



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Healthy Life and Sports							
Course Code		KGT172		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	74 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		Sports, health and nutrition, situation and the importance of vitality in the process by specifying the importance and quality of life is aimed to ensure that the level of how to keep high							
Course Content		Learning and applying the methods that people have shown to stay healthy and healthy. These methods are; Health, sports and nutrition will be understood within the framework of subheadings							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Case Study, Individual Study					
Name of Lecturer(s)		Ins. Ayşenur ÖREN							

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Yaşam Boyu Spor. Erdal ZORBA, 2006
2	Herkes İçin Spor. Erdal ZORBA, 2006
3	Sağlıklı ve Uzun Yaşam İçin Beslenme. Galip AKIN, 2014
4	Sporda beslenme. Aysel PEHLİVAN, 2011

Week	Weekly Detailed Course Contents	
1	Theoretical	To Understand the thinking health
2	Theoretical	Theoretical Evaluation of health and health related concepts in the past, world health organization (WHO) and current and life expectancy
3	Theoretical	Theoretical Factors affecting our health and its effects on human organism
4	Theoretical	The concept of wellness, its goals, and the developments on the world along with the prescription of being healthy and long-lasting (regular life habits, physical environment, hereditary characteristics, quality of infection and health treatment services)
5	Theoretical	Rates and causes of death in Turkey (heart and circulatory system, " Coronary heart disease, " etc.)
6	Theoretical	Physical activity, exercise and sport concepts: what is physical activity, what is the purpose, what are the types of physical activity. What are the effects on the human organism
7	Theoretical	Physical activity and exercise types
8	Intermediate Exam	Intermediate Exam Midterm
9	Theoretical	Planning the exercise program, sports concept and the effects of sport on the developmental period
10	Theoretical	What is nutrition? - What is a nutrient?
11	Theoretical	Food items
12	Theoretical	Health and nutrition relationship
13	Theoretical	Health problems due to inadequate, unbalanced and unhealthy nutrition
14	Theoretical	Sports, health and nutrition relationship
15	Theoretical	Repetition
16	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Assignment	1	10	0	10
Midterm Examination	1	10	1	11



Final Examination	1	10	1	11
Total Workload (Hours)				74
[Total Workload (Hours) / 25*] = ECTS				3
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	To give information about health
2	To give information about exercise and physical activity programs
3	To give information about nutrition and nutrients
4	To gain basic concepts of health, sports and nutrition
5	To adopt the importance of healthy living

Programme Outcomes (Logistics)

1	Understanding of the basics needed for the mobility of production and consumption of goods.
2	Provide warehouse and inventory management decisions.
3	To decide on the mode of transport and handling equipment to be used.
4	Logistics information systems benefit from the process of the realization of the activities.
5	To dominate the national and international legislation regulating the field of logistics.
6	Administration, management and marketing ideas and conducting.
7	Sensitivity to the requirements of professional ethics move
8	Idea about the conduct of national and international transport policies.
9	Having written and oral communication skills.
10	Current society and understand the world.

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

	L1	L2	L3	L4	L5
P9	4	4	4	4	4
P10	4	4	4	4	4

