



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Sports Activities For Everyone							
Course Code		FZ004		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	70 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		The aim of the benefits of sport for all, the spread is to present the concept and construction for all sports in the world and Turkey. Sports Description For Everyone Benefits of Spread of, world and His Conception in Turkey, Sports for Health, Sports For recreation, children, youths, women, the elderly, families, the disabled, Fitness, Sports in Local Government, Outdoor Sports covers the topic.							
Course Content		1 to include physical education daily life at any age 2. To emphasize the importance of continuous and lifelong learning 3. A healthy and balanced diet 4. to develop the habit of making physical fitness 5. Create awareness will improve the quality of life in a healthy and safe environment							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Discussion, Individual Study, Problem Solving					
Name of Lecturer(s)		Ins. Ebru DERECELİ							

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

### Recommended or Required Reading

1	Overbearing, Erdal: Sport for All and physical fitness. GSGM Publication 149, Ankara, 1999
2	Ugur, Erol Özer Baysaling: Sports for Everyone. İlpress Edition Publication. Istanbul, 2002
3	Ozturk, Fusun: Sports with the social dimension. Bağırçan Publishing, London, 1998

Week	Weekly Detailed Course Contents	
1	Theoretical	Sports concept for All (HFA) What is it?
2	Theoretical	Understanding why sport for everyone, how was he born?
3	Theoretical	Widespread understanding and organization of Sport for All in Turkey
4	Theoretical	Perspective to feel it from different angles
5	Theoretical	The main objectives of the exercise and sport at any age
6	Theoretical	Human impacts on the health of regular life-long sports practice
7	Theoretical	Recreation (leisure activities)
8	Theoretical	Sports in Local Government
9	Theoretical	Young people, women, families and organizations for understanding the sport for the disabled
10	Theoretical	Outdoor sports and studies on Turkey to recognize the value of outdoor areas
11	Theoretical	Basic nutrition, basic principles of energy systems and energy metabolism
12	Theoretical	Kinesiology (mechanics) the structure and properties of the human musculoskeletal system, examination location and time dependent effects on the relationship of these features act
13	Theoretical	Fitness equipment to promote the use and practical exercises for the upper body
14	Theoretical	Fitness equipment to promote the use and practical exercises for the upper body

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Individual Work	10	1	1	20
Midterm Examination	1	10	1	11



Final Examination	1	10	1	11
Total Workload (Hours)				70
[Total Workload (Hours) / 25*] = ECTS				3
*25 hour workload is accepted as 1 ECTS				

### Learning Outcomes

1	Knows the exercises to be done in special health problems.
2	Knows sports and exercise practices for men and women in advanced adulthood.
3	Learns the basic content and applications of sports and exercise planning for healthy life.
4	Learns the history and development of sports for everyone.
5	Basic contents of lifelong sport and exercise and use of equipment for different age groups and different development processes

### Programme Outcomes (First and Emergency Aid)

1	To be able to be aware of their professional authorities and responsibilities.
2	To be able to use the principles of individual and organizational communication skills.
3	To be able to define the emergency medical services and the pre-hospital emergency medical system devices used in Turkey and the world .
4	To be able to perform physical assessment of the patient and primary and secondary inspection.
5	To be able to apply the methods of handling and transportation of the patient
6	To be able to recognize the rules of the general approach to trauma patients and to be able to be capable of handling and maintenance of trauma equipment.
7	To be able to recognize emergency vehicles' mechanical and technical equipment and to be able to drive emergency vehicles.
8	To be able to identify the principles of pre-hospital emergency care in cases of environmental emergencies.
9	To be able to identify the principles of pre-hospital emergency care in medical emergencies.
10	To be able to analyze the ECG rhythm and apply the principles of pre-hospital emergency care for rhythm Disorders.
11	To be able to recognize and apply the pre-hospital emergency care drugs and fluids.
12	To be able to identify basic life support applications, Advanced Life Support applications and Advanced air way applications.
13	To be able to recognize the principles of pre-hospital emergency during disasters.
14	To be able to protect and maintain the highest level of physical and mental health.
15	To be able to recognize human anatomy and physiology.
16	To be able to develop good communication and human relations skills with colleagues and patients.
17	To be able to apply Infection Control Methods and check infectious situations of emergency vehicles and equipment, ensure the conditions of asepsis-antisepsis and pre-hospital emergency care with Infectious Diseases.
18	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
P14	3	3	3	3	3

