



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Sport and Exercise Physiology							
Course Code		FZ106		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	76 (<i>Hours</i>)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		To have knowledge about effects of sport and exercise on the muscular, skeletal, respiratory, cardiovascular, nervous, endocrine systems and metabolism, and learn the responses of body systems.							
Course Content		Skeletal muscle and exercise, the control of movement, energy systems, exercise and respiratory system, circulatory system and compliance with exercise, exercise warm in cold environments, hormonal system and exercise, nutrition and athletic performance, endurance, aerobic and anaerobic exercise techniques, muscle strengthening techniques, aging and exercise on cardiovascular disease, fatigue, body composition, obesity and weight control, doping in sport and ergogenic aid, exercise at high and low altitudes, scuba diving and swimming physiology.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Case Study					
Name of Lecturer(s)		Ins. Muammer KORKUT							

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Exercise Physiology, Gene M. Adams et al., 6th edition
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Week	Weekly Detailed Course Contents	
1	Theoretical	Skeletal muscle and exercise
2	Theoretical	The control of movement
3	Theoretical	Energy systems
4	Theoretical	Exercise and respiratory system
5	Theoretical	Circulatory system and compliance with exercise, exercise warm in cold environments
6	Theoretical	Hormonal system and exercise
7	Theoretical	Nutrition and athletic performance
8	Intermediate Exam	Midterm Exam
9	Theoretical	Endurance, aerobic and anaerobic exercise techniques
10	Theoretical	Muscle strengthening techniques, aging and exercise on cardiovascular disease
11	Theoretical	Fatigue
12	Theoretical	Body composition, obesity and weight control
13	Theoretical	Doping in sport and ergogenic aid
14	Theoretical	Exercise at high and low altitudes
15	Theoretical	Scuba diving and swimming physiology

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Reading	6	0	1	6
Individual Work	10	0	2	20
Midterm Examination	1	2	2	4
Final Examination	1	2	2	4
Total Workload (Hours)				76
[Total Workload (Hours) / 25*] = ECTS				3

*25 hour workload is accepted as 1 ECTS



Learning Outcomes

1	To gain knowledge about effects of sports and exercises on metabolism and reactions of body systems
2	Learning energy systems
3	Learning endurance, aerobic and anaerobic exercise techniques
4	Effectiveness of nutrition and sports performance
5	Learning of body systems

Programme Outcomes (Physiotherapy)

1	To be able to recall the information of research methods and statistics so as to follow the developments, monitor and interpret scientific literature
2	To have the appropriate knowledge of basic sciences at the level of interest, to use specific medical terms and terminology of physical therapy
3	To be able to recall knowledge of the general structure and properties of musculoskeletal system and the joints and to evaluate the story of musculoskeletal diseases.
4	To be able to comprehend the methods of measurement of the range of motion of joints and to measure it.
5	To be able implement a general evaluation of posture analysis and gait analysis.
6	To be able to recall the knowledge about general characteristics of musculoskeletal diseases, osteoporosis, osteoarthritis, rheumatoid arthritis, ankylosing spondylitis, especially rheumatic diseases, mechanical low back and neck pain, disc herniation, soft tissue disorders and to apply appropriate physiotherapy.
7	To be able to recall the knowledge and gain skills about the devices and the agents of heater used in physical therapy, indications and contraindications of using, and the necessary information about how to apply on patients.
8	To be able to recall the knowledge of the electromagnetic field.
9	To be able to recall what Elektroakapunktur, Laser, Biofeedback, cervical and lumbar traction systems, pneumatic compression therapy are, and how to apply them, which one is applicable to patients.
10	To be able to recall what manipulation-mobilization is and which patients are suitable for this application.
11	To be able to recall what massage and hydrotherapy treatments are and which patients are suitable for these applications.
12	To be able to gain the professional and ethical awareness, apply gained knowledge and skills in real life situations and transfer gained knowledge to individuals around her/his environment, and improve behavior of life-long learning.
13	To gain knowledge about methods of diagnosis, protection and treatment of diseases
14	To be able to recall the knowledge and gain skills about physical therapy and rehabilitation methods to be applied to neurological disorders.
15	To be able to recall the knowledge and gain skills about physical therapy and rehabilitation methods to be applied to cardiopulmonary disorders.
16	To be able to recall the knowledge and gain skills about physical therapy and rehabilitation methods to be applied to pediatric patients.
17	To be able to gain knowledge about the effects of fitness and exercise on metabolism and responses of body systems to them.
18	To have knowledge about rehabilitation services
19	To become individuals who can do interdisciplinary team work, with a sense of social responsibility and entrepreneur.
20	To be able to recall the knowledge about Atatürk's Principles and the History of Turkish Revolution.
21	To be able to gain the knowledge and ability to become contemporary individuals who can use Turkish language grammar well and know a foreign language knowledge necessary to follow the developments in the profession.

Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3	L4	L5
P3	3	3	3	3	3
P17	5	5	5	5	5

