



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Exercise For Children, Women And Elderl People							
Course Code		SFZ523		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		To know the acute and chronic effects of exercise on human body. To understand the changes caused by different exercise conditions							
Course Content		To know the development steps of growth in children. To know the physical performance characteristics of children. To know the physiological changes caused by aging. To know performance improvement and training principles in women							
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	Physiology of Sport and Exercise Yazar: Kenney, Wilmore, Costill. 5th ed.
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Week	Weekly Detailed Course Contents	
1	Theoretical	
	Practice	
2	Theoretical	
	Practice	
3	Theoretical	
	Practice	
4	Theoretical	
	Practice	
5	Theoretical	
	Practice	
6	Theoretical	
	Practice	
7	Intermediate Exam	
8	Theoretical	
	Practice	
9	Theoretical	
	Practice	
10	Theoretical	
	Practice	
11	Theoretical	
	Practice	
12	Theoretical	
	Practice	
13	Theoretical	
	Practice	
14	Final Exam	



Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Lecture - Practice	14	1	2	42
Assignment	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 Exercise For Children, Women And Elderl People
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	4	4	4	4	4
P2	4	4	4	4	5
P3	5	4	4	3	5
P4	5	5	5	4	5
P5	4	4	4	4	4

