



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)		Ins. Ebru DERECELİ							

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

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	Fitness application works
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

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 (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	5	5	5	5	5

