



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Physical Activity and Healty Life							
Course Code		REKB102		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	102 ( <i>Hours</i> )	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		By introducing the concepts of physical activity and healthy living, to reveal the relationship between physical activity and healthy living.							
Course Content		To explain the definitions of physical activity, physical education, sports, health and healthy life. To reveal the relationships between these concepts, to reveal the damages of fluidity harmful to health.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Case Study, Individual Study					
Name of Lecturer(s)									

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

### Recommended or Required Reading

1	PHYSICAL ACTIVITY AND HEALTH, Prof. Dr. Nilgün Bek, 2012, Ankara.
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Week	Weekly Detailed Course Contents	
1	Theoretical	Course objectives of the course and the right to disclosure of information
2	Theoretical	Still life drawbacks
3	Theoretical	The history of the sport for everyone. The main objectives of sport and exercise at any age
4	Theoretical	Scientific foundations of sport for everyone
5	Theoretical	Human health effects of regular life-long sports practice
6	Theoretical	Why Aerobic Exercise
7	Theoretical	Life-long sports practice
8	Intermediate Exam	Midterm Exam
9	Theoretical	Cardiovascular disease and exercise
10	Theoretical	Obesity and exercise
11	Theoretical	Weakness and exercise
12	Theoretical	How is aerobic. What is the step how-to
13	Theoretical	The importance of warming Sports
14	Theoretical	Regular and balanced diet
15	Theoretical	Regular and balanced diet
16	Theoretical	Final exam

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	4	2	84
Assignment	1	6	2	8
Midterm Examination	1	3	2	5
Final Examination	1	3	2	5
Total Workload (Hours)				102
[Total Workload (Hours) / 25*] = ECTS				4
*25 hour workload is accepted as 1 ECTS				



**Learning Outcomes**

1	Know physical activity, exercise, physical education, sport, health, healthy life concepts
2	Understands the history and philosophy of physical activity, exercise, physical education, sports, health, healthy life
3	Know and recognize physical activity activities and properties
4	Knows the relationship between physical activity and healthy life, explains
5	Knows different physical activity and healthy living activities, recognizes the application to different groups

**Programme Outcomes (Recreation)**

1	Students have comprehensive and systematic information about concepts, principles, theories, facts in disciplines related to Recreation in Recreation field and use and interpret these information in workplace
2	By specialising in certain studies of profession related to Recreation, students carry out planning and control functions in the field.
3	By using the knowledge about Recreation, students fulfill responsibilities in league with other occupational groups
4	Students carry out the recommendation and coordination functions, and plan activities related to Recreation
5	Students behave in accordance with the codes of ethics and laws and regulations related to right and liability of Recreation field.
6	Students analyse by using the known techniques related to Recreation
7	Students fulfill scientific information responsibility related to Recreation and research
8	Students develop positive behaviour and attitude towards healthy life-long sport
9	Students set an example as a model to society and colleagues with their professional identity related to Recreation field
10	Students must communicate written or verbal in some foreign languages

**Contribution of Learning Outcomes to Programme Outcomes** 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3
P1	5	5	5
P2	2	5	5
P3	5	5	4
P4	5	5	5
P5	3	5	5
P6	5	5	5
P7	5	5	4
P8	5	5	5
P9			5

