



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Physical Fitness and Ergonomics							
Course Code		ACİL260		Couse Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	50 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		Defining ergonomics and examining the types of ergonomics, observing, analyzing and reporting ergonomics studies in field applications and teaching some information and basic training methods related to physical fitness, development and protection, measurement and evaluation.							
Course Content		Definition of ergonomics, history, relationship between ergonomics and different sciences, general ergonomics principles, evaluation in ergonomics, ergonomic regulation, definition of physical fitness, classification.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration					
Name of Lecturer(s)									

### Assessment Methods and Criteria

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

### Recommended or Required Reading

1	Brian J. Sharkey, (1990), Physiology of Fitness , USA, Human Kinetics Books, George McGlynn, (1999). Dynamics of Fitness A Practical Approach, WCB McGraw-Hill, Jack H. Wilmore, David L. Costill, (1999). Physiology of Sports And Exercise , Human Kinetics, Peter J. Maud , Carl Foster . (1995).Physiological Assesment of Human Fitness ; Human Kinetics USA
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Week	Weekly Detailed Course Contents	
1	Theoretical	Definition and history of physical fitness
2	Theoretical	Elements of Physical Fitness
3	Theoretical	Health and Exercise
4	Theoretical	Aerobic Fitness and Exercise Prescriptions
5	Theoretical	Assessment of Muscle Strength and Endurance
6	Theoretical	Evaluation of flexibility
7	Theoretical	Body composition and evaluation
8	Intermediate Exam	Midterm Examination
9	Theoretical	Definition of ergonomics
10	Theoretical	Office ergonomics
11	Theoretical	Back school
12	Theoretical	Ergonomics in healthcare workers
13	Theoretical	Ergonomics in healthcare workers
14	Theoretical	Ergonomics in housewives
15	Theoretical	Ergonomics in the elderly
16	Final Exam	final exam

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Midterm Examination	1	10	1	11



Final Examination	1	10	1	11
Total Workload (Hours)				50
[Total Workload (Hours) / 25*] = ECTS				2
*25 hour workload is accepted as 1 ECTS				

### Learning Outcomes

1	Examine different definitions of ergonomics and types of ergonomics
2	Examine ergonomics applications in different application areas
3	Define the physical fitness and tell the history
4	Know what physical fitness test batteries are and apply them.
5	Provides sports and physical fitness for the elderly, women and children.

### Programme Outcomes (Operating Room Services)

1	DIFFERENCE BETWEEN ANATOMIC STRUCTURES
2	DIFFERENCE BETWEEN HUMAN PHYSIOLOGY
3	FIRST AID AND FIRST HELP IN TIMES OF EMERGENCY
4	USING UNITY IN ORDER TO PROGRESS
5	ESTABLISH COMMUNICATION
6	BEING ETHICAL IN WORK
7	DIFFERENCES BETWEEN SURGERY SICKNESSES ACCORDING TO THE SYSTEM
8	USING UNITY IN ORDER TO PROGRESS
9	DIFFERENCES BETWEEN MEDICAL TERMINOLOGY
10	USING WELL ESTABLISHED QUALITIES
11	UPDATING THE SURGERY UTENSILS AND STAYING SKILLED
12	STERILIZATION OF THE SURGICAL EQUIPMENT AND KEEPING THEM FUNCTIONAL
13	KEEPING ALIVE AND LOOKING AFTER SURGERY UTENSILS
14	WORK ORGANIZATION AND PRODUCTIVE WORK
15	SURGERY ROOM SAFETY AND ESTABLISHING A SAFE STERILIZATION ROOM
16	MICROBIOLOGY ANALYSIS PRACTISE
17	STEPPING STONE FOR STERILIZATION
18	LOOKING AT THE HUMAN BODY'S FUNCTION AND MATERIAL
19	IN A SURGICAL ENVIRONMENT KEEPING TRACK OF PHYSIOLOGY AND EFFECTIVELY USING THE SURGICAL UTENSILS
20	THE IMPORTANCE OF SUFFICIENT AND BALANCED NUTRITION
21	To be able to use modern Turkish language knowledge and language skills.
22	To have knowledge about Atatürk's Principles and Revolution History
23	To communicate at a basic level in a foreign language
24	Knows cancer and its types. Know what needs to be done to prevent cancer.
25	To increase student's awareness of gender equality
26	Knows radiological imaging methods
27	Have information about home accidents
28	To know the classification of medical wastes
29	Knows collection and disposal of medical waste
30	To know family planning methods
31	Know the ethical dilemmas
32	Knows basic concepts about sexuality and sexual health
33	To gain educational and exploratory knowledge about control and protection against infectious diseases
34	To be able to use and maintain the right communication skills with patients and relatives
35	To be able to communicate with colleagues, patient and patient relatives at therapeutic level
36	To evaluate the behavior of patients and their relatives
37	To be able to explain the concepts related to substance abuse
38	To be able to integrate the theoretical foundations and applications of their responsibility for disaster recovery
39	Ability to gain theoretical knowledge about disaster recovery
40	At the end of the course students can establish a connection between health policies and state systems
41	Will be able to analyze the health transformation program.



42	Knows the anesthetic drugs and anesthesia methods applied to the patient.
43	Knows pharmacological agents. know how to apply the drugs according to the indications and contraindications
44	DIFFERENTIAL RADIOLOGICAL ANATOMY
45	Knows the concepts of quality standards, quality, standardization, standards and accreditation in health.
46	To know the rules of ergonomics
47	Explain and use the practices related to improving the quality of life.
48	Increased social sensitivity levels
49	To gain the ability to use personal knowledge, skills and experiences for the benefit of the society as a team
50	Will be able to apply the basic tasks to use the operating system
51	Demonstrate behavior by understanding the information given about health.
52	Express the importance of rational drug use and points to be considered.

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

	L1	L2
P45	5	5

