



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Healthy Life and Sports							
Course Code		ÖGK186		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	50 (Hours)	Theory	1	Practice	1	Laboratory	0
Objectives of the Course		To adopt the place of physical activity concept and applications in healthy life and to transfer basic concepts							
Course Content		To adopt the place of physical activity concept and applications in healthy life and to transfer basic concepts							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation)					
Name of Lecturer(s)		Ins. Aslı ESENKAYA							

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Physical Activity Assessment Methods Ayda Khan
2	Fitness and Healthy Life

Week	Weekly Detailed Course Contents	
1	Theoretical	Definition of health and basic health
2	Theoretical	Defining the human movement
3	Theoretical	Resistance Training Philosophy
4	Theoretical	Cardiovascular exercise strategies
5	Theoretical	Nutrition principles
6	Theoretical	Nutrition principles
7	Theoretical	Nutrition principles
8	Theoretical	An overview
9	Theoretical	Midterm
10	Theoretical	Exercise Applications
11	Theoretical	Exercise Applications
12	Theoretical	Weight control, determining the need for exercise
13	Theoretical	Diseases and exercise
14	Theoretical	Diseases and exercise
15	Theoretical	Gaining and maintaining healthy living behavior
16	Final Exam	final exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Midterm Examination	1	9	1	10
Final Examination	1	11	1	12
Total Workload (Hours)				50
[Total Workload (Hours) / 25*] = ECTS				2

*25 hour workload is accepted as 1 ECTS



Learning Outcomes

1	Will be able to explain the definition of physical activity
2	Will be able to interpret the concept of exercise
3	Discuss physical activity and exercise applications in disease
4	To be aware of the necessity of lifelong sport and to have the ability to realize this,
5	Discuss the objectives and content of physical activity in healthy individuals

Programme Outcomes (Business Administration Management)

1	To be able to use the theoretical knowledge in business management in working life
2	Having the ability to use the management functions of the business and following new management techniques
3	To be able to fulfill the legal responsibilities of the operator, to have the knowledge and equipment to follow and implement the relevant legislation
4	To be able to use the information and communication technologies at the level required by the field, to adapt the new technologies to the operating systems by following the technological changes
5	To identify, analyze and bring solutions to problems encountered in professional practice
6	Managing business financing; bringing a solution to the financial problems by making the financial analysis of the business
7	Gaining the ability to manage the business by ensuring that the human resources operate and develop efficiently in line with business objectives
8	To be able to comprehend the basic functions of production and marketing as a whole and to be able to apply new production and marketing techniques
9	To be able to perform cost calculations in enterprises, to hold accounting records, to prepare financial statements and to be able to interpret
10	Having professional ethical values sought in the qualified personnel required by the market, and able to use Turkish language effectively in written and oral communication; To be able to have professional foreign language knowledge that can make international correspondences related to the field
11	Having analytical analysis, interpretation, evaluation and solution skills of field related information
12	To be able to follow and apply current and economic developments in national and international framework related to his / her profession

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

	L1	L2	L3	L4	L5
P1	1	1	1	1	1
P2	1	1	1	1	1
P3	1	1	1	1	1
P4	1	1	1	1	1
P5	1	1	1	1	1
P6	1	1	1	1	1
P7	1	1	1	1	1
P8	1	1	1	1	1
P9	1	1	1	1	1
P10	1	1	1	1	1
P11	1	1	1	1	1
P12	1	1	1	1	1

