



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Physical Fitness							
Course Code		REKB358		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	100 (<i>Hours</i>)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		The aim of this course is to teach the concepts of physical fitness, basic training methods for the development and protection of physical fitness and analysis of body composition.							
Course Content		Introducing components of physical fitness for fitness and performance;							
Work Placement		N/none							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Case Study, Individual Study					
Name of Lecturer(s)		Lec. Alpay BÜLBÜL							

Prerequisites & Co-requisites

ECTS Requisite	45
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Assessment Methods and Criteria

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

Recommended or Required Reading

1	Ozer K (2006) Fiziksel Uygunluk. Nobel yayınları, Ankara
2	Vivian H. Heyward (2006) Advanced fitness assessment and exercise prescription. Human Kinetics

Week	Weekly Detailed Course Contents	
1	Theoretical	-described to physical fitness
2	Theoretical	health consideration
3	Theoretical	Principles of Assessment and Program Preparation
4	Theoretical	consideration of aerobic fitness
5	Theoretical	Exercise Prescription for aerobic fitness
6	Theoretical	consideration muscle strenght
7	Theoretical	muscle strenght and exercise prescription
8	Intermediate Exam	midterm
9	Theoretical	consideration to flexibilty
10	Theoretical	consideration to strenght
11	Theoretical	exercise prescription for flexibilty
12	Theoretical	consideration to body composition
13	Theoretical	weight control
14	Theoretical	seminar
15	Final Exam	final

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	2	3	70
Seminar	3	3	3	18
Individual Work	3	2	2	12
Total Workload (Hours)				100
[Total Workload (Hours) / 25*] = ECTS				4

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	Explain concepts of related to physical fitness,
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2	Explain the importance of the heart and respiratory system feature,
3	weight control
4	To be able to exercise according to the aims and characteristics of each age group and both sexes
5	To be able to apply the components of fitness for health

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

