



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Healthy Life and Exercise							
Course Code		FZ012		Couse Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	76 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		The aim of this course is to comprehend the protective and improving roles of physical activity and exercise for health.							
Course Content		Physical activity, exercise and sport. Physical activity and inactivity. Physical fitness. Evaluation of physical fitness. The role of physical activity and exercise in protecting and improving health . Evaluation and development of health-related physical fitness capacity							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Individual Study					
Name of Lecturer(s)		Ins. Müge DERELİ							

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Heyward VH. Advanced Fitness Assessment and Exercise Prescription. 3rd ed. Champaign, IL: Human Kinetics; 1997.
2	World Health Organization. Pacific physical activity guidelines for adults: framework for accelerating the communication of physical activity guidelines. World Health Organization, Western Pacific Region; 2008.
3	Pescatello Linda S. ACSM's Guidelines for Exercise Testing and Prescription, Philadelphia, 9th edition 2014
4	Kohl HW, Murray T. Foundations of Physical Activity and Public Health. 1th edition. United States: Human Kinetics, 2012.
5	Woolf SH, Jonas S, Kaplan-Liss E. Health Promotion and Disease Prevention in Clinical Practice. 2nd edition. United States: Lippincott Williams & Wilkins, 2008.
6	Bouchard C, Blair SN, Haskell W. Physical Activity and Health. 2nd edition. United States: Human Kinetics, 2012.

Week	Weekly Detailed Course Contents	
1	Theoretical	Course content and description
2	Theoretical	Physical Activity, Exercise and Sports
3	Theoretical	Physical Inactivity and Its Relationship with Health
4	Theoretical	Types of Physical Activity
5	Theoretical	Physical Fitness Components
6	Theoretical	Assessment of Physical Fitness
7	Theoretical	Indications and Contraindications of Exercise
8	Intermediate Exam	Midterm Exam
9	Theoretical	Exercise Programs for Health and Physical Fitness
10	Theoretical	Chronic diseases and exercise
11	Theoretical	Weight management
12	Theoretical	Stress management
13	Theoretical	Persistence and behavior change in exercise
14	Theoretical	Physical activity in the protection of public health
15	Theoretical	Case studies, teamwork
16	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Assignment	3	6	1	21
Midterm Examination	1	5	1	6



Final Examination	1	5	2	7
Total Workload (Hours)				76
[Total Workload (Hours) / 25*] = ECTS				3
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Identifying the disadvantages of inactivity
2	Identify the differences between physical activity, exercise and sport
3	Explain the preventive role of physical activity and exercise
4	To increase personal and social awareness in increasing physical activity
5	Understanding impact of exercise on body systems
6	Assessing health-related physical fitness components
7	To learn basics of physical activity program for a healthy life

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
P8	4	4	4	4	4	4	4
P17	5	5	5	5	5	5	5

