



## 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 (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 colluques 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
P1	1	1	1	1	1

