



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Healthy Life and Sports							
Course Code		OT225		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	52 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		Sports, health and nutrition, situation and the importance of vitality in the process by specifying the importance and quality of life is aimed to ensure that the level of how to keep high							
Course Content		Learning and applying the methods that people have shown to stay healthy and healthy. These methods are; Health, sports and nutrition will be understood within the framework of subheadings.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Case Study, Individual Study					
Name of Lecturer(s)		Ins. Kutluhan DEMİR							

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

### Recommended or Required Reading

1	Öğretim elemanı ders notları
2	Yaşam Boyu Spor. Erdal ZORBA, 2006
3	Herkes İçin Spor. Erdal ZORBA, 2006
4	Sağlıklı ve Uzun Yaşam İçin Beslenme. Galip AKIN, 2014
5	Sporda beslenme. Aysel PEHLİVAN, 2011

Week	Weekly Detailed Course Contents	
1	Theoretical	To Understand the thinking health
2	Theoretical	Evaluation of health and health related concepts in the past, world health organization (WHO) and current and life expectancy
3	Theoretical	Factors affecting our health and its effects on human organism
4	Theoretical	The concept of wellness, its goals, and the developments on the world along with the prescription of being healthy and long-lasting (regular life habits, physical environment, hereditary characteristics, quality of infection and health treatment services)
5	Theoretical	Rates and causes of death in Turkey (heart and circulatory system, " Coronary heart disease, " etc.)
6	Theoretical	Physical activity, exercise and sport concepts: what is physical activity, what is the purpose, what are the types of physical activity. What are the effects on the human organism
7	Theoretical	Physical activity and exercise types
8	Intermediate Exam	Midterm
9	Theoretical	Planning the exercise program, sports concept and the effects of sport on the developmental period
10	Theoretical	What is nutrition? - What is a nutrient?
11	Theoretical	Food items
12	Theoretical	Health and nutrition relationship
13	Theoretical	Health problems due to inadequate, unbalanced and unhealthy nutrition
14	Theoretical	Sports, health and nutrition relationship
15	Final Exam	Final exam

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Assignment	0	0	0	0
Reading	0	0	0	0
Midterm Examination	1	12	0	12



Final Examination	1	12	0	12
Total Workload (Hours)				52
[Total Workload (Hours) / 25*] = ECTS				2
*25 hour workload is accepted as 1 ECTS				

### Learning Outcomes

1	To give information about health
2	To give information about exercise and physical activity programs
3	To give information about nutrition and nutrients
4	To gain basic concepts of health, sports and nutrition
5	To adopt the importance of healthy living

### Programme Outcomes (Banking and Insurance)

1	Having adequate infrastructure in the fields of economics, law, accounting, basic management, management and field; to use theoretical and practical knowledge in these areas.
2	To acquire the ability to use computer software and hardware at the basic level required by the field
3	To be able to interpret and evaluate data, to be able to identify and analyze problems using basic knowledge and skills acquired in the field
4	To have a consciousness of historical values, social responsibility, universal, social and professional ethics
5	To be able to identify and effectively use the modern techniques, tools and information technologies required for applications related to the field.
6	Having the ability to plan and project using the professional environment and tools related to the field
7	Be equipped with the ability to produce solutions, take responsibility in teams or in individual work

### Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L4	L5
P4	2	1
P7	2	2

