AYDIN ADNAN MENDERES UNIVERSITY
COURSE INFORMATION FORM

Course Title	Sport and Health I						
Course Code	İAY002		Couse Level	Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	76 *(Hours)*	Theory	2	Practice	0	Laboratory	0
Objectives of the Course	Students making anlatmak.sağlıkl definition of physical activity effects on our health physical fitness implement sports activities to have a body.						
Course Content	Physical activity definition , importance, our health benefits, bringing the best level of physical integrity with physical activity.						
Work Placement	N/A						
Planned Learning Activities and Teaching Methods	Explanation (Presentation), Demonstration, 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	İNSAN NEDEN OYNAR? ERKUT KONTER

Week	Weekly Detailed Course Contents	
1	Theoretical	The concept of training , what training ?
2	Theoretical	What are the main objectives of the training ?
3	Theoretical	The impact on the training and the changes caused by the organism
4	Theoretical	Aerobic training works
5	Theoretical	Flexibility exercises
6	Theoretical	Work force
7	Theoretical	Fitness application works
8	Intermediate Exam	MIDTERM EXAM
9	Theoretical	Motoric feature application works
10	Theoretical	Kordinatif feature (balance, rhythm) studies
11	Theoretical	Movement and ready to work

12	Theoretical	Speed work
13	Theoretical	Strength training theory and practice work
14	Theoretical	and applying the theory of Step study
15	Theoretical	and applying the theory of Step study

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Individual Work	2	10	2	24
Midterm Examination	1	10	2	12
Final Examination	1	10	2	12
			Total Workload (Hours)	76
			[Total Workload (Hours) / 25*] = **ECTS**	3

25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	To understand the benefits of physical activity .
2	To teach the physical activity practice
3	Giving information about the condition of the body
4	To understand the relationship between physical activity and muscle development ,
5	Physical development of fitness and learn the basic training method for the protection and promotion of the implementation ,

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
P7	2	2	2	2	2