



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Body Building							
Course Code		REKB230		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	95 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		To teach the concepts related to the course. Sport of Fitness and Bodybuilding history and development in Turkey. Gyms and equipment used.							
Course Content		History of Fitness and Bodybuilding Sport, equipment used, training methods, nutrition, gyms.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, 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	Aletsiz Vücut Geliştirme/İlpress,Özer BAYSALING
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Week	Weekly Detailed Course Contents	
1	Theoretical	Sport of Fitness and Bodybuilding development in Turkey and the world.
2	Theoretical	Which kind of studies weakens which improves muscle.
3	Theoretical	What are the types of contractions and which are more effective in bodybuilding.
4	Theoretical	cardio workout
5	Theoretical	A special fitness program to fit the abdominal muscles which consists of movements.
6	Theoretical	A special fitness program to fit your arm muscles which consists of movements.
7	Theoretical	A special fitness program to fit the muscles of the basin which consists of movements.
8	Theoretical	midterm
9	Theoretical	A special fitness program to fit your leg muscles which consists of movements.
10	Theoretical	Which kind of studies weakens which improves muscle.
11	Theoretical	How metabolism is accelerated.
12	Theoretical	What is Streching?
13	Theoretical	How harmful is the use of steroids.
14	Theoretical	Are protein powders, amino acid pills and fat burning pills used in bodybuilding process harmful to health?
15	Theoretical	final

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	15	2	1	45
Individual Work	5	5	5	50
Total Workload (Hours)				95
[Total Workload (Hours) / 25*] = ECTS				4

\*25 hour workload is accepted as 1 ECTS

### Learning Outcomes

1	To be able to apply body building exercises
2	To teach the technique



3	To be able to teach practically.
4	gaining basic knowledge and skills about recreational sports and fitness applications
5	earn general information about muscle 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 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

