



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Sport and Health II							
Course Code		İAY003		Course 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

1	İNSAN NEDEN OYNAR? ERKUT KONTER
---	---------------------------------

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 (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	L6	L7	L8
P20	1	1	1	1	1	1	1	1

