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 *(Automotive Technology)*

1	To be able to interpret and evaluate data, identify problems, analyze them, and develop evidence-based solutions by using basic knowledge and skills in the field.
2	Must be able to choose and effectively use the modern techniques, tools and information technologies necessary for field related applications.
3	Must be able to gain practical skills by examining relevant processes in industry and service sector on site.
4	They must be able to produce solutions, take responsibility for teams or do individual work when they encounter situations unforeseen in the field related applications.
5	Awareness of the need for lifelong learning; it must be able to follow the developments in science and technology and to constantly renew itself.
6	Must be able to use computer software and hardware at the basic level required by the field
7	Must have job security, worker health, environmental protection knowledge and quality awareness.
8	He must possess a level of foreign language knowledge that is capable of following the innovations in his area of expertise and communication techniques.
9	Must be able to acquire basic theoretical and practical knowledge about the field in mathematics, science and basic engineering.
10	It should have the ability to plan the processes / processes of the Automotive Program to meet the expectations of the sector.
11	To be able to design the systems and components related to the field by using technical drawing, computer aided drawing, designing using simulation programs and using various softwares, to be able to make basic sizing calculations, to be able to master professional plans and projects.

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

	L1	L2	L3	L4	L5
P5	1	1	1	1	1