



**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	Obesity and Exercise								
Course Code	BSÖ563	Course 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)	Prof. Ayfer GEMALMAZ								

#### Assessment Methods and Criteria

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

#### Recommended or Required Reading

1	Spor ve Beslenme, Ziyannur 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	Carbohydrates, 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	Coenzymes 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

