AYDIN ADNAN MENDERES UNIVERSITY
COURSE INFORMATION FORM

Course Title	Exercise and Respiratory System								
Course Code	BSÖ520		Couse Level		Second Cycle (Master's Degree)				
ECTS Credit	7	Workload	176 *(Hours)*	Theory	3	Practice	0	Laboratory	0
Objectives of the Course	The aim of this lesson is to learn; neuro-muscular fatique, streching, plyometric training, exercise and respiratory system, MaxVO2, aerobic-anaerobic threshold.								
Course Content	Neuro-muscular fatique, streching, plyometric training, exercise and respiratory system, MaxVO2, aerobic-anaerobic threshold.								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation), Project Based Study, 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	Günay M, Cicioğlu İ. Spor Fizyolojisi, Gazi Kitabevi, Ankara, 2001 Ergen E. Egzersiz Fizyolojisi, Nobel Yayınevi, Ankara, 2002 Sönmez G.T. Egzersiz ve Spor Fizyolojisi, Ata Ofset Matbaacılık, Bolu, 2002 Akgün N. Egzersiz ve Spor Fizyolojisi (1. ve 2. cilt), İzmir, 1994 Wilmore J.H, Costill D.L. Physiology of Sport and Exercise, Human Kinetics, USA, 1994 McArdle WD, Katch FI, Katch VL. Exercise Physiology, Lea&Febiger, USA, 1991 Australian Sports Commission (Editor: CJ. Gore), Pysiological Tests for Elite Athletes, Human Kinetics, USA, 2000

Week	Weekly Detailed Course Contents	
1	Theoretical	Motor unit and strenght-power relation.
2	Theoretical	Neuro-muscular fatique.
3	Theoretical	Streching training.
4	Theoretical	Plyometric training.
5	Theoretical	Streching and plyometric training. (Practical application)
6	Theoretical	Exercise and respiratory system.
7	Theoretical	Regular training adaptation and results in the respiratory system , the recovery period after exercise and oxygen debt .
8	Intermediate Exam	Midterm
9	Theoretical	General information about blood and blood elements, chance of blood element after acut exercise
10	Theoretical	Blood and regular exercise as a result of changes in the composition and causes anemia , athletes and causes anemia .
11	Theoretical	Exercise performance effects of endocrine system , hormones and duties , and functions of hormones
12	Theoretical	Maximal oxygen uptake (maxvo2) and endurance performance relationship, concept of VO2 and maxvo2
13	Theoretical	Influenes factors of maxvo2'and the Karvonen formula for training load calculation.
14	Theoretical	Physiological effects of endurance training and metabolic and physiological determinations of endurance athletes.
15	Theoretical	Metabolic chances of Aerobic threshold , anaerobic threshold, maxvo2 , lactic acid tolerance trainings and economy of movement concepts.
16	Final Exam	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	Understanding strength training
2	Explaining neuro-muscular fatigue
3	Understanding stretching and plyometric trainings
4	Explaining the relationship between circulatory, respiratory and endocrine systems and exercise
5	Understanding metabolic basis of endurance development

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