



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Sports Activities I							
Course Code		YB113		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	76 (Hours)	Theory	1	Practice	1	Laboratory	0
Objectives of the Course		The ability of having knowledge concerning the orders of the lecture. The ability of running all the organs and systems to convenience of theirs level. The ability of improving the nerve muscle and joint coordinating. The ability of having basic knowledge, skill, manner and habits concerning physical education and sport Take responsibility and duty, to go with leader and the ability of doing leadership Playing amicably and competition appreciating the winner acceptance of loosing, and can be object to trick and injustice. Having knowledge about sport, vehicle and facilities and can use this.							
Course Content		Physical education; running, joint and muscle groups convenient to theirs level, sport branch, basketball, volleyball, handball ,football, field measures and rules of game, sport benefits to our health; health, first aid, matches in class.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Case Study, Individual Study, Problem Solving					
Name of Lecturer(s)									

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	40
Practice Examination	1	20

Recommended or Required Reading

1	Physical Education at Schools (Hikmet Aracı 1999)
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Week	Weekly Detailed Course Contents	
1	Theoretical	Giving general knowledge about the subject of physical education.
2	Theoretical	Jogging, rotating which is softening joint and muscle groups. Giving knowledge about basic basketball rules, the matters to take care of passing and rubbing ball.
3	Practice	Jogging, warning movements, defense and offence studies at basketball.
4	Practice	Jogging, stretching movements, rubbing ball, exit to turnstile studies, attack sets at basketball.
5	Practice	Atatürk's words on sport, jogging, passing and playing short-time match in basketball playing rules.
6	Practice	Jogging, stretching movements, giving basic knowledge about basic volleyball techniques, finger pass on net and control pass studies.
7	Practice	Interval studying, stretching movements headline at volleyball, pass and service firing, return in field at volleyball.
8	Practice	What's benefit of sport our health? Stretching movements, doing match in volleyball playing rules.
9	Intermediate Exam	Mid term
10	Practice	Running athletics (short, middle, long) knowledge about distance, warning studying, short-time volleyball match.
11	Practice	Jogging, stretching movements, giving knowledge about basic handball techniques.
12	Practice	Jogging, movement for strengthening joint and muscles groups, rubbing ball and pass studies at handball.
13	Practice	Exercise for stretching and loosening the muscles, football playing rules and passing studies, short-time football match.
14	Practice	First aid at sport disability, jogging, stretching movements, marches in class.
15	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	2	2	56



Lecture - Practice	14	0	1	14
Midterm Examination	1	2	1	3
Final Examination	1	2	1	3
Total Workload (Hours)				76
[Total Workload (Hours) / 25*] = ECTS				3
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	The ability of growing health, happy, developed aspect of physical and psychological, self confident individuals who have the sense competition amicably.
2	Physical Education, is based on the individual 's needs. Movement is considered as the basic requirements . Physical activity is necessary to live . Stable modern life , in this context, makes the body more important than education .
3	The ability of growing health, happy, developed aspect of physical and psychological, self confident individuals who have the sense competition amicably.
4	Physical Education, is based on the individual 's needs. Movement is considered as the basic requirements . Physical activity is necessary to live . Stable modern life , in this context, makes the body more important than education .
5	The ability of growing health, happy, developed aspect of physical and psychological, self confident individuals who have the sense competition amicably.

Programme Outcomes (Geriatric Care)

1	He/she will have fundamental, up-to-date, and practical knowledge related to the profession.
2	He/she will have knowledge about occupational health and safety, environmental awareness, and quality processes.
3	He/she follows the latest developments and practices in the profession and uses them effectively.
4	He/she effectively uses information technologies (software, programs, animation, etc.) related to the profession.
5	He/she has the ability to independently evaluate professional problems and issues with an analytical and critical approach and propose solutions.
6	He/she can effectively present their thoughts in writing and verbally at the level of knowledge and skills, expressing them in an understandable manner.
7	He/she takes responsibility as a team member to solve complex, unforeseen problems encountered in practices related to the field.
8	He/she is aware of career management and lifelong learning.
9	He/she possesses social, scientific, cultural, and ethical values in the stages of data collection, application, and dissemination of results related to the field.
10	He/she follows the developments in their field using a foreign language and communicates with colleagues.
11	He/she defines the physiology of aging and old age.
12	He/she defines and applies the processes of supporting the physical, psychological, and social aspects of elderly individuals, as well as planning and implementing basic rehabilitation programs.
13	He/she explains the legal practices and support systems related to elderly care (such as nursing homes, day care centers, etc.).

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

	L1	L2
P1	2	2
P2	2	2
P3	2	1
P4	3	2
P5	2	2
P6	2	2
P7	3	3
P8	2	3
P9	2	2
P10	1	2
P11	2	2
P12	2	3
P13	1	2

