



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Exercise at High Altitude and Deep Sea							
Course Code		SFZ525		Couse Level		Second Cycle (Master's Degree)			
ECTS Credit	4	Workload	102 (<i>Hours</i>)	Theory	1	Practice	2	Laboratory	0
Objectives of the Course		aims to increase the level of knowledge about performance changes in extreme conditions							
Course Content		Aviation; high altitude and space physiology; Low oxygen pressure effects on the body; Effects of acceleration forces on the body in aerospace physiology; Physiology of deep-sea diving and other high-pressure processes The effects of high partial pressurized gases on the body; Some physical problems in diving; Special physiological problems in submarines; Suffocation.							
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	Guyton, Medical Physiology
2	Related Publications

Week	Weekly Detailed Course Contents	
1	Theoretical	theoretical course
2	Theoretical	Theoretical course
3	Theoretical	Theoretical course
4	Theoretical	Theoretical course
5	Theoretical	Theoretical course
6	Theoretical	Theoretical course
7	Theoretical	Theoretical course
8	Theoretical	Theoretical course
9	Theoretical	Theoretical course
10	Theoretical	Theoretical course
11	Practice	Practical course
12	Practice	Practical course
13	Practice	Practical course
14	Practice	Practical course

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	2	1	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 the subject
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2	To be able to evaluate the relationship between other systems
3	Interpret general principals about the subject
4	
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	4	4	5	4
P2	5	4	4	4	3
P3	4	4	5	5	3
P4	4	4	5	4	4
P5	4	4	5	4	4

