



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Physical Activity And Health							
Course Code		SFZ526		Couse Level		Second Cycle (Master's Degree)			
ECTS Credit	4	Workload	102 (<i>Hours</i>)	Theory	1	Practice	2	Laboratory	0
Objectives of the Course		To learn the risks of still life and the benefits of physical activity.							
Course Content		Physical Activity and Mortality, Physical Activity and Cardiovascular Diseases, Physical Activity and Mental Health, Exercise in Treatment							
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	Hardman AE, Stensel DJ, Physical Activity and Health, Second Edition, Routledge, 2009.
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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	0	1	14



Assignment	14	2	0	28
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 Physical Activity And Health
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	3	4
P2	5	4	5	3	4
P3	4	4	4	4	5
P4	4	5	4	4	5
P5	4	5	4	4	5

