



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Body Analysis							
Course Code		SGH300		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	50 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		In this course; human body functioning, body forming systems, body weight, metabolism rate is aimed to gain the subjects such as recognition of our body.							
Course Content		Anthropometry, body systems, metabolism							
Work Placement		Students must have to complete their internship within the required time and properties. The required rules are describes at the Adnan Menderes University, Sultanhisar Vocational School, Student Internship Instructions.							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Individual Study, Problem Solving					
Name of Lecturer(s)		Ins. Sinan BAYIK							

### Assessment Methods and Criteria

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

### Recommended or Required Reading

1	Instructor Lecture Notes
2	Ministry of National Education Vocational Training Body Analysis Module

Week	Weekly Detailed Course Contents	
1	Theoretical	Basic concepts of anatomy and physiology
2	Theoretical	Body systems (Respiratory, Circulation, Nervous)
3	Theoretical	Body systems (Movement, Digestion, Excretion)
4	Theoretical	Anthropometry concept
5	Theoretical	Abbreviations used in body analysis
6	Theoretical	Body Weight and Height, Calculation of Body Mass Index
7	Theoretical	Correct determination of body measurements
8	Intermediate Exam	Midterm
9	Theoretical	Basal metabolic rate
10	Theoretical	Overweight and obesity concept
11	Theoretical	Problems caused by obesity and treatment methods
12	Theoretical	Cellulite and skin stretch marks
13	Theoretical	Nutrition and Dietetics Concept
14	Theoretical	Sport and exercise concept
15	Theoretical	Medical weight loss methods
16	Final Exam	Final Exam

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Individual Work	2	5	0	10
Midterm Examination	1	4	1	5
Final Examination	1	6	1	7
Total Workload (Hours)				50
[Total Workload (Hours) / 25*] = ECTS				2

\*25 hour workload is accepted as 1 ECTS



**Learning Outcomes**

1	To have knowledge about basic human anatomy and physiology
2	To have knowledge about the concept of anthropometry
3	To have knowledge about the functioning of the body and the concept of metabolism
4	Analyzing the body and making basic inferences
5	To have knowledge about nutrition, diet and weight loss concepts

**Programme Outcomes (Human Resources and Management)**

1	To use theoretical and applied knowledge in the field of human resources management
2	To examine various concepts and opinions in the field of human resources management, and evaluate related data.
3	To undertake individual and group responsibility in order to solve unforeseen complex problems and issues which are confronted in application process.
4	To be able to transmit self opinions and solutions to problems in the field of human resources management via written and oral channels.
5	To support self opinions and solutions to problems by qualitative and quantitative data and share this with other professionals or nonprofessionals.
6	To benefit from other disciplines which are related to human resources management and be acknowledged about these disciplines.
7	Legislation relevant to the profession and to follow the basic law to have knowledge in the field of public administration
8	To have societal, scientific and ethical values in gathering data, planning, executing and controlling human resources management issues.
9	Develop an awareness for the need for life long learning
10	To follow national and international contemporary issues
11	To become sensitive to Atatürk's principles and reforms, the right to use the Turkish language, the official correspondence of the basic ability to have the ability and understanding related to the field of foreign terms

**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	3	3	3	3	3

