



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Recreation at Pregnant Women							
Course Code		REKB320		Couse Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	102 (<i>Hours</i>)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		Various recreational activities that can be applied in pregnant women; physical activities, artistic and cultural activities, social activities and so on. Planning, managing and implementing such recreation activities.							
Course Content		What is pregnancy, physical physiological and social conditions, Recreative activities during pregnancy; physical activities, anatomical and cultural activities, social activities. Where these activities may be inconvenient, benefits, planning, management and implementation.							
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	Exercise and Sporting Activity During Pregnancy, Editors: Santos-Rocha, Rita (Ed.), 2019.
2	Physical activity and exercise during pregnancy and the postpartum period. Committee Opinion No. 650. American College of Obstetricians and Gynecologists. Obstet Gynecol 2015

Week	Weekly Detailed Course Contents	
1	Theoretical	What is pregnancy, physical physiological and social conditions?
2	Theoretical	Various recreational activities that can be applied in pregnant women
3	Theoretical	Recreation activities that can be applied in pregnant women and situations where these activities may be objectionable
4	Theoretical	Recreation activities that can be applied in pregnant women and situations where these activities may be objectionable
5	Theoretical	Various recreational activities that can be applied in pregnant women; Cultural and artistic activities
6	Theoretical	Various recreational activities that can be applied in pregnant women; Cultural and artistic activities
7	Theoretical	Various recreational activities that can be applied in pregnant women; Cultural and artistic activities
8	Intermediate Exam	Midterm
9	Theoretical	Various recreational activities that can be applied in pregnant women; Social activities
11	Theoretical	Various recreational activities that can be applied in pregnant women; Physical activities
12	Theoretical	Various recreational activities that can be applied in pregnant women; Physical activities
13	Theoretical	Various recreational activities that can be applied in pregnant women; Physical activities
14	Theoretical	Various recreational activities that can be applied in pregnant women; Other recreation activities
15	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	15	3	3	90
Individual Work	3	3	1	12
Total Workload (Hours)				102
[Total Workload (Hours) / 25*] = ECTS				4

*25 hour workload is accepted as 1 ECTS



Learning Outcomes

1	Comprehend how pregnancy, physical, physiological and social conditions are.
2	Explains the situations where recreation activities that can be applied in pregnant women may be objectionable
3	Knows cultural and artistic recreation activities that can be applied in pregnant women
4	Knows social recreation activities that can be applied in pregnant women
5	Knows physical recreation activities that can be applied 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 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

