



**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	Sports For All								
Course Code	BSÖ569	Course Level		Second Cycle (Master's Degree)					
ECTS Credit	7	Workload	176 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course	Purpose of this course is to introduce sports for all concept in Turkey and abroad.								
Course Content	Meaning of concept, its expansion, concept of it in Turkey and abroad, sport for health, sport for recreation, for children, the young, women, the old, families, the disabled, sport and its relations with local authorities, outdoor sports will be introduced								
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	Zorba, Erdal: Herkes İçin Spor Ve Fiziksel Uygunluk. GSGM Yayını:149, Ankara, 1999
2	Uğur, Erol, Özer Baysaling: Herkes İçin Spor. İlpres Basım Yayım. İstanbul, 2002
3	Öztürk, Fusun: Toplumsal Boyutlarıyla Spor. Bağırğan Yayınevi, Ankara, 1998

Week	Weekly Detailed Course Contents	
1	Theoretical	Introducing sport for all concept
2	Theoretical	Historical progress of the concept
3	Theoretical	Organization and expansion of the concept in Turkey
4	Theoretical	Different views for sport for all
5	Theoretical	Purposes for excercises and sports across ages
6	Theoretical	Life-long sport applications and wellness
7	Practice	Recreation
8	Intermediate Exam	Midterm Exam
9	Theoretical	Local authorities and sport
10	Theoretical	Organizations for sport for the young, women, families and the disabled
11	Theoretical	Getting to know about outdoor sport and opportunities of fields of interest in Turkey
12	Theoretical	Basic nutrition, and its metabolism
13	Theoretical	Kinesiology: Introducing science of human movement, with its relations to space and time
14	Practice	Introducing fitness equipments, their use, and practices for the upper extremities
15	Practice	Introducing fitness equipments, their use, and practices for the lower extremities
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	Appreciate the meaning and importance of sport for all
2	Demonstrate how to perform sports by age
3	Select appropriate equipment for sport to be done
4	Prepare exercise programs by age
5	Becomes aware of the concept of sports for health.

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

