



**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	Physical Fitness								
Course Code	BSÖ580	Course Level		Second Cycle (Master's Degree)					
ECTS Credit	7	Workload	176 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course	To be able to make exercise programs within general physical fitness measures for all ages, and to show general health status.								
Course Content	Identification and evaluation of physical fitness components related to health and skill, preparation of exercise prescriptions, evaluation of the relationship between physical fitness and health								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation), Demonstration, 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	Physical Fitness (Kamil Özer) Nobel Publications, Ankara.
2	Physical Activity and Physical Fitness (ERdal Zorba, Özcan Saygın) Fırat Publications.

Week	Weekly Detailed Course Contents	
1	Theoretical	Fiziksel uygunluğun tanımı ve fiziksel uygunlukla ilgili kavramlar
2	Theoretical	Components of physical fitness
3	Theoretical	Relationship between physical activity, exercise, wellness and physical fitness
4	Theoretical	Methods for determining the severity of the activity
5	Theoretical	General principles of exercise prescription
6	Theoretical	Evaluation of muscular strength and endurance
7	Theoretical	Evaluation of flexibility
8	Theoretical	Midterm exam
9	Theoretical	Evaluation of body composition
10	Theoretical	Evaluation of anaerobic power
11	Theoretical	Evaluation of reaction time and balance
12	Theoretical	Evaluation of speed and agility
13	Theoretical	Evaluation of physical fitness in children
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	Explain the relationship between physical fitness and health.
2	Write exercise prescriptions for cardiorespiratory endurance.
3	Explain the components of physical fitness.
4	Explain the relationship between physical activity, exercise, wellness and physical fitness.
5	Knows test protocols for assessing physical fitness of children.

### 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	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	5	4	4	5	5
P2	5	5	4	5	5
P3	4	5	4	4	4
P4	4	5	5	5	5
P5	4	4	5	5	5
P6	5	4	4	4	4

