AYDIN ADNAN MENDERES UNIVERSITY
COURSE INFORMATION FORM

Course Title	Skeletal System and Muscle Function								
Course Code	BSÖ595		Couse Level	Second Cycle (Master's Degree)					
ECTS Credit	7	Workload	176 *(Hours)*	Theory	3	Practice	0	Laboratory	0
Objectives of the Course	The aim of this course is to learn the basics in order to understand the structure-function relationship in terms of sports movement								
Course Content	Anatomy of the sports movement: The plane and axes of the human body, somatotype, anthropometric measurements, the anatomy and function of bones, joints and muscles, basic concepts of biomechanics flexibility and strengthening, neuromuscular basis of motion, the cardiovascular system and motion, the respiratory system and motion								
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	F Dere, B.Durgun: Spor Eğitimi için Fonksiyonel Anatomi. Okullar Pazarı Kitabevi, Adana,1994.

Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction to anatomy (terminology)
2	Theoretical	The planes and axes of human body
3	Theoretical	Somatotype
4	Theoretical	Anthropometric measurements
5	Theoretical	Structure and function of bones
6	Theoretical	Structure and function of joints
7	Theoretical	Structure and function of muscles
8	Intermediate Exam	Midterm Exam
9	Theoretical	Basic concepts of biomechanics
10	Theoretical	Skeletal system
11	Theoretical	Muscles that work in sports movements
12	Theoretical	Flexibility and strenghtening in sports
13	Theoretical	Cardiovascular system and sports movements
14	Theoretical	Respiratory system and sports movements
15	Theoretical	Neuromuscular basis of sports movements
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	The student should be able to demonstrate basic terminologies of movement and anatomy
2	The student should be able to define the structures and relate them with sports
3	The student should be able to define upper extremity bones
4	The student should be able to define lower extremity bones
5	The student should be able to define Vertebrae and Costae bones
6	The student should be able to define upper extremity muscles

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	L6
P1	3	4	3	4	3	4
P2	5	4	5	4	4	4
P3	4	5	4	5	5	5
P4	4	5	4	5	5	5
P5	5	4	4	4	4	4
P6	3	3	5	3	5	5