AYDIN ADNAN MENDERES UNIVERSITY
COURSE INFORMATION FORM

Course Title	Exercise and the Endocrine System								
Course Code	SFZ530		Couse Level	Second Cycle (Master's Degree)					
ECTS Credit	6	Workload	150 *(Hours)*	Theory	2	Practice	2	Laboratory	0
Objectives of the Course	General characteristics of the endocrine system and exercise is to explain the changes in the endocrine system.								
Course Content	Endocrinology Introduction to the Pituitary Hormones and Hypothalamic controlled by the thyroid hormones, adrenal hormones, parathyroid hormone and calcitonin, blood sugar regulation, gonadal hormones, Resistance Training and Endocrine Answers, endocrine hormones Basal Levels and Exercise-induced changes, Opioid Peptides and Exercise, Endurance Training and Endocrine Answers								
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	Anatomi. K. Arıncı, A. Elhan, 2 print, Güneş Bookstore, Ankara, 2001, ISBN 9757467286
2	Netter FH. Atlas of human anatomy (second edition). USA, Novartis, 1997: 268.
3	Gökmen F. G. Systematic Anatomy, İzmir Güven Bookstore, 2008.

Week	Weekly Detailed Course Contents	
1	Theoretical	glandula endocrinae , the supervision and regulation of hormone secretion
	Practice	work on models and cadavers
	Preparation Work	individual work
2	Theoretical	glandula pituitaria , glandula thyroidea
	Practice	work on models and cadavers
	Preparation Work	individual work
3	Theoretical	isthmus glandula thyroidea , capsula gl. thyroidea , arterial and venous circulation , lympahtic fluation , neural innervation
	Practice	work on models and cadavers
	Preparation Work	individual work
4	Theoretical	glandula parathyroidea ,arterial and venous circulation ,neural innervation
	Practice	work on models and cadavers
	Preparation Work	individual work
5	Theoretical	glandula thymus , with the shape and location , neighbourhood , arteries and nerves
	Practice	work on models and cadavers
	Preparation Work	individual work
6	Theoretical	glandula suprarenalis , with the shape and location , facies suprarenalis , structure of glandula suprarenalis , nerves and arteries
	Practice	work on models and cadavers
	Preparation Work	individual work
7	Theoretical	testis , with the shape and location , lympatic flow , neural innervation ,
	Practice	work on models and cadavers
	Preparation Work	individual work
8	Theoretical	ovarium , with the shape and location, arterial and venous circulation , nural innervation
	Practice	work on models and cadavers
	Preparation Work	individual work
9	Theoretical	glandula pinealis , arterial and venous circulation , with the shape and location ,

9	Practice	work on modelsand cadavers
	Preparation Work	individual work
10	Theoretical	placenta , gastrointestinal mucosa
	Practice	work on models and cadavers
	Preparation Work	individual work
11	Theoretical	cholecystokinin , secretin, gastric inhibitory peptide
	Practice	work on models and cadavers
	Preparation Work	individual work
12	Theoretical	endocrin pancreas , renae , chromoffin system
	Practice	work on models and cadavers
	Preparation Work	individual work
13	Theoretical	paragangliones , corpora paraaortica
	Practice	work on models and cadavers
	Preparation Work	individual work
14	Theoretical	glomus caroticum , with the shape and location , glomus jugulare , corpus coccygeum
	Practice	work on modes and cadavers
	Preparation Work	individual work

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Lecture - Practice	14	1	2	42
Assignment	10	2	0	20
Individual Work	14	3	0	42
Midterm Examination	1	1	1	2
Final Examination	1	1	1	2
			Total Workload (Hours)	150
			[Total Workload (Hours) / 25*] = **ECTS**	6

**25 hour workload is accepted as 1 ECTS*

Learning Outcomes

1	Define the anatomical organs (structures) and functions of the endocrine system
2	Define the anatomical structures of endocrine system
3	Define the secretions of the endocrine system and define the clinical anatomical relations of the glands
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	4	4	4	5	3
P2	4	5	4	5	3
P3	5	3	4	5	4
P4	5	5	4	4	4
P5	4	4	4	4	5