

1. Title of the certificate ¹

Sağlıklı Yaşam Danışmanlığı (Seviye 3) Sertifikası

2. Translated title of the certificate ²

Healthy Life Mentorship (Level 3) Certificate

3. Profile of skills and competences

List the skills and competences acquired by the holder of the certificate. This list should start as follows: "A typical holder of the certificate is able to:" and should include a list of about 5 to 15 items using action verbs to describe skills and competences.

The holder of the certificate is able to:

- explain basic facts about health, components of healthy life and common health issues observed in our country and worldwide,
- tells about basic food groups, macro and micro nutritional elements and their roles under physiological conditions,
- describes principles of balanced and healthy nourishment and the relation between various diseases and nutrition,
- explains basic anatomy and physiology of the skin along with principles of a healthy skin,
- tells about sleep and exercise physiology as well as their health benefits,
- describes negative effects of stress and harmful habits on health and the ways of avoiding them,
- explains the usage principles and health effects of nutritional elements included in natural and plant-based food supplements,
- provides mentorship with regard to healthy life,

4. Range of occupations accessible to the holder of the certificate ³

They can work in businesses related with wellness and merchandise of wellness products as Healthy Life Mentors.

¹ In the original language. | ² If applicable. This translation has no legal status. | ³ If applicable.

The Certificate supplement provides additional information about the certificate and does not have any legal status in itself. Its format is based on the Decision (EU) 2018/646 of the European Parliament and of the Council of 18 April 2018 on a common framework for the provision of better services for skills and qualifications (Europass) and repealing Decision No 2241/2004/EC.

5. Official basis of the certificate

Body awarding the certificate

Bursa Uludag University Continuing Education
Application and Research Center–ULUSEM
Görükle Kampüsü 16059 Nilüfer/BURSA Tel: +90 (224)
294 29 02 www.ulusem.uludag.edu.tr

Authority providing accreditation / recognition of the certificate

Bursa Uludag University – Educational Institution
İzmir Yolu Caddesi, Görükle Kampüsü, 16059
Nilüfer/BURSA
+90 (0224) 294-0000, www.uludag.edu.tr

Level of the certificate (national or European) ¹

Level 3 in the National Qualifications Framework
Level 3 in the European Qualifications Framework

Grading scale / Pass requirements

80% attendance to theoretical classes and full
attendance to practical classes

Access to next level of education / training ¹

This certificate does not provide access to other
certificate programs.

International agreements on recognition of qualifications¹

We have no international agreement.

Legal basis

Turkish Law of Higher Education no 2547.

6. Officially recognised ways of acquiring the certificate

Replace with a description of the way the certificate can be acquired (apprenticeship, school/training centre-based or workplace-based, accredited prior learning) and/or complete the table below.

Description of vocational education and training	Percentage of total programme (%)	Duration (hours/weeks/months/years)
Theoretical-based	94 %	32 hours
Practical-based	6 %	2 hours
Accredited prior learning		
Total duration of the education / training leading to the certificate		34 hours

7. Additional information

Entry requirements ¹

There is no prerequisites or entry requirements.

More information (including a description of the national qualifications system)

www.myk.gov.tr

National Europass Centre

www.europass.gov.tr

¹ If applicable.