



## 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** (*Office Management and Executive Assistantship*)

|    |   |
|----|---|
| 1  | The ability of using information and communication tools and the other vocational tools and techniques. |
| 2  | The ability of planning and applying vocational process.  |
| 3  | The ability of communicating in foreign language.   |
| 4  | The ability of vocational self-confidence.  |
| 5  | The ability of entrepreneurship.  |
| 6  | The ability of using theoretical field information at the practice.                                     |
| 7  | The ability of managing a process that provides the needs.  |
| 8  | The ability of working in groups including interdisciplinary.   |
| 9  | The ability of defining problems and solving them in vocational practice.                               |
| 10 | The awareness of vocational ethic and responsibility.   |
| 11 | The awareness of necessity of life-long learning and the ability to make come true this.                |
| 12 | The ability of having information about sectoral problems.  |
| 13 | The ability of understanding vocational legal regulation and applying.                                  |
| 14 | The ability of having an effective communication.   |
| 15 | Social, cultural and social responsibilities of the grip, and the ability to apply to adopt.            |

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

|     | L1 | L2 | L3 | L4 | L5 |
|-----|----|----|----|----|----|
| P6  | 5  | 4  |    |    |    |
| P15 |    |    | 4  | 4  | 4  |

