



## 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)									

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 (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
P20	1	1	1	1	1

