



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Sports in Nature							
Course Code		REKB324		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	3	Workload	78 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		Ability to live in nature together in nature sports activities, to overcome difficulties, to develop a sense of living and protection of nature, to move together, in-group harmony, using appropriate materials in nature, self-recognition, nutrition, self-sufficiency and so on. with the development of skills in the air, water, land is intended to recognize extreme sports.							
Course Content		269/5000 Introduction to nature and adventure education; definition, concepts and theories, clothing in nature sports, clothes and basic properties of clothing, trekking in nature, air, water, land, some different nature sports, adventure games application in the natural field.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Individual Study					
Name of Lecturer(s)		Ins. Vedat ŞENTÜRK							

### Prerequisites & Co-requisites

Equivalent Course	REKB213
ECTS Requisite	45

### Assessment Methods and Criteria

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

### Recommended or Required Reading

1	Doğa Sporları, Harun Genç, Gece Kitaplığı, 2019.
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Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction to nature and adventure education;
2	Theoretical	Camping equipment and considerations in the use - Bags, tents.
3	Theoretical	Clothing in nature sports. Basic features of clothing and clothing -Interior garments -Multi-layer clothes -Outside-layer clothes -Shoes, gloves, berets, leggings, glasses Nutrition in nature, characteristics of food
4	Theoretical	Establishment of tents, tent layout and collection application
5	Theoretical	Trekking, determination of place and direction in nature, risks that may be encountered in nature, hazards and protection methods
6	Theoretical	Trekking, determination of place and direction in nature, risks that may be encountered in nature, hazards and protection methods
7	Practice	Trekking, determination of place and direction in nature, risks that may be encountered in nature, hazards and protection methods
8	Intermediate Exam	Midterm
9	Practice	Camping, hiking skills
10	Theoretical	Sports in the air
11	Theoretical	Sports in water
12	Theoretical	Sports on land
13	Practice	Nature sports practices
14	Practice	Nature sports practices
15	Final Exam	Final Exam

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	6	2	3	30



Lecture - Practice	8	3	3	48
Total Workload (Hours)				78
[Total Workload (Hours) / 25*] = ECTS				3
*25 hour workload is accepted as 1 ECTS				

### Learning Outcomes

1	Defines the concepts related to extreme sports and life in nature, explains the principles.
2	Understand the principles of planning and organization of nature activities.
3	Comprehend the risks, dangers and protection methods in nature
4	Knows environmental, ecology and nature conservation knowledge and investigates application methods.
5	Knows some nature sports applied in different environments

### 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

