



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Energy For Physical Activity: The Structure and Functions of the Skeletal Muscle							
Course Code		SFZ521		Course Level		Second Cycle (Master's Degree)			
ECTS Credit	4	Workload	102 (<i>Hours</i>)	Theory	2	Practice	2	Laboratory	0
Objectives of the Course		Aims to understand structure and organization of cardiovascular system, heart rate and blood pressure regulation, acute and chronic responses in exercise. Defines the pathophysiology of coronary artery risk factors and explains the features of athletes heart Defines the short and long term cardiovascular adaptation to exercise Defines the regulation of heart rate and uses basic skills for interpretation of electrocardiography Explains the cardiac cycle and regulation of blood pressure Defines the structure and organization of heart and circulation							
Course Content		musculi , musculi capitis and musculi cervicis , musculi thoracis , musculi intercostales , musculi membri inferiores , musculi membri superiores							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), 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 975746728
2	Netter FH. Atlas of human anatomy (second edition). USA, Novartis, 1997: 268.
3	Basic Clinical Anatomy 2. print, Keith L. Moore, Anne M. R. Agur, Alaittin Elhan Güneş Bookstore – Ankara, 2006.
4	Sobotta Human Anatomy Atlas Cilt 1-2. 2. In Turkish Prof. Dr. Kaplan Arıncı, H. Ferner ve J. Staubesand – Münih, 1985.
5	Gökmen F. G. Systematic Anatomy, İzmir Güven Bookstore, 2008.

Week	Weekly Detailed Course Contents	
1	Theoretical	systema musculare , musculi , musculi capitis , musculi faciei , musculi masticatorii
	Practice	work on models and cadavers
	Preparation Work	individual work
2	Theoretical	musculi colli , fascia cervicales and musculus superficiales , front group neck muscles
	Practice	work on models and cadavers
	Preparation Work	individual work
3	Theoretical	triangles on neck , musculi prevertebrales
	Practice	work on models and cadavers
	Preparation Work	individual work
4	Theoretical	musculi prevertebrales , outer muscles on neck vertebrae
	Practice	work on models and cadavers
	Preparation Work	individual work
5	Theoretical	musculi dorsi , musculi thoracis
	Practice	work on models and cadavers
	Preparation Work	individual work
6	Theoretical	musculi intercostales , the muscles in the front and side walls of the abdomen
	Practice	work on models and cadavers
	Preparation Work	individual work
7	Theoretical	musculi membri superiores , shoulder muscles
	Practice	work on models and cadavers
	Preparation Work	individual work
8	Theoretical	shoulder muscles and arm muscles
	Practice	work on models and cadavers



8	Preparation Work	individual work
9	Theoretical	anatomical ranges , forearm muscles
	Practice	work on models and cadavers
	Preparation Work	individual work
10	Theoretical	forearm muscles , forearm front face muscles , forearm backside muscles
	Practice	work on models and cadavers
	Preparation Work	individual work
11	Theoretical	hand muscles , function of hand
	Practice	work on models and cadavers
	Preparation Work	individual work
12	Theoretical	musculi membri inferioris , gluteal muscles
	Practice	work on models and cadavers
	Preparation Work	individual work
13	Theoretical	gluteal muscles , thigh muscles
	Practice	work on models and cadavers
	Preparation Work	individual work
14	Theoretical	leg muscles , foot muscles
	Practice	work on models and cadavers
	Preparation Work	individual work

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Lecture - Practice	14	2	2	56
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	student learns structure of muscles and their functions
2	student learns muscles locations
3	student learns to discriminate the muscles in human body
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	3	4	4	5
P2	4	3	4	4	5
P3	4	4	5	4	5
P4	5	4	5	5	4
P5	4	4	5	5	4

