



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 (*Garment Manufacturing Technology*)

1	To be able to use theoretical and practical knowledge related to Garment Manufacturing Technology
2	To carry out brand management, marketing and promotional activities related to Garment Manufacturing Technology
3	Having the skills of data collection, research report preparation and presentation for the research, preparing the project
4	Being able to plan the processes / processes related to Garment Manufacturing Technology to meet the expectations of the sector, to be able to make business organization, production plan and control, prepare working instructions
5	To be able to determine textile raw materials and surface properties, to choose garment auxiliary materials, to be able to control materials
6	To be able to carry out steps of pattern preparation, grading, pattern layout preparation
7	To be able to use necessary equipments and machines for applications related to Garment Manufacturing Technology and to make adjustments and maintenance
8	To be able to use computer aided pattern and design programs, production applications in Garment Manufacturing Technology
9	Having the ability to manage and organize business by creating the idea of establishing a business in the field
10	To be able to create a model by applying technical drawings of clothing and basic arts education
11	To be able to realize basic sewing techniques, production stages of women's, men's and children's wear

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

	L1	L2	L4
P2	2	2	2

