



**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	Exercise and Endocrine System								
Course Code	BSÖ559	Course Level			Second Cycle (Master's Degree)				
ECTS Credit	7	Workload	176 (Hours)	Theory	3	Practice	0	Laboratory	0
Objectives of the Course	Understanding the biologic and physiologic basics of strength and power in terms of sportive performance, learning the characteristics of strength and power trainings and responses and adaptations to the trainings.								
Course Content	Explain harms of doping to the body.								
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	Strength and Power in Sport, Science and practice of strength training, Sports power, Essentials of strength training and conditioning
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Week	Weekly Detailed Course Contents	
1	Theoretical	The concept of ergogenic aid
2	Theoretical	Ergogenic aid methods
3	Theoretical	The concept of doping
4	Theoretical	Stimulants
5	Theoretical	Anabolic steroids
6	Theoretical	Analgesics
7	Theoretical	Diuretics
8	Intermediate Exam	Midterm Exam
9	Theoretical	Hormones
10	Theoretical	WADA doping list
11	Theoretical	Blood doping
12	Theoretical	Other doping methods
13	Theoretical	Organization and rules on doping
14	Theoretical	Doping sample procurement rules
15	Theoretical	Doping sample procurement rules
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	Define the concept of ergogenic aid
2	To define the concept of doping
3	To explain the effect of doping in sport performance
4	To apply the acquisition method of doping samples
5	To understand the importance of ergogenic help

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

