# AYDIN ADNAN MENDERES UNIVERSITY
# COURSE INFORMATION FORM

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Course Title | Obesity and Exercise | | | | | | | | |
| Course Code | BSÖ563 | | | Couse Level | | Second Cycle (Master's Degree) | | | |
| ECTS Credit | 7 | Workload | 176 *(Hours)* | Theory | 2 | Practice | 1 | Laboratory | 0 |
| Objectives of the Course | The purpose of this course, obesity and their effects on biochemical parameters of the exercise is to teach students. In the course of obesity and exercise effects on biochemical and molecular structures will be discussed. Will be given information about energy and energy spent. | | | | | | | | |
| Course Content | Healthy living is indispensable for the exercise of life, on the effects of obesity for healthy living, students will have the knowledge | | | | | | | | |
| Work Placement | N/A | | | | | | | | |
| Planned Learning Activities and Teaching Methods | Explanation (Presentation), 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 | Spor ve Beslenme, Ziyanur Güneş |
| 2 | Antrenmanın Fizyolojik Temelleri, Hilmi Karatosun |

| Week | Weekly Detailed Course Contents | |
|---|---|---|
| 1 | Theoretical | Exercise Associated with Obesity Definitions |
| 2 | Theoretical | Metabolism, Water Change in Exercise and Obesity |
| 3 | Theoretical | Carbohydrates, Exercise and Obesity Change |
| 4 | Theoretical | arbohydrates, Exercise and Obesity Change |
| 5 | Theoretical | Lipids in Exercise and Obesity |
| 6 | Theoretical | Lipids in Exercise and Obesity |
| 7 | Theoretical | Amino Acids in Exercise and Obesity |
| 8 | Theoretical | Midterm Exam |
| 9 | Theoretical | Protein in Exercise and Obesity |
| 10 | Theoretical | Enzymes in Exercise and Obesity |
| 11 | Theoretical | Vitamins and Exercise and Obesity |
| 12 | Theoretical | Coenzims and Exercise and Obesity |
| 13 | Theoretical | Minerals and Exercise and Obesity |
| 14 | Theoretical | Hormones in Exercise and Obesity |
| 15 | Theoretical | Bioenergetics |
| 16 | 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 | The student knows biochemical molecules and their changes in exercise. |
| 2 | The student knows the changes in biochemical molecules and obesity. |
| 3 | Student will be able to have knowledge about energy production, storage and consumption. |
| 4 | The student has knowledge about basal metabolism. |
| 5 | Students will be able to explain the relationship between exercise and obesity. |

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