AYDIN ADNAN MENDERES UNIVERSITY
COURSE INFORMATION FORM

Course Title	Sport and Health I						
Course Code	İAY002		Couse 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.sağlıkl 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)							

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 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	MIDTERM EXAM
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
15	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 *(Anesthesia)*

1	To be able to recall basic knowledge about human anatomy
2	To be able to recall the knowledge about Ataturk's principles and the history of Turkish Revolution
3	To be able to recall the knowledge about ethical and moral values
4	To be able to recall the knowledge of Turkish grammer and be able to use it
5	To be able to communicate effectively with patient, their family, and own team
6	To be able to control, use, and maintain the anesthesia machines
7	To be able to recall the information about anesthesia application in the system diseases
8	To be able to recall the issues that needed to be considered in follow-up of patients in intensive care.
9	To be able to make the patiens' care in intensive care
10	To be able to apply the cardiopulmonary resuscitation.
11	To be able to apply the drug, liquid and blood to the patient.
12	To be able to apply nasogastric tube to the patient and to aspirate.
13	To be able to assist the implementation of general anesthesia to patient.
14	To be able to recall the drugs used in general and regional anesthesia and learn to use them safely.
15	PO15. Can help during the maintanence, ending and post anaesthesia process.
16	Can help the practices of anesthesia and sedation outside the operation room.
17	Can communicate at the basic level of a foreign language and use this language in his job.
18	Be able to communicate at a basic level in a foreign language and be able to use this language in professional fields
19	To have the appropriate knowledge of basic 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
P1	3	4	3	4	3