



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Physical Education and Sports Activities							
Course Code		FZ071		Couse Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	50 (<i>Hours</i>)	Theory	0	Practice	2	Laboratory	0
Objectives of the Course		To provide information about all branches of the students and to promote sport as a practical							
Course Content		Basketball, volleyball, handball, tennis, badminton, football, table tennis, athletics and show practical applications to sports steer their work.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Discussion, Case Study, Individual Study, Problem Solving					
Name of Lecturer(s)									

Assessment Methods and Criteria

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

Recommended or Required Reading

1	YAŞAR SEVİM (Basketball techniques, tactics-tactics-Coach Handball technical education principles)
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Week	Weekly Detailed Course Contents	
1	Practice	Handball industry promotion and application
2	Practice	Basketball industry promotion and application
3	Practice	volleyball industry promotion and application
4	Practice	football industry promotion and application
5	Practice	Badminton industry promotion and application
6	Practice	Tennis branches and presentation applications
7	Practice	Table tennis industry promotion and application
8	Practice	MIDTERM EXAM
9	Practice	Promotion and implementation athletics
10	Practice	Swimming industry promotion and application
11	Practice	Korfball industry promotion and application
12	Practice	Gymnastics presentation and application
13	Practice	Indoor Soccer branch promotion and application
14	Practice	bocce industry promotion and application
15	Practice	bocce industry promotion and application

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Individual Work	5	1	1	10
Midterm Examination	1	5	1	6
Final Examination	1	5	1	6
Total Workload (Hours)				50
[Total Workload (Hours) / 25*] = ECTS				2

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	Learns the application areas of life-long sports.
2	Define the fields of life-long sports and other related disciplines.
3	To learn how to manage the body protection against diseases with lifelong sports



4	Lifelong Sport describes the drawbacks of a still life.
5	Comprehend the importance of physical fitness for maintaining and developing a healthy and quality life.

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 infectional 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

