



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Recreation For Everyone							
Course Code		REKB356		Couse Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	106 ( <i>Hours</i> )	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		Definition, history, philosophy and training principles of sport for everyone							
Course Content		To be able to apply the sport for all age groups and to organize activities suitable for all age groups.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				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	E. Zorba. Yaşam Boyu Spor, GSGM yayınları, Ankara, 2000.
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Week	Weekly Detailed Course Contents	
1	Theoretical	Information about the course and explanation of the objectives of the course
2	Theoretical	The drawbacks of still life
3	Practice	History of sports for all. The main goals of sports and exercise at any age
4	Practice	Scientific foundations of sport for all
5	Practice	The effects of regular life-long sports practices on human health
6	Practice	Why Aerobic Exercise
7	Practice	midterm
8	Practice	Lifelong sports practices
9	Practice	Cardiovascular disease and exercise
10	Practice	Obesity and exercise
11	Practice	Weakness and exercise
12	Practice	What is aerobic? What is a step
13	Practice	The importance of sporty warming
14	Theoretical	Regular and balanced nutrition
15	Practice	final

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	2	2	56
Individual Work	5	5	5	50
Total Workload (Hours)				106
[Total Workload (Hours) / 25*] = ECTS				4

\*25 hour workload is accepted as 1 ECTS

### Learning Outcomes

1	Definition of sport for all
2	history teaching
3	teaching philosophy
4	Teaching the principles of sport training for everyone
5	Application of training principles of sport for everyone



**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

