AYDIN ADNAN MENDERES UNIVERSITY
COURSE INFORMATION FORM

Course Title	Healthy Life and Sports								
Course Code	ÖGK186		Couse Level		Short Cycle (Associate's Degree)				
ECTS Credit	2	Workload	50 *(Hours)*	Theory	1	Practice	1	Laboratory	0
Objectives of the Course	To adopt the place of physical activity concept and applications in healthy life and to transfer basic concepts								
Course Content	To adopt the place of physical activity concept and applications in healthy life and to transfer basic concepts								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation)								
Name of Lecturer(s)	Ins. Aslı ESENKAYA								

Assessment Methods and Criteria		
Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading	
1	Physical Activity Assessment Methods Ayda Khan
2	Fitness and Healthy Life

Week	Weekly Detailed Course Contents	
1	Theoretical	Definition of health and basic health
2	Theoretical	Defining the human movement
3	Theoretical	Resistance Training Philosophy
4	Theoretical	Cardiovascular exercise strategies
5	Theoretical	Nutrition principles
6	Theoretical	Nutrition principles
7	Theoretical	Nutrition principles
8	Theoretical	An overview
9	Theoretical	Midterm
10	Theoretical	Exercise Applications
11	Theoretical	Exercise Applications
12	Theoretical	Weight control, determining the need for exercise
13	Theoretical	Diseases and exercise
14	Theoretical	Diseases and exercise
15	Theoretical	Gaining and maintaining healthy living behavior
16	Final Exam	final exam

Workload Calculation				
Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Midterm Examination	1	9	1	10
Final Examination	1	11	1	12
			Total Workload (Hours)	50
			[Total Workload (Hours) / 25*] = **ECTS**	2
**25 hour workload is accepted as 1 ECTS*				

Learning Outcomes	
1	Will be able to explain the definition of physical activity
2	Will be able to interpret the concept of exercise
3	Discuss physical activity and exercise applications in disease
4	To be aware of the necessity of lifelong sport and to have the ability to realize this,
5	Discuss the objectives and content of physical activity in healthy individuals

Programme Outcomes *(Machinery)*	
1	To be able to know general properties and usage areas of industrial materials and make selection.
2	Design of machine elements.
3	To be able to make production using machining and welding machines without machining.
4	To be able to make measurement and quality control processes with machine tools for measuring and control equipment.
5	To be able to make necessary corrections in order to determine the mistakes by using the necessary non-destructive test methods in welded parts and to eliminate these mistakes.
6	Preventive measures to prevent the occurrence of these faults by preliminarily determining the faults that will occur in the machines as statistical data and to make necessary interventions in case of breakdown.
7	They can make drawings of work pieces on CAD station and apply them on CNC looms. Ability to operate and use CAD / CAM and AUTOCAD package programs.
8	To be able to transfer engineering science and technology to practice by making calculations in the direction of scientific principles.
9	It can repair the elements in pneumatic and hydraulic systems which are indispensable elements of automatic control systems and can regulate their work.
10	The student who is trained as a machine technician during the whole program knows that industrial task definition in the field of work is error finding, problem solving, decision making, planning of functions and activities and they can be achieved by aiming to acquire these characteristics.

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

	L1	L2	L3	L4	L5
P10	1	1	1	1	1