



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Elderly Recreation Applications							
Course Code		REKB457		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	95 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		The concepts related to aging and aging, health status of the elderly, recreation practices that can be applied to elderly groups							
Course Content		Aging, aging concepts, health conditions in the elderly, issues to be considered in the elderly, recreation activities that can be applied to the elderly							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Case Study, Individual Study					
Name of Lecturer(s)		Lec. Doğukan Batur Alp GÜLŞEN							

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Leisure and Recreation Management, George Torkildsen, Routledge, 2005.
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Week	Weekly Detailed Course Contents	
1	Theoretical	Definition of the concepts of aging, aging and recreation
2	Theoretical	Aging and characteristics of aging
3	Theoretical	Health assessments and health status in the elderly
4	Theoretical	Considerations for recreational applications for the elderly
5	Theoretical	Recreation practices that can be applied to elderly groups
6	Theoretical	Recreation practices that can be applied to elderly groups
7	Theoretical	Recreation practices that can be applied to elderly groups
8	Intermediate Exam	Midterm
9	Theoretical	Recreation practices that can be applied to elderly groups
10	Theoretical	Recreation practices that can be applied to elderly groups
12	Theoretical	Recreation practices that can be applied to elderly groups
13	Theoretical	Recreation practices that can be applied to elderly groups
14	Theoretical	Use of recreation as antiaging in elderly groups
15	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	15	4	2	90
Term Project	1	4	1	5
Total Workload (Hours)				95
[Total Workload (Hours) / 25*] = ECTS				4

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	Knows the concepts of aging, aging and recreation
2	Knows the properties of aging and aging
3	Knows the health evaluations and health status in the elderly
4	Considerations for recreational applications for the elderly
5	Knows recreation practices that can be applied to elderly groups



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

