



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Physical Training and Bodybuilding							
Course Code		İAY303		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	76 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		In this course, it is aimed to gain proficiencies about implementing approaches for a healthy body and healthy lifestyle, making an adequate and balanced diet, distinguishing the fundamental purpose and duties of training, understanding the relationship between load and Recreation in training, distinguishing effects of physical education and sport on human organisms, understanding conditional and motoric properties, understanding swimming techniques in water and recovery techniques of patient/ injured persons.							
Course Content		Physical education and sport's effects on the human organism, conditional and motoric, fitness activities, healthy body and approach to wellness, adequate and balanced diet, the basic purpose and basic tasks of training, installed in the training and the rest relations, training techniques.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Experiment, Demonstration, Case Study, Individual Study					
Name of Lecturer(s)									

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Antreman Teknikleri
2	Kondisyon Teknikleri
3	İLK VE ACİL YARDIM kitapları

Week	Weekly Detailed Course Contents	
1	Theoretical	Effects of the physical education and sport on the human organism
2	Theoretical	Conditional and motoric features
3	Theoretical	Exercise studies
4	Theoretical	Exercise studies
5	Theoretical	Exercise studies
6	Theoretical	Exercise studies
7	Theoretical	Approaches for the Healthy body and healthy living
8	Theoretical	Adequate and balanced diet
9	Theoretical	Basic aim of training and its basic function
10	Theoretical	Relationship between load and Recreation in training
11	Theoretical	Relationship between load and Recreation in training
12	Theoretical	Training techniques
13	Theoretical	Training techniques
14	Theoretical	Training techniques

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	2	0	14	28
Lecture - Practice	1	0	14	14
Midterm Examination	1	0	17	17



Final Examination	1	0	17	17
Total Workload (Hours)				76
[Total Workload (Hours) / 25*] = ECTS				3
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	To be able to implement approaches for a healthy body and healthy life
2	To be able to do training
3	To be able to apply the techniques of body building
4	To understand the relationship between physical activity and muscle development
5	Physical development of fitness and learn the basic training method for the protection and promotion of the implementation ,

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
P5	4		4
P14	5	5	5

