



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Introduction to Exercise Physiology							
Course Code		TFZ523		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		The muscle metabolic system in exercise; Respiration in exercise; The cardiovascular system in exercise; Hormonal changes in exercise; Metabolism in exercise.							
Course Content		Structure and organization of the cardiovascular system, regulation of heart rate and blood pressure, acute and chronic responses to exercise is aimed to understand							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Individual Study					
Name of Lecturer(s)		Lec. Ferhat ŞİRİNYILDIZ							

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

### Recommended or Required Reading

1	Guyton, Tıbbi Fizyoloji
2	Vander, İnsan Fizyolojisi

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	Theoretical	
15	Theoretical	
16	Final Exam	

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	1	14	14	28
Lecture - Practice	1	14	14	28
Assignment	10	3	2	50
Reading	3	0	14	42
Midterm Examination	1	0	1	1
Final Examination	1	0	1	1
Total Workload (Hours)				150
[Total Workload (Hours) / 25*] = ECTS				6

\*25 hour workload is accepted as 1 ECTS



**Learning Outcomes**

1	
2	
3	
4	
5	

**Programme Outcomes** (*Physiology (Medical) Master*)

1	To be able to acquire a background needed for basic physiological research and having the ability to use the teoritical and practical knowledge in the field
2	To be able to prepare the article in the science of physiology
3	To be able to present papers in the field of science of physiology
4	To have professional ethics and responsibility
5	To be able to reach a level to follow research in the field, to possess written and spoken communication skills and be able to join discussions

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

