



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Sport and Health I							
Course Code		İAY002		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	76 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		Students making anlatmak.sağlıklı definition of physical activity effects on our health physical fitness implement sports activities to have a body.							
Course Content		Physical activity definition , importance, our health benefits, bringing the best level of physical integrity with physical activity.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, 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	İNSAN NEDEN OYNAR? ERKUT KONTER
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Week	Weekly Detailed Course Contents	
1	Theoretical	The concept of training , what training ?
2	Theoretical	What are the main objectives of the training ?
3	Theoretical	The impact on the training and the changes caused by the organism
4	Theoretical	Aerobic training works
5	Theoretical	Flexibility exercises
6	Theoretical	Work force
7	Theoretical	Fitness application works
8	Intermediate Exam	MIDTERM EXAM
9	Theoretical	Motoric feature application works
10	Theoretical	Kordinatif feature ( balance, rhythm ) studies
11	Theoretical	Movement and ready to work



12	Theoretical	Speed work
13	Theoretical	Strength training theory and practice work
14	Theoretical	and applying the theory of Step study
15	Theoretical	and applying the theory of Step study

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Individual Work	2	10	2	24
Midterm Examination	1	10	2	12
Final Examination	1	10	2	12
Total Workload (Hours)				76
[Total Workload (Hours) / 25*] = ECTS				3

\*25 hour workload is accepted as 1 ECTS

### Learning Outcomes

1	To understand the benefits of physical activity .
2	To teach the physical activity practice
3	Giving information about the condition of the body
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 (Medical Laboratory Techniques)

1	To be able to have sufficient back ground in medical laboratory techniques and medical laboratory branches (biochemistry, microbiology, parasitology, sitogenetiketc.); 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 volutions, 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	2	2	2	2	2
P15	2	2	2	2	2

