



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Women and Exercise							
Course Code		REKB250		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	98 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		Women and Exercise, Control of Movement, Energy, Exercise and Respiratory System, Circulatory System and Adaptation to Exercise, Hormonal Adjustments in Exercise, Physiological Basis of Nutrition and Sport Performance, Endurance and Speed ??Training							
Course Content		The aim of this course is to provide the students with an understanding of the types, characteristics and changes in the body during exercise.							
Work Placement		N/none							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration					
Name of Lecturer(s)		Ins. Sevcan ALTUN							

### Assessment Methods and Criteria

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

### Recommended or Required Reading

1	Exercise Physiology: Necati Akgün.Gökçe Ofset Matbaacılık.Ankara 1989
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Week	Weekly Detailed Course Contents	
1	Theoretical	Historical development of women and sports concepts and women and sports in Turkish society
2	Theoretical	Historical development of women and sports concepts and women and sports in Turkish society
3	Theoretical	The importance of sociocultural factors in the development of female athletes and the role of the family in the orientation of women to sports
4	Theoretical	Physical characteristics of women
5	Theoretical	Physical fitness and motor properties in women.
6	Theoretical	Energy systems in women
7	Theoretical	Hormonal system in women, examination of muscle system.
8	Intermediate Exam	MİDTERM
9	Theoretical	Examination of circulatory system and respiratory system in women
10	Theoretical	Examination of nervous system and nerve-muscle functions in women.
11	Theoretical	Pregnancy and exercise.
12	Theoretical	Menopause and exercise
13	Theoretical	Training and menstruation
14	Final Exam	FİNAL

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42



Lecture - Practice	14	2	2	56
Total Workload (Hours)				98
[Total Workload (Hours) / 25*] = ECTS				4
*25 hour workload is accepted as 1 ECTS				

### Learning Outcomes

1	Understand the importance of women and sports
2	The importance of sociocultural factors in the development of female athletes and the role of the family in the orientation of women to sports.
3	To know the importance of psychology in women and sports and to be able to apply training plan accordingly
4	To have the knowledge and competence to know and eliminate the barriers of female athletes in social terms
5	To ensure the continuity of sports in pregnant women.

### 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

