



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Sport and Health II							
Course Code		İAY003		Couse 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

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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 (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	L6	L7	L8
P2	5	5	5	5	5	5	5	5

