



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Nature and Sport							
Course Code		ÇS009		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	75 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		This course aims to teach students some free time activities can apply for to provide information about alternative sports and free time is to show practical and theoretical . Students will be able to do and understand the following at the end of this course • Sporty rock climbing, gain theoretical and practical skills and apply . • Hiking , gain theoretical and practical skills and apply . • Orientring theoretical and practical skills to gain and apply . • To be able to apply theoretical knowledge and scuba diving • Receive information about skiing and snowboarding and apply teorik							
Course Content		To learn about indoor and outdoor sports, Establish the necessary conditions for physical education and to ensure the instrument Identify and use the equipment needed to play a variety of sports and physical activity, Various sports -specific technical , equipment, and recognize and implement action, To include physical education daily life at any age, Age, gender and the need to choose the appropriate physical exercise, Use the safe movement of knowledge and skills in natural environment							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), 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	Doğa Sporları I- Harun Genç
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Week	Weekly Detailed Course Contents	
1	Theoretical	Kayak ekipmanları, kıyafet, pist ve temel kayak teknikleri anlatımı
2	Theoretical	Snowboard ekipmanları, kıyafet, pist ve temel snowboard temel teknikleri anlatımı
3	Theoretical	Doğa yürüyüşü ekipmanları kıyafet, parkur, ilerleme teknikleri hakkında konu anlatımı
4	Theoretical	Kayak ve snowboard uygulamalı video analizi
5	Theoretical	Doğa yürüyüşü uygulama parkur eğitimi
6	Theoretical	Çadır çeşitleri kurulumu, harita ve pusula ile yön bulma, gece ilerleme teknikleri teorik ve uygulama eğitimi
7	Theoretical	Çadır kurulumu, ateş yakma, söndürme, ilerleme teknikleri ile ilgili uygulamalı eğitim
8	Intermediate Exam	ARA SINAV
9	Theoretical	Orienteering nedir? Nasıl yapılır? Tarihsel gelişimi, orienteering kullanılan malzemeler, harita okuma, kategorileri teorik ve anlatımı
10	Theoretical	Orienteering uygulamalı parkur eğitimi
11	Theoretical	Sportif kaya tırmanışı malzemelerinin tanıtılması, parkur çeşitleri, tırmanma teknikleri,
12	Theoretical	Sportif kaya tırmanışı uygulamalı eğitimi
13	Theoretical	Aletli dalış ekipmanları, tarihsel gelişimi, işaretler, temel teknik beceriler teorik anlatımı
14	Theoretical	Aletli dalış uygulamalı havuz eğitimi
15	Theoretical	Aletli dalış uygulamalı havuz eğitimi

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Assignment	14	2	1	42
Midterm Examination	1	1	1	2



Final Examination	1	2	1	3
Total Workload (Hours)				75
[Total Workload (Hours) / 25*] = ECTS				3
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	1. Doğayı tanıır ve nasıl hareket edeceğine karar verir
2	2. Kamp kurallarını uygular
3	3. Çevre bilincini kavrar
4	4. Malzemeleri tanıır
5	Learn to use safe movement knowledge and skills in natural environments

Programme Outcomes (Environmental Health)

1	They have the appropriate level of knowledge about the basic sciences which has an interaction with the environment and the environment itself.
2	They have gained the basic concepts, skills and qualifications in the Environmental health theoretical and practical lessons. And then they can establish the connections that are necessary to protect the environment and people's health in the light of these competencies.
3	They can use the approaches and the information of basic and applied research in different disciplines. They can follow the innovations and developments in their field, and have self-development competency with the terms of the day.
4	They know and apply the analysis methods used in the evaluation of environmental factors (drinking water, waste water treatment, air pollution, meteorological data, land values, food control, radiation measurement, etc.).
5	They have a professional and ethical consciousness, and have the ability to recognize the environmental problems and also can formulate a solution to these problems. They apply the gained knowledges and skills faced in real life situations, transfers the knowledge to individuals around, and wins the life-long learning behavior.
6	They are able to use their professional knowledge in their lives and behave sensitively toward the local and global environmental problems and effectively uses to the legislation and management tools the necessary for the solution.
7	Gained the ability to adapt the changing in a positive way themselves, to understand the core values and cultures of the society which are living. Sensitive to the universal and the social values, interests of the country, have adopted the concept of sustainable development, environmentally conscious, productive, behaves aware of the ethical and professional responsibility.
8	Provides a healthy interact of individual, society and the environment and take responsibility in the necessary situations for the continuity.
9	They gain the ecologically-based solving skills the problems and the delays that may arise in interaction with each other of living and nonliving environment. Interests of local and national, and Ecological and historical values of our country, and contribute to the protection and the development of them.
10	Exhibits the appropriate behaviours for the protection and the development of plants, animals, and inanimate environment, and the especially human health.
11	Knows the value of energy for life, recognizes the types of energy, and have conscious of the importance, using and dissemination of renewable energy sources.
12	Knows the properties of information and communication technologies, and uses them in the process efficiently and professionally.
13	They aware of the democracy, rule of law, human rights, the national and universal cultural characteristics, and sensitive towards to the nature, society and people.
14	Knows the importance of Atatürk's principles and reforms, make them a way of life.
15	Uses effectively the Turkish in speaking and writing.
16	Has at least one foreign language ability to be able to follow the knowledge in their profession and to communicate with colleagues.
17	To have the appropriate knowledge of medical sciences at the level of interest, to use specific medical terms and terminology of field

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

	L1	L2	L3	L4	L5
P3	5	5	5	5	
P9				5	5

