



**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	Ergogenic Aid and Doping in Sport								
Course Code	BSÖ550	Course Level			Second Cycle (Master's Degree)				
ECTS Credit	7	Workload	176 (Hours)	Theory	3	Practice	0	Laboratory	0
Objectives of the Course	To teach the use of ergogenic aids to increase the performance of athletes, expected effects of classification, harmful effects, intake amounts and doping agents.								
Course Content	It includes training and related doping agents and ergogenic aid elements that affect performance in sporting success.								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation)								
Name of Lecturer(s)									

Assessment Methods and Criteria		
Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

Recommended or Required Reading	
1	Doping in every aspect of sport (Özer Baysaling) İpress Publication

Week	Weekly Detailed Course Contents	
1	Theoretical	General information about sports nutrition
2	Theoretical	Purposes and classification of ergogenic aids
3	Theoretical	Nutrition and carbohydrate loading methods before, during and after exercise
4	Theoretical	Nutritional ergogenic aids (Carbohydrates, functions in the body, classification; Muscle glycogen loading, methods, benefits and drawbacks)
5	Theoretical	Feeding fluid intake before and after the competition
6	Theoretical	Proteins and fats, functions in the body, intake amounts and times
7	Theoretical	Vitamins; Daily vitamin and mineral need, B6, B12, Biotin, Folic acid, C, Vitamin E, Minerals, Iron, Calcium, Sodium, Potassium, Zinc
8	Theoretical	Midterm exam
9	Theoretical	Protein supplements, whey, casein, egg protein, amino acids
10	Theoretical	Water, sports drinks, liquid requirement, alkali salts, carnitine, (function, intake amounts and times)
11	Theoretical	Physiological aids (blood doping, erythropoietin, high altitude, phosphate salts, sodium bicarbonate salts)
12	Theoretical	Purpose and effects of some nutritional ergogenic aids
13	Theoretical	Sports drinks and properties of recommended sports drinks
14	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	To be able to classify ergogenic aids
2	To recognize the beneficial and harmful effects of ergogenic aids
3	To learn the amount and duration of use of ergogenic aids
4	To learn the damages of doping substances
5	Knowing the amount and time of fluid intake before and after the competition

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	2	3
P2	3	5	3	4	4
P3	4	4	2	5	2
P4	5	2	2	3	3
P5	5	5	5	4	1
P6	3	3	3	1	2

