



**AYDIN ADNAN MENDERES UNIVERSITY
GRADUATE SCHOOL OF HEALTH SCIENCES
PHYSICAL EDUCATION AND SPORTS
PHYSICAL EDUCATION AND SPORTS
PHYSICAL EDUCATION AND SPORTS MASTER
COURSE INFORMATION FORM**

Course Title	Healthy Life and Nutrition								
Course Code	BSÖ522		Course Level		Second Cycle (Master's Degree)				
ECTS Credit	7	Workload	176 (Hours)	Theory	3	Practice	0	Laboratory	0
Objectives of the Course	To gain the habit of healthy living and health nutrition to students								
Course Content	Healthy eating and healthy living habits								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation)								
Name of Lecturer(s)									

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Sağlıklı ve Uzun Yaşam İçin Beslenme (Galip Akın) Alter Yayınları
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Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction to Healthy Living and Nutrition What is healthy living? Healthy nutrition / Exercise / Importance of sleep and stress factors in healthy life
2	Theoretical	What is adequate and balanced nutrition? Things to know to have proper nutrition information / Some Nutrition Concepts
3	Theoretical	Nutrients Required for Life: Carbohydrates, Proteins, Fats (What? General characteristics, Resources, Human use, Needs and importance)
4	Theoretical	Nutrients Required for Life: Vitamins, Minerals and Water (What is it? General features, Resources, Human use, Needs and importance)
5	Theoretical	Healthy Metabolism
6	Theoretical	Use of Foods in the Body, Balanced Menu Examples, Fast Food Nutrition, Food Preparation-Storage and Cooking Principles
7	Theoretical	Body Composition / Biology of Fat
8	Theoretical	Midterm
9	Theoretical	Physical Activity and Exercise; Relationship between nutrition and health of physical activity; Exercise Advice, Nutritional Problems During Exercise
10	Theoretical	Sports Nutrition / Nutrition and Key Points in Sports Nutrition / Competition Period Sports Nutrition Recommendations
11	Theoretical	Healthy Aging. Aging Physical and Social Changes
12	Theoretical	Healthy Aging. Nutrition Recommendations of World Countries and Organizations to Reduce Risks of Age-Related Diseases
13	Theoretical	Menu Planning Principles in Special Groups
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	Examine the conditions of healthy living.
2	Learns to eat healthy.
3	Recognize healthy metabolism.
4	Obtain information about obesity and its treatment.
5	Learns nutrition and menu planning in special groups.

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

