



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		The General Principles For Exercise Prescription							
Course Code		SFZ522		Couse Level		Second Cycle (Master's Degree)			
ECTS Credit	4	Workload	102 (<i>Hours</i>)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		To be able to prepare training programs in accordance with basic principles of training and to be able to plan training specific to sports branches.							
Course Content		Concept and principles of training, Training planning, Planning in individual sports, Planning in team sports, Principles of training program preparation, Examples of training programs in individual sports, Application examples of training program in individual sports, Application examples of training program in combat sports, Practice examples in team sports.							
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	Sevim, Y.; Antrenman Bilgisi, Nobel yayınevi, 2002, Ankara.
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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	4	2	84
Individual Work	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 General Principles For Exercise Prescription
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
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	5	4	5
P2	5	4	3	4	5
P3	4	4	3	4	4
P4	4	5	4	4	4
P5	4	4	4	5	4

