



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)									

Assessment Methods and Criteria

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

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, Quiz
8	Practice	Physical activity and exercise types
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

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 (Local Authorities)

1	Has fundamental, current, and applied knowledge in their field; analyzes this knowledge and uses it to solve professional problems.
2	Possesses knowledge of occupational health and safety, environmental awareness, sustainability, and quality management processes, and integrates them into practice.
3	Follows current developments and innovative practices in their field and effectively applies the acquired knowledge in professional practices.
4	Effectively uses information technologies (software, data analysis, digital tools) relevant to their field.
5	Independently analyzes and evaluates professional problems and issues with an analytical and critical approach; develops and implements solutions.
6	Expresses and presents knowledge and skills clearly and understandably through written, oral, and digital communication tools.
7	Actively contributes to teamwork and assumes responsibility to solve unforeseen and complex problems encountered in field-related applications.
8	Has awareness of career management, lifelong learning, professional development, and personal awareness; sets individual goals in these areas.
9	Utilizes scientific methods in the collection, analysis, application, and dissemination of data related to their field and acts in accordance with social, cultural, and ethical values.
10	Effectively uses a foreign language to follow literature in their field and communicate with national and international colleagues.

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

	L1	L2	L3	L4	L5
P1	3	3	3	3	3
P5	3	3	3	3	3
P6	3	3	3	3	3

