



## 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 (Dialysis)

1	To be able to comprehend the duties and responsibility of dialysis technicians. To be able to work in a team with members of other health professions.
2	To be able to acquire a general knowledge of human anatomy, physiology and biochemistry
3	To be able to gain knowledge of blood-borne infectious diseases, especially infectious diseases such as hepatitis and universal prevention methods
4	To be able to have knowledge of blood-borne infectious diseases, especially infectious diseases such as hepatitis and universal prevention methods
5	To be able to recognize hemodialysis machine, and have knowledge and skills will be used it during operation of dialysis
6	To be able to have the knowledge of application on peritoneal dialysis and skills be able to train patient on this.
7	To be able to acquire dialysate characteristics, have necessary skills on preparation and application
8	To be able to gain the knowledge and skills on the basic principles of water treatment, application methods, and control of purified water as a level of practitioner
9	To be able to comprehend the principles of patient care, complications during dialysis operation what patients may be encounter and perform necessary knowledge and skills to take necessary measures to protect patient from these complications.
10	To be able to gain knowledge and equipment related to educating on problems that the long-term dialysis patients may have.
11	To be able to understand periodic examinations during the follow up dialysis patients and recognize pathologies in the early period, and have the knowledge and skills to take necessary precautions in time
12	To be able to have the knowledge of the dialysis patients, physiological, social and psychological problems, and perform necessary support skills on these issues for the patient
13	In general to be able to comprehend the knowledge of, drugs, dosage, side effects, and toxic effects, routes of administration of drugs and drug use in patients with chronic renal failure
14	To be able to acquire a high level knowledge of fluid and electrolyte problems with general issues nephrology, acid-base balance disorder, nephrology and urology kidney disease, chronic and acute renal failure.
15	To be able to comprehend the methods of diagnosis and treatment of diseases of the system, and have knowledge of fighting and protecting from especially problems that can be seen in dialysis patients as level of practitioner and getting patient compliance.
16	To be able to have knowledge of statistics and research methods as a level of following the developments, monitoring and interpreting scientific publications.
17	To be able to gain the knowledge of foreign language as a level of communicating and following developments.
18	To be able to be willing to self-improvement as an individual committed to the principles and reforms of Atatürk and keeping on the some of the rules of social life, customs and traditions, depending on the interests of the country on their own interests as a member of society,

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

	L1	L2	L3	L4	L5
P2	3	3	3	3	3
P18	4	4	4	4	4

