



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 (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 Ataturk'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	L6	L7	L8
P1	4							
P8		4	4			4	4	
P9				5	5			5

