



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Sport and Health II							
Course Code		İAY003		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	76 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		By the definition of physical fitness physical fitness for students who need to teach students the basic issues of professional bodies to ensure a strong recovery .							
Course Content		The definition of physical fitness , the importance of physical fitness concepts , evaluation of physical fitness, the ideal method for the determination of the weight , the implementation of training methods for the promotion and protection of physical force .							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, 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	İNSAN NEDEN OYNAR? ERKUT KONTER
---	---------------------------------

Week	Weekly Detailed Course Contents	
1	Theoretical	The relationship between physical fitness and physical activity, physical fitness related concepts
2	Theoretical	The importance of physical fitness
3	Theoretical	The relationship between physical activity and health
4	Theoretical	Physical fitness and nutrition
5	Theoretical	Physical activity effects on the respiratory system
6	Theoretical	The effect of the physical fitness of the circulatory system
7	Theoretical	The effect of physical activity on muscle
8	Intermediate Exam	MIDTERM EXAM
9	Theoretical	To know the basic training methods used in the development of physical fitness
10	Theoretical	Applying basic training methods used in the development of physical fitness
11	Theoretical	To improve physical fitness and to preserve



12	Theoretical	measurement methods used in the assessment of physical fitness ,
13	Theoretical	physical fitness characteristics in different branches
14	Theoretical	designing training programs to improve the physical fitness
15	Theoretical	designing training programs to improve the physical fitness

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	The definition of physical fitness and to understand the benefits ,
2	To understand the importance of physical fitness ,
3	Learn to link nutrition to physical fitness,
4	To understand the relationship of physical activity to health ,
5	Physical activity and circulatory system to understand the relationship
6	Learn the relationship between physical activity and respiratory system
7	To understand the relationship between physical activity and muscle development ,
8	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 knowledgeand 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 boks 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 rapeutic laboratories of health agencies and evaluate the data.
5	To be able to use the medical laboratoy tools and equipments according to rules and technics, 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, under standing the basic level of the relationship.
16	To be able to grasp principles of Atatürk and there volutions, to ensurenational, 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	L6	L7	L8
P3	4	4	4	4	4	4	4	4
P13	2	2	2	2	2	2	2	2
P15	2	2	2	2	2	2	2	2

