



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Sports Activities For Everyone							
Course Code		FZ004		Couse Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	70 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		The aim of the benefits of sport for all, the spread is to present the concept and construction for all sports in the world and Turkey. Sports Description For Everyone Benefits of Spread of, world and His Conception in Turkey, Sports for Health, Sports For recreation, children, youths, women, the elderly, families, the disabled, Fitness, Sports in Local Government, Outdoor Sports covers the topic.							
Course Content		1 to include physical education daily life at any age 2. To emphasize the importance of continuous and lifelong learning 3. A healthy and balanced diet 4. to develop the habit of making physical fitness 5. Create awareness will improve the quality of life in a healthy and safe environment							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Discussion, Individual Study, Problem Solving					
Name of Lecturer(s)									

### Assessment Methods and Criteria

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

### Recommended or Required Reading

1	Overbearing, Erdal: Sport for All and physical fitness. GSGM Publication 149, Ankara, 1999
2	Ugur, Erol Özer Baysaling: Sports for Everyone. İlpress Edition Publication. Istanbul, 2002
3	Ozturk, Fusun: Sports with the social dimension. Bağırçan Publishing, London, 1998

Week	Weekly Detailed Course Contents	
1	Theoretical	Sports concept for All (HFA) What is it?
2	Theoretical	Understanding why sport for everyone, how was he born?
3	Theoretical	Widespread understanding and organization of Sport for All in Turkey
4	Theoretical	Perspective to feel it from different angles
5	Theoretical	The main objectives of the exercise and sport at any age
6	Theoretical	Human impacts on the health of regular life-long sports practice
7	Theoretical	Recreation (leisure activities)
8	Intermediate Exam	MIDTERM EXAM
9	Theoretical	Sports in Local Government
10	Theoretical	Young people, women, families and organizations for understanding the sport for the disabled
11	Theoretical	Outdoor sports and studies on Turkey to recognize the value of outdoor areas
12	Theoretical	Basic nutrition, basic principles of energy systems and energy metabolism
13	Theoretical	Kinesiology (mechanics) the structure and properties of the human musculoskeletal system, examination location and time dependent effects on the relationship of these features act
14	Theoretical	Fitness equipment to promote the use and practical exercises for the upper body
15	Theoretical	Fitness equipment to promote the use and practical exercises for the upper body

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Individual Work	10	1	1	20
Midterm Examination	1	10	1	11



Final Examination	1	10	1	11
Total Workload (Hours)				70
[Total Workload (Hours) / 25*] = ECTS				3
*25 hour workload is accepted as 1 ECTS				

### Learning Outcomes

1	Knows the exercises to be done in special health problems.
2	Knows sports and exercise practices for men and women in advanced adulthood.
3	Learns the basic content and applications of sports and exercise planning for healthy life.
4	Learns the history and development of sports for everyone.
5	Basic contents of lifelong sport and exercise and use of equipment for different age groups and different development processes

### Programme Outcomes (Medical Documentation and Secretarial Practices )

1	Write and pronounce medical terms correctly.
2	Collect data of medical statistics and report the results periodically after analyzing them scientifically.
3	Learn basic structure of human body and important system diseases.
4	Know principles and rules of medical secretaryship. Protect patients' rights and privacy.
5	Use Turkish and body language in a correct and effective way.
6	Run internal and external correspondence of the foundation, keep the files of the documents after classification, organize them and archive in line with filing techniques.
7	Establish verbal and written communication inside the foundation and out of foundation.
8	Make the coding procedure of diseases and health problems according to existing international classification systems.
9	Run the counseling services for patients and their relatives.
10	Solve the problems that are encountered in work life quickly and effectively.
11	Use the necessary equipment for professional practices such as computer and office devices effectively.
12	Improve professional knowledge and skills continuously.
13	Executes any patient registration-documentation processes
14	Makes archiving operations
15	Prepares medical documents
16	Knows Turkish history and Atatürk's revolutions.
17	Adapt to team work in application areas.
18	Knows and defines diseases.
19	Have general information about the world and biological formations.
20	English speaking writer

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

	L1	L2	L3	L4	L5
P2	1	1	1	1	1
P10	3	3	3	3	3
P17	3	3	3	3	3
P18	3	3	3	3	3

