



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Physical Activity and Recreation in Children							
Course Code		REKB461		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	5	Workload	120 (<i>Hours</i>)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		Evaluation of physical activities in children							
Course Content		Physical activity and psychomotor development, Relationship between physical activity and health, relationship between physical activity and obesity, Physical activity and weight control.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation)					
Name of Lecturer(s)		Ins. Eda GÜNAY							

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	Bouchard, C, Blair, SN, Haskell, WL (2006) Physical activity and health. Champaign, IL: Human Kinetics Publishers
2	Zorba, E. (1999). Herkes İçin Spor ve Fiziksel Uygunluk. Ankara. GSGM

Week	Weekly Detailed Course Contents	
1	Theoretical	Physical activity and health: Introduction Cardiovascular risk factors
2	Theoretical	Obesity, weight control and physical activity; Alcohol, smoking and health
3	Theoretical	Environmental factors and physical activity; Physical activity in women
4	Theoretical	Physical activity in children; Physical activity in the elderly
5	Theoretical	Ergogenic aids and physical activity
6	Theoretical	Psychological effects of physical activity
7	Theoretical	midterm
8	Theoretical	ntroduction to nutrition, carbohydrates and their effects on physical performance
9	Theoretical	Oils, definition, function and effects on physical performance
10	Theoretical	Proteins, definition, function and effects on physical performance
11	Theoretical	Psychological effects of physical activity
12	Theoretical	Vitamins and minerals
13	Theoretical	Fluids and electrolytes
14	Theoretical	Food groups, food, purchase, preparation, cooking and consumption should be considered
15	Theoretical	final

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	3	2	70



Individual Work	5	5	5	50
Total Workload (Hours)				120
[Total Workload (Hours) / 25*] = ECTS				5
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Understand the relationship between physical activity and health
2	Know the cardiovascular risk factors and understand the effect of physical activity on cardiovascular risk factors.
3	Understand the relationship between obesity, weight control and physical activity.
4	Understand the relationship between different environmental conditions and physical activity.
5	Understand the health hazards of alcohol, smoking and drug use and the effect of physical activity on getting rid of these dependencies

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

