*

*HU Credits: 2*

*Degree/Cycle: 1st degree (Bachelor)*

*Responsible Department: Medicine*

*Academic year: 0*

*Semester: 1st Semester*

*Teaching Languages: Hebrew*

*Campus: E. Safra*

*Course/Module Coordinator: Prof Naama Constantini*

*Coordinator Email: [naamacons@gmail.com](mailto:naamacons@gmail.com)*

*Coordinator Office Hours: Tel. 5325590*

*Teaching Staff:*

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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(%):

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.

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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:

Materials from the course website.

Additional Reading Material:

Grading Scheme:

Written / Oral / Practical Exam 70 %

Active Participation / Team Assignment 30 %

Additional information:

Students will need to participate in all the online assignments

Students will do a project regarding either leading a change in lifestyle of someone else or do a physical activity project with an elderly