



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Physical Activity and Healthy Life							
Course Code		BSÖ523		Couse Level		Second Cycle (Master's Degree)			
ECTS Credit	7	Workload	176 ( <i>Hours</i> )	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		To introduce the concepts of health and physical activity and to evaluate the importance of activities and exercises in healthy life.							
Course Content		Definition of health and basic health, Physical activity, exercise, and sport, Physical activity, Inactivity, Physical fitness, Evaluation of physical fitness, principles of exercise training, Exercise training methods. Pre-exercise evaluation, Exercise types, Exercise prescribing, Injury emergency intervention. Indications and contraindications of exercise.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration					
Name of Lecturer(s)									

### Assessment Methods and Criteria

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

### Recommended or Required Reading

1	Essentials of Exercise physiology, W.D. McArdle, F.I. Katch, V.L. Katch, Lippincott, Williams Wilkins, Baltimore, 2000
2	Exercise and Sport Physiology, 6th edition, N. Akgun, Ege Univ. Publishing House, 1996

Week	Weekly Detailed Course Contents	
1	Theoretical	Definition of health and basic health
2	Theoretical	Physical activity, exercise, and sports
3	Theoretical	Physical activity
4	Theoretical	Inactivity
5	Theoretical	Physical fitness
6	Theoretical	Assessment of physical fitness
7	Theoretical	Principles of exercise training
8	Theoretical	Midterm
9	Theoretical	Exercise training methods
10	Theoretical	Pre-exercise evaluation
11	Theoretical	Exercise types
12	Theoretical	Preparation of exercise prescription
13	Theoretical	Indications and contraindications of exercise
14	Theoretical	Final exam

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	5	5	140
Individual Work	4	4	4	32
Midterm Examination	1	1	1	2
Final Examination	1	1	1	2
Total Workload (Hours)				176
[Total Workload (Hours) / 25*] = ECTS				7

\*25 hour workload is accepted as 1 ECTS

### Learning Outcomes

1	Evaluate the basic concepts of health.
2	Explain the basic elements of health and the factors affecting it.



3	Discuss the place of physical activity on healthy life.
4	Define the concept and elements of physical fitness.
5	Comprehend the principles of exercise training and exercise prescribing.

**Programme Outcomes (Physical Education and Sports Master)**

1	Uses application and problem solving skills in interdisciplinary studies.
2	Develops basic scientific knowledge and attitude appropriate to body and sport.
3	Interpret the results of test development and measurement for the development of individuals in physical education and sport.
4	Explains the scientific methods in physical education and sports.
5	o follow national and international developments in the field and maintain professional development.
6	Beden eğitimi ve spor örgütlerinin örgüt iklimi ve kültürünü tanımlar.

**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	5	2	3	4
P2	4	5	3	5	4
P3	5	4	5	4	3
P4	3	3	4	4	2
P5	4	4	3	2	5
P6	3	5	5	4	3

