



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Healthy Life and Exercise							
Course Code		FZ012		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	76 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		The aim of this course is to comprehend the protective and improving roles of physical activity and exercise for health.							
Course Content		Physical activity, exercise and sport. Physical activity and inactivity. Physical fitness. Evaluation of physical fitness. The role of physical activity and exercise in protecting and improving health . Evaluation and development of health-related physical fitness capacity							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Individual Study					
Name of Lecturer(s)		Ins. Müge DERELİ							

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Heyward VH. Advanced Fitness Assessment and Exercise Prescription. 3rd ed. Champaign, IL: Human Kinetics; 1997.
2	World Health Organization. Pacific physical activity guidelines for adults: framework for accelerating the communication of physical activity guidelines. World Health Organization, Western Pacific Region; 2008.
3	Pescatello Linda S. ACSM's Guidelines for Exercise Testing and Prescription, Philadelphia, 9th edition 2014
4	Kohl HW, Murray T. Foundations of Physical Activity and Public Health. 1th edition. United States: Human Kinetics, 2012.
5	Woolf SH, Jonas S, Kaplan-Liss E. Health Promotion and Disease Prevention in Clinical Practice. 2nd edition. United States: Lippincott Williams & Wilkins, 2008.
6	Bouchard C, Blair SN, Haskell W. Physical Activity and Health. 2nd edition. United States: Human Kinetics, 2012.

Week	Weekly Detailed Course Contents	
1	Theoretical	Course content and description
2	Theoretical	Physical Activity, Exercise and Sports
3	Theoretical	Physical Inactivity and Its Relationship with Health
4	Theoretical	Types of Physical Activity
5	Theoretical	Physical Fitness Components
6	Theoretical	Assessment of Physical Fitness
7	Theoretical	Indications and Contraindications of Exercise
8	Intermediate Exam	Midterm Exam
9	Theoretical	Exercise Programs for Health and Physical Fitness
10	Theoretical	Chronic diseases and exercise
11	Theoretical	Weight management
12	Theoretical	Stress management
13	Theoretical	Persistence and behavior change in exercise
14	Theoretical	Physical activity in the protection of public health
15	Theoretical	Case studies, teamwork
16	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Assignment	3	6	1	21
Midterm Examination	1	5	1	6



Final Examination	1	5	2	7
Total Workload (Hours)				76
[Total Workload (Hours) / 25*] = ECTS				3
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Identifying the disadvantages of inactivity
2	Identify the differences between physical activity, exercise and sport
3	Explain the preventive role of physical activity and exercise
4	To increase personal and social awareness in increasing physical activity
5	Understanding impact of exercise on body systems
6	Assessing health-related physical fitness components
7	To learn basics of physical activity program for a healthy life

Programme Outcomes (Anesthesia)

1	To be able to recall basic knowledge about human anatomy
2	To be able to recall the knowledge about Atatürk'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 grammar 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 patients' 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 maintenance, 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	L6	L7
P1	2	2	2	2	4	2	2

