



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

| | | | | | | | | | |
|--|---|---|------------|--|---|----------------------------------|---|------------|---|
| Course Title | | Healthy Life and Sports | | | | | | | |
| Course Code | | OT225 | | Course Level | | Short Cycle (Associate's Degree) | | | |
| ECTS Credit | 2 | Workload | 52 (Hours) | Theory | 2 | Practice | 0 | Laboratory | 0 |
| Objectives of the Course | | Sports, health and nutrition, situation and the importance of vitality in the process by specifying the importance and quality of life is aimed to ensure that the level of how to keep high | | | | | | | |
| Course Content | | Learning and applying the methods that people have shown to stay healthy and healthy. These methods are; Health, sports and nutrition will be understood within the framework of subheadings. | | | | | | | |
| Work Placement | | N/A | | | | | | | |
| Planned Learning Activities and Teaching Methods | | | | Explanation (Presentation), Discussion, Case Study, Individual Study | | | | | |
| Name of Lecturer(s) | | Ins. Kutluhan DEMİR | | | | | | | |

Assessment Methods and Criteria

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

Recommended or Required Reading

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| 1 | Öğretim elemanı ders notları |
| 2 | Yaşam Boyu Spor. Erdal ZORBA, 2006 |
| 3 | Herkes İçin Spor. Erdal ZORBA, 2006 |
| 4 | Sağlıklı ve Uzun Yaşam İçin Beslenme. Galip AKIN, 2014 |
| 5 | Sporda beslenme. Aysel PEHLİVAN, 2011 |

| Week | Weekly Detailed Course Contents | |
|------|---------------------------------|---|
| 1 | Theoretical | To Understand the thinking health |
| 2 | Theoretical | Evaluation of health and health related concepts in the past, world health organization (WHO) and current and life expectancy |
| 3 | Theoretical | Factors affecting our health and its effects on human organism |
| 4 | Theoretical | The concept of wellness, its goals, and the developments on the world along with the prescription of being healthy and long-lasting (regular life habits, physical environment, hereditary characteristics, quality of infection and health treatment services) |
| 5 | Theoretical | Rates and causes of death in Turkey (heart and circulatory system, " Coronary heart disease, " etc.) |
| 6 | Theoretical | Physical activity, exercise and sport concepts: what is physical activity, what is the purpose, what are the types of physical activity. What are the effects on the human organism |
| 7 | Theoretical | Physical activity and exercise types |
| 8 | Intermediate Exam | Midterm |
| 9 | Theoretical | Planning the exercise program, sports concept and the effects of sport on the developmental period |
| 10 | Theoretical | What is nutrition? - What is a nutrient? |
| 11 | Theoretical | Food items |
| 12 | Theoretical | Health and nutrition relationship |
| 13 | Theoretical | Health problems due to inadequate, unbalanced and unhealthy nutrition |
| 14 | Theoretical | Sports, health and nutrition relationship |
| 15 | Final Exam | Final exam |

Workload Calculation

| Activity | Quantity | Preparation | Duration | Total Workload |
|---------------------|----------|-------------|----------|----------------|
| Lecture - Theory | 14 | 0 | 2 | 28 |
| Assignment | 0 | 0 | 0 | 0 |
| Reading | 0 | 0 | 0 | 0 |
| Midterm Examination | 1 | 12 | 0 | 12 |



| | | | | |
|---|---|----|---|----|
| Final Examination | 1 | 12 | 0 | 12 |
| Total Workload (Hours) | | | | 52 |
| [Total Workload (Hours) / 25*] = ECTS | | | | 2 |
| *25 hour workload is accepted as 1 ECTS | | | | |

Learning Outcomes

| | |
|---|---|
| 1 | To give information about health |
| 2 | To give information about exercise and physical activity programs |
| 3 | To give information about nutrition and nutrients |
| 4 | To gain basic concepts of health, sports and nutrition |
| 5 | To adopt the importance of healthy living |

Programme Outcomes (Food Quality Control and Analysis)

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|---|--|
| 1 | Having basic knowledge about food products |
| 2 | Having knowledge for Production and hygiene in food products, preservation, microbiology, quality control and analysis |
| 3 | Having skills and discipline for working in the laboratory and using laboratory materials, |
| 4 | Developing positive attitudes about learning and knowledge and lifelong learning in the field. |
| 5 | Using the information and communication technologies at the level required by the work areas |
| 6 | Act in accordance with scientific, cultural and ethical values |
| 7 | Having sufficient consciousness about environmental protection, occupational health and safety issues. |

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

| | L3 | L4 | L5 |
|----|----|----|----|
| P1 | 3 | | |
| P4 | 3 | 3 | |
| P6 | | 3 | 3 |
| P7 | | | 3 |

