



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Regulation of Body Temperature: Exercise at Cold and Warm Environment							
Course Code		SFZ520		Couse Level		Second Cycle (Master's Degree)			
ECTS Credit	4	Workload	100 (<i>Hours</i>)	Theory	3	Practice	0	Laboratory	0
Objectives of the Course		To regulation of hbody temperature at exercise							
Course Content		To evaluate the qulifications of physical and personal tabilities							
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	Çetin H. N., Flock T., "Genel Kondüsyon Antrenmanı ve Sporda Performans Kontrolü" HYA Yayımevi, Ankara, 2011.
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Week	Weekly Detailed Course Contents	
1	Theoretical	
2	Theoretical	
3	Theoretical	
4	Theoretical	
5	Theoretical	
6	Theoretical	
7	Intermediate Exam	
8	Theoretical	
9	Theoretical	
10	Theoretical	
11	Theoretical	
12	Theoretical	
13	Theoretical	
14	Final Exam	

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	3	3	84
Individual Work	6	2	0	12
Midterm Examination	1	1	1	2
Final Examination	1	1	1	2
Total Workload (Hours)				100
[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 Regulation of Body Temperature: Exercise at Cold and Warm Environment
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



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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	4
P2	4	3	4	4	4
P3	5	4	4	5	4
P4	4	4	5	5	5
P5	5	5	4	5	5

