



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Physical Activity and Nutrition							
Course Code		REKB206		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	3	Workload	74 (Hours)	Theory	3	Practice	0	Laboratory	0
Objectives of the Course		In order to have a healthy body, it is necessary to teach a proper physical activity as well as an adequate and balanced diet.							
Course Content		Nutrients, nutritional disorders, diets, body mass index, healthy nutrition recommendations.							
Work Placement		N/none							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Individual Study					
Name of Lecturer(s)		Prof. Kürşat KARACABEY							

Prerequisites & Co-requisites

ECTS Requisite	45
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Assessment Methods and Criteria

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

Recommended or Required Reading

1	Ersay, G.; Egzersiz ve Spor Yapanlar İçin Beslenme, Ankara, Mart-2004.
2	Dieter,K.,B., Sporcuların Optimal Beslenmesi

Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction - An introduction to sports nutrition and basic nutrition
2	Theoretical	Energy: What is it? How is it used?
3	Theoretical	Carbohydrates:What is it? How is it used? Definition, function, features
4	Theoretical	Proteins and Protein needs with exercise: What is it? How is it used? Function and features
5	Theoretical	Fat/Lipids:What is it? How is it used? Definition, function, features -Dietary composition. Hafta: 7
6	Theoretical	Fat soluble vitamins: What are they? How are they used? Water soluble: What are they? How are they used? Vitamins and training
7	Theoretical	Minerals: What are they? How are they used, Minerals and training
8	Intermediate Exam	Midterm exam
9	Theoretical	What is physical activity and its role in our lives
10	Theoretical	calculation of daily physical activity
11	Theoretical	Different methods in menu planning
12	Theoretical	What is obesity?
13	Theoretical	Different methods in menu planning
14	Theoretical	general evalution
15	Final Exam	final

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	2	3	70



Individual Work	1	2	2	4
Total Workload (Hours)				74
[Total Workload (Hours) / 25*] = ECTS				3
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Understanding basic aspects of general nutrition and psycho-social factors that relate to sports nutrition;
2	understanding of energy metabolism.
3	Athlete calculation of the daily energy requirement of learning
4	To be able to apply the principles of nutrition before, during and after the race
5	To be able to make nutrition programs according to age, sex and disease conditions

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 fulfil 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 fulfil 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

