

## *The Hebrew University of Jerusalem*

### *Syllabus*

## *Eat Move Live - Healthy living and Body maintenance - 96125*

*Last update 04-03-2025*

*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](mailto:naamacons@gmail.com)

*Coordinator Office Hours:* thru yarden - 5325590

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Teaching Staff:

Prof. Naama Constantini

Course/Module description:

*Life in the modern era raise many health and illness based questions: what is health ? why are we still sick in an era of affluence ? how come one part of the world is hungry and the other part is overwhelmed with calories that will kill it prematurely ?*

*The issue of health has always occupied societies not only in the medical and scientific fields but also in other fields such as the humanities and political sciences.*

*Throughout history various structures of behaviors, rituals and beliefs were made, some unique to certain societies and others universal. today the private expenditure on health is sky-rocketing but it seems that as a society we get sicker as the obesity and sedentary lifestyle rates are at times high, and even though smoking rates are slowly decreasing, smoking is still the number one cause of preventable death.*

*In an era where information is more accessible than ever it seems that we know less and less about our bodies and the right way to maintain it, and imply a very small fraction of this knowledge. In this course we intend to provide basic theoretical and practical knowledge about human health and the process and behaviors that promote it to students from all disciplines.*

*We will take on a journey between behaviors, trends, norms and processes that relate to human health and will discuss and judge them in evidence based tools. We'll also try to explore the relations between topics who are not directly related to health such as economics, gender, legislation, urban planning and others are effecting our health. Last will try to purify the question - what is health and how to achieve it ?*

Course/Module aims:

*to give non-medical students basic knowledge about exercise, nutrition and various health behaviors such as sleep, smoking, stress, sexual behaviour, and to demonstrate how the individual's behavior, as well as society effect our health.*

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

*The students*

- 1. will know how to define health, illness and the effect of the individual's behaviors on each.*
- 2. will be familiar with basic concepts in exercise and nutrition and its relation to health*
- 3. will develop tools to critically apprise behaviors and social phenomenons.*

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4. will gain basic tools for body "maintenance".

Attendance requirements(%):  
on-line course

Teaching arrangement and method of instruction: on-line course  
practicing behavioral change

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 PA PYRAMIDE,  
SMOKING CESSATION  
BASIC PRINCIPLES IN HEALTHY NUTRITION  
HEALTH COOKING  
Sexuality  
STRESS AND HOW TO COPE WITH IT

Required Reading:

The material in the course's homepage

Additional Reading Material:

The material in the course's homepage

Grading Scheme:

Essay / Project / Final Assignment / Home Exam / Referat 50 %  
Active Participation / Team Assignment 30 %  
Submission assignments during the semester: Exercises / Essays / Audits / Reports  
/ Forum / Simulation / others 20 %

Additional information: