



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Sport and Health II							
Course Code		İAY003		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	76 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		By the definition of physical fitness physical fitness for students who need to teach students the basic issues of professional bodies to ensure a strong recovery .							
Course Content		The definition of physical fitness , the importance of physical fitness concepts , evaluation of physical fitness, the ideal method for the determination of the weight , the implementation of training methods for the promotion and protection of physical force .							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Individual Study					
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
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Week	Weekly Detailed Course Contents	
1	Theoretical	The relationship between physical fitness and physical activity, physical fitness related concepts
2	Theoretical	The importance of physical fitness
3	Theoretical	The relationship between physical activity and health
4	Theoretical	Physical fitness and nutrition
5	Theoretical	Physical activity effects on the respiratory system
6	Theoretical	The effect of the physical fitness of the circulatory system
7	Theoretical	The effect of physical activity on muscle
8	Intermediate Exam	MIDTERM EXAM
9	Theoretical	To know the basic training methods used in the development of physical fitness
10	Theoretical	Applying basic training methods used in the development of physical fitness
11	Theoretical	To improve physical fitness and to preserve



12	Theoretical	measurement methods used in the assessment of physical fitness ,
13	Theoretical	physical fitness characteristics in different branches
14	Theoretical	designing training programs to improve the physical fitness
15	Theoretical	designing training programs to improve the physical fitness

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	The definition of physical fitness and to understand the benefits ,
2	To understand the importance of physical fitness ,
3	Learn to link nutrition to physical fitness,
4	To understand the relationship of physical activity to health ,
5	Physical activity and circulatory system to understand the relationship
6	Learn the relationship between physical activity and respiratory system
7	To understand the relationship between physical activity and muscle development ,
8	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	L6	L7	L8
P7	2	2	2	2	2	2	2	2

