



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Lifetime Sports							
Course Code		SYB217		Couse Level		First Cycle (Bachelor's Degree)			
ECTS Credit	3	Workload	75 (Hours)	Theory	1	Practice	2	Laboratory	0
Objectives of the Course		To teach the basic knowledge about fitness for life for woman, elders and healty person							
Course Content		1 why is fitness for life haw was born fitness for life intelligence 2 introduction of basic pirinciples of sports and exercises in every age,scientific bases of sports and exercises in every age 3 the affects of human health of orderly applied fitness for life 4 why is the aerobic exercise first a health evaluation, simple prescription offer 5 various activity application for applied fitness for life 6 mental problems, stress and sport 7 To make exercise plan 8 To make exercise plan 9 women and exercises, pregnancy and exercises 10 rehabilitation exercises after birth 11 elderly and exercises 12 prepared activity tables per age and performance							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Case Study					
Name of Lecturer(s)									

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

### Recommended or Required Reading

1	Howley, T.E., & Franks, D.B. (1997). Health and Fitness Instructor's Handbook. 3rd Ed. Human Kinetics: USA.
2	Van Norman, K.A. (1995). Exercise Programming for Older Adults. Human Kinetics: USA.
3	Erkan, N. (2000). Life Long Sports. Bağırgan Publishing House: Ankara.

Week	Weekly Detailed Course Contents	
1	Theoretical	The definition of lifelong sport, its importance and necessity, the dangers of still life, the lifelong history of sports.
2	Theoretical	Scientific bases of lifelong sport, exercise, circulation, respiration, bone, muscles and effects on the central nervous system.
3	Theoretical	Life-long sense of sport, healthy life and nutrition.
4	Theoretical	Aerobic and anaerobic exercises in lifelong sport.
5	Theoretical	Walking and jogging in lifelong sports exercises.
6	Theoretical	Child and lifelong sports practices.
7	Theoretical	Woman and lifelong sports practices.
8	Intermediate Exam	Midterm
9	Theoretical	Lifelong sports and practices in the elderly.
10	Theoretical	Pregnancy and postpartum exercises.
11	Theoretical	Exercises to be done on special health problems.
12	Theoretical	Various activities are recommended for lifelong sports practice.
13	Theoretical	Various activities are recommended for lifelong sports practice.
14	Theoretical	General review and discussion.
15	Final Exam	Final exam

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	1	28
Lecture - Practice	14	0	2	28



Midterm Examination	1	6	2	8
Final Examination	1	9	2	11
Total Workload (Hours)				75
[Total Workload (Hours) / 25*] = ECTS				3

\*25 hour workload is accepted as 1 ECTS

### Learning Outcomes

1	Explain the causes of lifelong sport.
2	Describe the scientific bases of sports and exercise at all ages.
3	Can explain the effects of regular exercise on human health.
4	Explain the causes of aerobic and anaerobic exercise in lifelong sport.
5	Know the basic features of exercises that children, young people, women and elderly people should perform.

### 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

