AYDIN ADNAN MENDERES UNIVERSITY
COURSE INFORMATION FORM

Course Title	Athletes Nutrıtıon, Drugs and Ergogenic Additives								
Course Code	SFZ524		Couse Level	Second Cycle (Master's Degree)					
ECTS Credit	4	Workload	102 *(Hours)*	Theory	1	Practice	2	Laboratory	0
Objectives of the Course	To teach the basic principles of nutrition and sports nutrition. Explain the duties of food and its relation to performance.								
Course Content	The aim of nutrition, the factors affecting the importance of athletic nutrition. Energy metabolism, energy value of nutrients and calculation of energy needs of different activities. The relationship between food and performance. Determination of nutrition principles of different sports in different periods.								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation), Discussion, Individual Study								
Name of Lecturer(s)									

Assessment Methods and Criteria		
Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

Recommended or Required Reading	
1	1- Doris H. Calloway, Kathleen O. Carpenter: Nutrition and Health, Saunders College Publishing, N.York, 1982.
2	3- Konopka, P. : Spor Beslenmesi Çeviri. Hale Harputluoğlu, Bağırgan Yayımevi 2000.

Week	Weekly Detailed Course Contents	
1	Theoretical	
	Practice	
2	Theoretical	
	Practice	
3	Theoretical	
	Practice	
4	Theoretical	
	Practice	
5	Theoretical	
	Practice	
6	Theoretical	
	Practice	
7	Intermediate Exam	
8	Theoretical	
	Practice	
9	Theoretical	
	Practice	
10	Theoretical	
	Practice	
11	Theoretical	
	Practice	
12	Theoretical	
	Practice	
13	Theoretical	
	Practice	
14	Final Exam	

Workload Calculation				
Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Lecture - Practice	14	1	2	42
Assignment	14	1	0	14
Midterm Examination	1	1	1	2
Final Examination	1	1	1	2
			Total Workload (Hours)	102
			[Total Workload (Hours) / 25*] = **ECTS**	4
**25 hour workload is accepted as 1 ECTS*				

Learning Outcomes	
1	To be able to recognize the importance of Athletes Nutrıtıon, Drugs and Ergogenic Additives
2	To be able to evaluate the relationship between other systems
3	To be able to investigate physiopathological symptoms about the subject
4	Interpret general principals about the subject
5	

Programme Outcomes *(Sport Physiology Interdisciplinary Master's Without Thesis)*	
1	Have basic general knowledge about the field of exercise physiology master program
2	Defines the systemic effects of exercise and exercise
3	To have the ability to make original work related to the field of Exercise Physiology master Program.
4	Reviews of exercise mechanisms
5	Has the ability to comply with ethical principles

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

	L1	L2	L3	L4	L5
P1	5	3	5	4	4
P2	4	3	5	4	4
P3	4	4	4	4	4
P4	5	5	4	4	4
P5	5	5	4	4	5