



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Physical Activity and Health							
Course Code		ÖGK105		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	4	Workload	95 (Hours)	Theory	1	Practice	2	Laboratory	0
Objectives of the Course		To introduce the concepts of health and physical activity and to evaluate the importance of activities and exercises in healthy life.							
Course Content		Definition of health and basic health, Physical activity, exercise, and sport, Physical activity, Inactivity, Physical fitness, Evaluation of physical fitness, principles of exercise training, Exercise training methods. Pre-exercise evaluation, Exercise types, Exercise prescribing, Injury emergency intervention. Indications and contraindications of exercise							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Problem Solving					
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	Exercise and Sport Physiology, 6th edition, N. Akgun, Ege Univ. Printing house,
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Week	Weekly Detailed Course Contents	
1	Theoretical	Definition of health and basic health
2	Practice	Physical activity, exercise, and sports
3	Theoretical	Defining the human movement
4	Theoretical	Resistance Training Philosophy
5	Theoretical	Cardiovascular exercise strategies
6	Theoretical	Nutrition principles
7	Theoretical	Nutrition principles
8	Theoretical	Nutrition principles
9	Intermediate Exam	Midterm
10	Practice	Exercise Applications
11	Practice	Exercise Applications
12	Theoretical	Kilo kontrolü, egzersiz ihtiyacının belirlenmesi
13	Practice	Diseases and exercise
14	Theoretical	Diseases and exercise
15	Theoretical	In gaining and maintaining healthy living behavior
16	Final Exam	Final examination

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	1	14
Lecture - Practice	14	0	2	28
Assignment	2	11	2	26
Midterm Examination	1	10	1	11
Final Examination	1	15	1	16
Total Workload (Hours)				95
[Total Workload (Hours) / 25*] = ECTS				4
*25 hour workload is accepted as 1 ECTS				



**Learning Outcomes**

1	Evaluate the basic concepts of health.
2	Explain the basic elements of health and the factors affecting it.
3	Discuss the place of physical activity on healthy life.
4	Define the concept and elements of physical fitness.
5	Comprehend the principles of exercise training and exercise prescribing.

**Programme Outcomes (Private Security and Protection)**

1	Know the powers of private security
2	Know defense and attack techniques
3	To understand the security measures
4	Establishing Organizational Communication
5	To apply the basic principles of first aid
6	To be able to make threat assessment and risk management
7	Learn what the body language is and what needs to be considered to ensure effective communication.
8	Weapon information
9	Knows Environmental Health Management in Disasters
10	Knows the elements of crime
11	Prepare a security plan
12	To have necessary knowledge in the field of criminology
13	To be able to determine employee and employer relations
14	To have information about the types of terrorist attacks and the signs of the attacks
15	Evaluate new approaches in security studies
16	Show effective interventions in social activities
17	Search and rescue in case of emergency, conducting emergency studies, can manage the organization
18	Explain the basic elements of health and the factors affecting it.
19	Know the basic principles of survival

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

	L1	L2	L3	L4	L5
P18	5	5	5	5	5

