



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Fitness							
Course Code		ÇMY257		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	50 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		The purpose of this course is to teach cardiovascular endurance training principles. At the end of the course, students will be able to prepare cardiovascular exercise programs for different populations regarding their specific needs and intentions.							
Course Content		Course Content Cardiovascular endurance needs and health indicators of society Cardiovascular system Measurement & evaluation of cardiovascular endurance Adaptation to cardiovascular endurance training Preparing cardiovascular endurance training programs Motivation in cardiovascular endurance exercise							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Case Study					
Name of Lecturer(s)									

Assessment Methods and Criteria

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

Recommended or Required Reading

1	ACSM. (2010) ACSM's health-related physical fitness assessment manual (3rd edit). PA: Wolters Kluwer, Lippincott Williams & Wilkins.
2	ACSM. (2010) ACSM's resources for the personal trainer (3rd edit). PA: Lippincott Williams & Wilkins.
3	Katch, VL., McArdle, WD., Katch, FI. (2011) Essentials of exercise physiology. PA: Lippincott Williams & Wilkins.
4	Tiryaki-Sönmez, G. (2002) Egzersiz ve spor fizyolojisi. Ankara: Ata Ofset Matbaacılık.

Week	Weekly Detailed Course Contents	
1	Practice	Health indicators of the society regarding the physical activity Cardiovascular endurance of the society Cardiovascular exercise (practice)
2	Practice	Health indicators of the society regarding the physical activity Cardiovascular endurance of the society Cardiovascular exercise (practice)
3	Practice	Relationship of cardiovascular endurance and health Measurement and evaluation of cardiovascular endurance (practice)
4	Practice	Cardiovascular exercise programs Measurement and evaluation of cardiovascular endurance (practice)
5	Practice	Cardiovascular system Cardiovascular exercise (practice)
6	Practice	Cardiovascular system Cardiovascular exercise (practice)
7	Practice	Midterm
8	Practice	Adaptation to cardiovascular exercise Cardiovascular exercise (practice)
9	Practice	Preparing cardiovascular exercise programs Cardiovascular exercise (practice)
10	Practice	Preparing cardiovascular exercise programs Cardiovascular exercise (practice)
11	Practice	Preparing cardiovascular exercise programs Cardiovascular exercise (practice)
12	Practice	Preparing cardiovascular exercise programs Cardiovascular exercise (practice)
13	Practice	Preparing cardiovascular exercise programs Cardiovascular exercise (practice)
14	Practice	Preparing cardiovascular exercise programs Cardiovascular exercise (practice)
15	Practice	Final exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	6	0	2	12
Lecture - Practice	8	0	2	16



Midterm Examination	1	8	0	8
Final Examination	1	14	0	14
Total Workload (Hours)				50
[Total Workload (Hours) / 25*] = ECTS				2

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	Identify the cardiovascular endurance needs of the population by using the health indicators of society Understand the relationship between cardiovascular endurance and multidimensional health (wellness) Explain the cardiovascular system and its adaptation to exercise Apply the measurement and evaluation methods for cardiovascular endurance
2	Relate cardiovascular endurance and multidimensional health
3	Interpret the structure of the cardiovascular system and the reactions and adaptations during exercise
4	Prepares a cardiovascular exercise program for individuals with different characteristics
5	Apply cardiovascular endurance measurement and evaluation methods

Programme Outcomes (Emergency and Disaster Management)

1	Improving the ability to cope with life-threatening emergencies
2	The awareness of the necessity of lifelong learning and the ability to do so
3	To be able to use basic science (Mathematics, Chemistry, Physiology, Anatomy etc.) in the field of Emergency Aid and Disaster Management
4	Ability to analyze and interpret hazards and risks
5	Sensitivity to global and local disasters
6	Effective communication skills and foreign language knowledge
7	Skills and creativity in interdisciplinary teams
8	Providing physical and mental stability
9	To be able to organize, search and rescue search and rescue operations
10	To reach sufficient education level to understand the effects of disasters in universal and social dimensions
11	To recognize the cooperation between actors and their actors in Emergency Aid and Disaster Management
12	Emergency Aid and Disaster Management vocational, ethical and social responsibility awareness
13	Ability to assume an educational role in Emergency Aid and Disaster Management
14	To be able to use technology effectively in the field of Emergency Aid and Disaster Management
15	Emergency Aid, Search-Rescue and Disaster Management as a whole and manage emergency situations and responsibility awareness

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

	L1	L2
P8	5	5

