



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Outdoor Sports							
Course Code		LBT223		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	50 (Hours)	Theory	1	Practice	1	Laboratory	0
Objectives of the Course		<p>The aim of this course is to inform the students about Alternative Sports and apply some free time activities they can apply in free time and theoretically.</p> <p>At the end of this course, the student will be able to conceptualize and do the following</p> <ul style="list-style-type: none"><li>• To gain and apply sportive rock climbing, theoretical and practical skills.</li><li>• To gain and practice hiking, theoretical and practical skills.</li><li>• Orienteering to gain and apply theoretical and practical skills.</li><li>• To get theoretical information about the diving and to apply</li></ul>							
Course Content		<ol style="list-style-type: none"><li>1. To learn about indoor and outdoor sports</li><li>2. To establish the necessary environment for physical education and to provide instruments</li><li>3. Identify and use the equipment required to exhibit physical activity and various sports</li><li>4. To recognize and apply techniques, equipment and movements specific to various sports</li><li>5. Incorporating daily life in every age of physical education</li><li>6. Choose the appropriate physical exercise for the age, sex and need</li><li>7. Use safe movement knowledge and skills in nature</li></ol>							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Discussion, Project Based Study, Individual Study					
Name of Lecturer(s)		Ins. Ayfer ERGEZEN							

### Assessment Methods and Criteria

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

### Recommended or Required Reading

1	Yatman, N. (1999). Mountaineering Basic and Summer Techniques. Sinan offset. It is curved. Graydon, D .; Hanson, K. (2005). Mountaineering Zirvelerin Özgürlüğü, Homer Bookstore and Publishing. Sturm, G .; Zintl, F. (1986). Rock Climbing Techniques. Anatolian Dagcilar Association.
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Week	Weekly Detailed Course Contents	
1	Theoretical	Hiking practice track training
	Practice	Hiking practice track training
2	Theoretical	Installation of tent varieties, navigation with map and compass, night progress techniques theoretical and practical training
	Practice	Installation of tent varieties, navigation with map and compass, night progress techniques theoretical and practical training
3	Theoretical	Practical training on tent installation, fire burning, extinguishing, progress techniques
	Practice	Practical training on tent installation, fire burning, extinguishing, progress techniques
4	Theoretical	What is Orienteering? How is it done? Historical development, materials used in orienteering, map reading, theoretical and explanations of categories
	Practice	What is Orienteering? How is it done? Historical development, materials used in orienteering, map reading, theoretical and explanations of categories
5	Theoretical	Orienteering applied course training
	Practice	Orienteering applied course training
6	Theoretical	Introduction of sportive rock climbing equipment, types of track, climbing
	Practice	Introduction of sportive rock climbing equipment, types of track, climbing
7	Theoretical	Introduction of sportive rock climbing equipment, types of track, climbing
	Practice	Introduction of sportive rock climbing equipment, types of track, climbing
8	Theoretical	Introduction of sportive rock climbing equipment, types of track, climbing
9	Theoretical	Sportive rock climbing practical training
	Practice	Sportive rock climbing practical training



10	Theoretical	Diving equipment, historical development, signs, basic technical skills, theoretical expression
	Practice	Diving equipment, historical development, signs, basic technical skills, theoretical expression
11	Theoretical	Diving equipment, historical development, signs, basic technical skills, theoretical expression
	Practice	Diving equipment, historical development, signs, basic technical skills, theoretical expression
12	Theoretical	Diving training with applied diving
	Practice	Diving training with applied diving
13	Theoretical	Explanation of ski equipment, clothing, runway and basic skiing techniques
	Practice	Explanation of ski equipment, clothing, runway and basic skiing techniques
14	Theoretical	Snowboard equipment, clothing, runway and basic snowboarding techniques
	Practice	Snowboard equipment, clothing, runway and basic snowboarding techniques
15	Final Exam	Final Exam

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	1	14
Lecture - Practice	14	0	1	14
Individual Work	10	0	1	10
Midterm Examination	1	1	5	6
Final Examination	1	1	5	6
Total Workload (Hours)				50
[Total Workload (Hours) / 25*] = <b>ECTS</b>				2

\*25 hour workload is accepted as 1 ECTS

### Learning Outcomes

1	They knows the nature and decides how to move
2	Apply camp rules
3	Environmental awareness
4	Identify the materials used
5	Recognize nature, develop technical and tactical

### Programme Outcomes (Cosmetic Technology)

1	To know the classification of cosmetic raw materials, for what purpose, in which products and how much they should be used
2	Define and classify cosmetics,
3	To define, classify toxicity, Toxic substances and detoxification ways of these substances to know. To be able to analyze toxic substances.
4	To be aware of the precautions to be taken when working with hazardous chemicals in terms of laboratory safety and human health.
5	To have the ability to use basic mathematical methods to produce solutions.
6	To be able to define the carrier systems used in cosmetics, to be able to choose the carrier system to be used according to the cosmetic product.
7	To know and apply the necessary tests in cosmetic raw materials, intermediate products and finished products.
8	Depending on the Atatürk nationalism in accordance with Atatürk's principles and reforms, adopted the national, moral, spiritual and cultural values of the Turkish Nation, and has adopted that the Turkish language is a rich, rooted and productive language; have love and awareness of language; to have the ability to use the foreign language sufficiently to have the pleasure and habit of reading and need professionally.

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

	L1	L2	L3	L4	L5
P8	3	2	3	3	3

