



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Body Analysis							
Course Code		SGH300		Couese 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 (Medical and Aromatic Plants)

1	Having the recognition, classification and the use areas knowledge of medical and aromatic plants
2	Having practical and technical knowledge about cultivation and production of medical and aromatic plants
3	Having knowledge of morphology, anatomy, cytology, physiology and biochemical structures of medical and aromatic plants
4	Having knowledge of importance of soil conditions to grow medical and aromatic plants
5	Having information and the ability to use materials related with basic math and basic chemistry founded on qualifications gained in secondary education
6	Having ability to use effective own language and having knowledge of foreign language in order to communicate own colleagues and own customers
7	Having ability to collect medical and aromatic plants, having knowledge of seed technology, drying and conservation of these plants
8	Having ability to identify and to fight diseases and pests of medical and aromatic plants
9	Having knowledge of all Agricultural activities
10	Having knowledge of Atatürk Principle and Revolutions and to assimilate Atatürk Principle and Revolutions
11	Having consciousness of quality
12	Having knowledge and accumulation of investigative and evaluation
13	Ability to work as an individual capable of independent decision-making ideas verbally and in writing, stating the figure to communicate in a clear and concise
14	Ability to identify plants used for medical purposes and to obtain mixtures from drugs acquired these plants
15	Having skill and knowledge of marketing techniques medical and aromatic plants

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

	L1	L2	L3	L4	L5
P15	3	3	3	3	3

