



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Functional Anatomy in Sports I							
Course Code		SFZ509		Course Level		Second Cycle (Master's Degree)			
ECTS Credit	6	Workload	150 (<i>Hours</i>)	Theory	2	Practice	2	Laboratory	0
Objectives of the Course		To get knowledge about functional anatomy about sports							
Course Content		Functional anatomy about sports							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Project Based Study, Individual Study					
Name of Lecturer(s)									

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Final Examination	1	60
Land Work	1	40

Recommended or Required Reading

1	Anatomi. K. Arıncı, A. Elhan, 2 print, Güneş Bookstore, Ankara, 2001, ISBN 9757467286
2	Gökmen F. G. Systematic Anatomy, İzmir Güven Bookstore, 2008.

Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction to Functional Anatomy
	Practice	Motion analysis in visual material
	Preparation Work	Individual work
2	Theoretical	Motion System, active and passive elements
	Practice	Motion analysis in visual material
	Preparation Work	Individual work
3	Theoretical	Skeletal system and biomechanics
	Practice	Motion analysis in visual material
	Preparation Work	Individual work
4	Theoretical	Joints, biomechanics of the joints
	Practice	Motion analysis in visual material
	Preparation Work	Individual work
5	Theoretical	Muscles and active roles in the movement
	Practice	Motion analysis in visual material
	Preparation Work	Individual work
6	Theoretical	Formation of the movement and working principles with coordinated motion system
	Practice	Motion analysis in visual material
	Preparation Work	Individual work
7	Theoretical	Formation of the movement and working principles with coordinated motion system
	Practice	Motion analysis in visual material
	Preparation Work	Individual work
8	Theoretical	The internal factors affecting the formation of movement
	Practice	Motion analysis in visual material
	Preparation Work	Individual work
9	Theoretical	The external factors affecting the formation of movement
	Practice	Motion analysis in visual material
	Preparation Work	Individual work
10	Theoretical	In the various exercise movements working principles of the movement system
	Practice	Motion analysis in visual material
	Preparation Work	Individual work



11	Theoretical	In the various exercise movements working principles of the movement system
	Practice	Motion analysis in visual material
	Preparation Work	Individual work
12	Theoretical	Functional changes seen in the circulatory system during exercise
	Practice	Motion analysis in visual material
	Preparation Work	Individual work
13	Theoretical	Functional changes seen in the respiratory system during exercise
	Practice	Motion analysis in visual material
	Preparation Work	Individual work
14	Theoretical	Functional changes seen in the central nervous and endocrine system during exercise
	Practice	Motion analysis in visual material
	Preparation Work	Individual work

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
Reading	12	0	4	48
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	Students know how that movement
2	Students know join the movement of muscle and bone and joint tripartite the functions
3	Students know in other systems changes that occur during exercise
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	3	4
P2	4	3	4	3	4
P3	4	4	4	4	5
P4	5	4	5	5	4
P5	4	4	4	4	5

