



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Metabolism ,Thermal Regulation and Sports Physiology							
Course Code		TFZ612		Couse Level		Third Cycle (Doctorate Degree)			
ECTS Credit	6	Workload	156 (<i>Hours</i>)	Theory	2	Practice	2	Laboratory	0
Objectives of the Course		Giving information about Metabolism ,Thermal Regulation and Sports Physiology. Introduce knowledge skills . Present novel scientific data to participants.							
Course Content		General knowledge about metabolism, energy equilibrium; Carbohydrate metabolism; Role of ATP in metabolism and glucose; Glycolytic processes; Lipid metabolism; Protein turnover and protein synthesis; enzymes, Liver's metabolic speed, Control of metabolism; Regulation of food intake, vitamins and minerals; Body temperature and thermal regulation; Fever and heat loss; Feeding in sports and sports physiology.							
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	Guyton, Medical Physiology
2	All scientific data about the subject

Week	Weekly Detailed Course Contents	
1	Theoretical	General knowledge about metabolism
	Practice	General knowledge about metabolism practice
	Preparation Work	Reading
2	Theoretical	energy equilibrium
	Practice	energy equilibrium practice
	Preparation Work	Reading
3	Theoretical	Carbohydrate metabolism
	Practice	Carbohydrate metabolism practice
	Preparation Work	Reading
4	Theoretical	Role of ATP in metabolism and glucose
	Practice	Role of ATP in metabolism and glucose practice
	Preparation Work	Reading
5	Theoretical	Glycolytic processes
	Practice	Glycolytic processes practice
	Preparation Work	Reading
6	Theoretical	Lipid metabolism
	Practice	Lipid metabolism practice
	Preparation Work	Reading
7	Intermediate Exam	Midterm Exam
8	Theoretical	Protein turnover and protein synthesis
	Practice	Protein turnover and protein synthesis practice
	Preparation Work	Reading
9	Theoretical	enzymes, Liver's metabolic speed
	Practice	enzymes, Liver's metabolic speed practice
	Preparation Work	Reading
10	Theoretical	Control of metabolism; Regulation of food intake



10	Practice	Control of metabolism; Regulation of food intake practice
	Preparation Work	Reading
11	Theoretical	vitamins and minerals
	Practice	vitamins and minerals practice
	Preparation Work	Reading
12	Theoretical	Body temperature and thermal regulation
	Practice	Body temperature and thermal regulation practice
	Preparation Work	Reading
13	Theoretical	Feeding in sports and sports physiology
	Practice	Feeding in sports and sports physiology practice
	Preparation Work	Reading
14	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Lecture - Practice	14	1	2	42
Assignment	10	6	1	70
Midterm Examination	1	0	1	1
Final Examination	1	0	1	1
Total Workload (Hours)				156
[Total Workload (Hours) / 25*] = ECTS				6

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	To be able to recognize the importance of metabolism, termoregulation and sport physiology
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 (Physiology (Medical) Doctorate)

1	Has a deep and broad knowledge about the field and the interdisciplinary area related with the field through the achievements gained in undergraduate and professional levels.
2	Has the knowledge to create original ideas, analyze them and develop definition/product/diagnosis methods by using the knowledge gained in undergraduate and/or professional experience, when needed.
3	To learn the laws and regulations both national and international in the field of physiology.
4	To gain ability to apply the principles and fundamentals of scientific ethical rules.
5	Implements and defends institutional and practical information and abilities in accordance with the needs of the country and the world, and changes when necessary.

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

