



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)		Ins. Ebru DERECELİ							

Assessment Methods and Criteria

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

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	Theoretical	Sports in Local Government
9	Theoretical	Young people, women, families and organizations for understanding the sport for the disabled
10	Theoretical	Outdoor sports and studies on Turkey to recognize the value of outdoor areas
11	Theoretical	Basic nutrition, basic principles of energy systems and energy metabolism
12	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
13	Theoretical	Fitness equipment to promote the use and practical exercises for the upper body
14	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 (Medical Imaging Techniques)

1	To be able to get information the working principles of Radiology, Nuclear Medicine and Radiotherapy devices, and distinguish their components, use these devices in accordance with operating instructions.
2	To be able to perform the procedures in accordance with the examination of Radiology and Nuclear Medicine imaging .
3	To be able to apply the radiotherapy treatment, planned by radiation physicist with instruction of radiotherapist.
4	To be able to develop and perform the film printing of the images that obtained by imaging techniques of Radiology, Nuclear Medicine
5	To be able to evaluate the images that obtained by imaging techniques of Radiology, Nuclear Medicine in terms of radiographic quality and takes the necessary measures.
6	To be able to know the medical and radiologic terminology, and pronounce and use them correctly
7	To be able to take the necessary measures in accordance with the rules of Radiation safety and protection from radiation, and apply them.
8	To be able to distinguish the anatomical structures on images, obtained by the conventional and cross-sectional imaging techniques of Radiology, Nuclear medicine.
9	To be able to communicate well with patient, their family and the hospital staff.
10	To be able to move with own professional duties, powers and responsibilities of the consciousness and apply the rules of professional ethics.
11	To be able to adapt to a multi-disciplinary team work.
12	To be able to have a basic knowledge of human physiology.
13	To be able to distinguish anatomical structures.
14	To be able to establish a cause-and-effect relationship between events.
15	To be able to have the ability of analytical thinking and problem solving.
16	To be able to apply the basic principles of first aid.
17	It has basic knowledge about human anatomy
18	Understanding the basic concepts and principles of physics while providing, in the medical field and in particular medical imaging students better understand the issues involving technical vocational courses
19	OHS 'basic concepts; work accidents, occupational diseases, occupational physicians, occupational safety specialist, İSGB, OSGB, hazard classes, risk assessment, OHS employee representatives is
20	Have basic knowledge about basic medical practices and makes applications

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

	L1	L2	L3	L4	L5
P10				4	
P12					4
P14	5	5	5		

