



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	Physical and Physiological Measurement Methods in Sports								
Course Code	BSÖ535	Course Level		Second Cycle (Master's Degree)					
ECTS Credit	7	Workload	176 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course	This course aims to teach the importance and rules of testing; to help learners gain theoretical and practical knowledge on exercise protocols, methods of determining exercise intensity, aims of tests, laboratory and field tests.								
Course Content	Morphological analysis of movements. Qualities of sportive action. Quantitative and qualitative analysis of sportive movements. Hand analysis. Computer analysis techniques								
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	Özer, K. (2006). Fiziksel Uygunluk, 2. baskı, Nobel Yayın Dağıtım: Ankara.
2	Howley, T.E., & Franks, D.B. (1997). Health and Fitness Instructor s Handbook. 3rd Ed. Human Kinetics: USA.
3	Morrow, JR., Jackson AW, Disch, JG., & Mood, DP. (1995). Measurement and Evaluation in Human Performance. Human Kinetics: Campaign, IL.
4	Özkara, A. (2002). Futbolda Testler. Ankara: İksan Matbaacılık.
5	Sevim, Y. (2002). Antrenman Bilgisi. Ankara: Nobel.
6	Tamer, K. (1991). Performansın Ölçülmesi ve Değerlendirilmesi. Ankara: Gökçe.

Week	Weekly Detailed Course Contents	
1	Theoretical	Objectives and importance of tests; measurement and evaluation
2	Theoretical	Aerobic power tests; their objectives, importance, applications, norms, and interpretation of the results; their importance in relation to sports branches
3	Theoretical	Anaerobic power tests; their objectives, importance, applications, norms, and interpretation of the results; their importance in relation to sports branches
4	Theoretical	Strength tests; their objectives, importance, applications, norms, and interpretation of the results; their importance in relation to sports branches
5	Theoretical	Flexibility tests; their objectives, importance, applications, norms, and interpretation of the results; their importance in relation to sports branches
6	Theoretical	Body fat, its measurement methods, objectives, applications, norms, and interpretation of the results; their importance in relation to sports branches
7	Theoretical	Body fat, its measurement methods, objectives, applications, norms, and interpretation of the results; their importance in relation to sports branches
8	Intermediate Exam	Midterm
9	Theoretical	Respiratory capacity tests; measurement of blood pressure; their objectives, importance, applications, norms, and interpretation of the results
10	Theoretical	Reaction time tests; their objectives, importance, applications, norms, and interpretation of the results; their importance in relation to sports branches
11	Theoretical	Coordination tests; their objectives, importance, applications, norms, and interpretation of the results; their importance in relation to sports branches
12	Theoretical	ECG and EMG measurements, their objectives, importance and applications
13	Theoretical	Anthropometric tests; diameter, length and circumference measurements; their objectives, importance, applications



14	Theoretical	Eurofit, flexibility, balance and motoric tests; their objectives, importance, applications, norms, and interpretation of the results; their importance in relation to sports branches. Tests applicable for children and the elderly.
15	Theoretical	Eurofit, flexibility, balance and motoric tests; their objectives, importance, applications, norms, and interpretation of the results; their importance in relation to sports branches. Tests applicable for children and the elderly.
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	To be able to explain the importance of assessment and evaluation in physical education and sports
2	To be able to conduct various capacity tests following test protocols
3	To be able to norm the conducted tests
4	To be able to interpret the results of the tests
5	To be able to apply tests for people from various age 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	3	5	4	3	5
P2	5	4	4	5	5
P3	2	3	2	2	2
P4	4	5	3	4	4
P5	5	4	2	4	1
P6	4	4	4	5	4

