



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	Morphological Planning in Sport								
Course Code	BSÖ577	Course Level			Second Cycle (Master's Degree)				
ECTS Credit	7	Workload	176 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course	Learning of descriptors of physical activity and the regulation of physical activity programs, physical activity in treatment of various physical illnesses such as coronary heart diseases, diabetes, obesity, hypertension.								
Course Content	Identification of physical activity descriptors, formation of exercise prescriptions, physical activity and coronary heart diseases, prevention of diabetes, obesity, hypertension diseases, identification of appropriate activities according to age periods and presentation of proposals.								
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	Fiziksel Aktivite Bilgi Serisi Sağlık Bakanlığı
2	Fiziksel Aktivite Beslenme ve Sağlıklı Yaşam Temel Sağlık Hizmetleri Genel Müdürlüğü

Week	Weekly Detailed Course Contents	
1	Theoretical	Definition and classification of physical activity
2	Theoretical	Descriptors of physical activity and methods for determining the severity of activity
3	Theoretical	Activity pyramid
4	Theoretical	General principles of physical activity and exercise prescription
5	Theoretical	Benefits of physical activity
6	Theoretical	Relationship between physical activity and physical fitness
7	Theoretical	The effects of physical activity on our physical, mental and mental health
8	Theoretical	Midterm Exam
9	Theoretical	Relationship between physical activity, nutrition and obesity
10	Theoretical	Proposal of activity in pregnancy and women
11	Theoretical	Physical activity and suggestions during childhood and adolescence and youth
12	Theoretical	Activities and recommendations in adulthood and old age
13	Theoretical	Physical activity and suggestions in disabilities
14	Theoretical	Physical activity and suggestions in disabilities
15	Theoretical	General evaluation
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 know physical and psychomotor development periods of children.
2	The student know the exercises for developing coordinating abilities.
3	The student knows the training methods to develop the conditioning features in children
4	The student knows how to train technical and tactical development in children.
5	The student knows the principles of talent selection

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

