



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)									

Assessment Methods and Criteria

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

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	Intermediate Exam	MIDTERM EXAM
9	Theoretical	Sports in Local Government
10	Theoretical	Young people, women, families and organizations for understanding the sport for the disabled
11	Theoretical	Outdoor sports and studies on Turkey to recognize the value of outdoor areas
12	Theoretical	Basic nutrition, basic principles of energy systems and energy metabolism
13	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
14	Theoretical	Fitness equipment to promote the use and practical exercises for the upper body
15	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 (Medical Laboratory Techniques)

1	To be able to have sufficient back ground in medical laboratory techniques and medical laboratory branches (biochemistry, microbiology, parasitology, sitogenetik etc.); the ability to use theoretical and practical knowledge in these fields.
2	To be able to have the basic theoretical and practical knowledge and other resources have been supported applications and tools based on secondary-level qualifications gained in the field of Medical Laboratory Techniques Program to-date text books containing formations
3	To be able to have basic knowledge about structure and function of systems in human, to analyse these data on tissue, cell and diseases.
4	To be able to analyse the medical samples necessary for physicians by using tools, equipment and techniques at the diagnostic and the therapeutic laboratories of health agencies and evaluate the data.
5	To be able to use the medical laboratory tools and equipments according to rules and techniques, and make controls and maintenance of them
6	To be able to perform basic tests of related different medical laboratories, prepare solutions.
7	To be able to perform proper sample collection and transport procedures for the medical laboratory tests from the patient.
8	To be able to perform preanalytical sample preparation procedure, prepare inspection preparations, perform disinfection and sterilization
9	To be able to interpret and evaluate data, define and analyze problems, develop solutions based on research and proofs by using acquired basic knowledge and skills with in the field.
10	To be able to have knowledge about work organization and carry out related practice in medical laboratories
11	To be able to carry out laboratory safety protocols, take individual safety precaution and create safe laboratory environment.
12	To be able to gain the ability to apply by viewing and evaluating the processes related to his/her fields in public and private sector.
13	To be able to gain the awareness of the necessity of life long learning, ability to follow developments in science and technology and self-renewal.
14	To be able to help laboratory experts and medical scientists for their researches
15	To be able to be aware of individual and public health, environmental protection and job security issues, understanding the basic level of the relationship.
16	To be able to grasp principles of Atatürk and their evolutions, to ensure national, ethical, spiritual and cultural values, to adopt to universal and contemporary developments
17	To be able to communicate efficiently for medical service and speak Turkish efficiently.
18	To be able to communicate in English at basic level, utilize foreign language on occupational practice
19	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
P13	4	4	4	4	4
P15	5	5	5	5	5

