



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Sport For All							
Course Code		SYB109		Couse Level		First Cycle (Bachelor's Degree)			
ECTS Credit	3	Workload	76 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		To teach definition of sport for everyone, its historical development, the current problems, future, and philosophy of sport for all.							
Course Content		Meaning and the philosophy of sport for everyone, sporting activities and the future of the current problems in sport, promotion and implementation of sports activities to teach.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Individual Study					
Name of Lecturer(s)		Assoc. Prof. Hasan GÜLER							

Assessment Methods and Criteria

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

Recommended or Required Reading

1	ZORBA, E., Lifetime Sports, Youth publications, Ankara, 2000.
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Week	Weekly Detailed Course Contents	
1	Theoretical	Course objectives of the course and the right to disclosure of information
2	Theoretical	Still life drawbacks
3	Theoretical	The history of the sport for everyone. The main objectives of sport and exercise at any age
4	Theoretical	Scientific foundations of sport for everyone
5	Theoretical	Human health effects of regular life-long sports practice
6	Theoretical	Why Aerobic Exercise
7	Theoretical	Life-long sports practice
8	Intermediate Exam	Midterm Exam
9	Theoretical	Cardiovascular disease and exercise
10	Theoretical	Obesity and exercise
11	Theoretical	Weakness and exercise
12	Theoretical	How is aerobic. What is the step how-to
13	Theoretical	The importance of warming Sports
14	Theoretical	Regular and balanced diet
15	Theoretical	Final exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Lecture - Practice	14	0	2	28
Midterm Examination	1	5	5	10
Final Examination	1	5	5	10
Total Workload (Hours)				76
[Total Workload (Hours) / 25*] = ECTS				3

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	Knows the definition, history and philosophy of sports for everyone
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2	Knows the training principles of sports for everyone.
3	Examines the concept of sports for everyone in the world and Turkey
4	Knows human rights and sport
5	Applies sports activities and traditional games.

Programme Outcomes (Sports Management)

1	1. To be able to explain the elements of management and organization and to apply the functions of management in sports organizations
2	2. To be able to understand the interdisciplinary and the multidisciplinary nature of the field of sport management.
3	3. To be able to comprehend the knowledge, skills and values related to the management of the general business areas in addition to sports industry at the top-level.
4	4. To be able to define and explain internal and external factors that shape and influence the sports in our country and the World.
5	5. To be able to comprehend and interpret the technical strategies and the managerial skills of the branch of sports chosen.
6	The skill of creating, applying and interpreting the plans of project and program
7	7. To be able to develop strategies financially for the sports organizations, to evaluate the budgets, the sources of income and the expenses
8	8. To be able to comprehend and interpret how the ethical principles influence the process of financial, marketing and administrative decision-making at the sports organizations
9	9. To be able to know the basic principles and methods of the sports marketing at the national and international level
10	10. To be able to understand the qualitative and quantitative analysis and be able to use them effectively

Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2
P1	2	2
P2	3	3
P3	2	3
P4	3	2
P5	3	4
P6	3	3
P7	4	2
P8	2	2
P9	2	1
P10	3	2

