Course Syllabus

Code - Course Title	**SAĞ229 - Physical Activity and Health**
Course Type	V. SEMESTER
Laboratory + Practice	2+0
ECTS	**3.0**
Language of Instruction	Türkçe
Course Type	Area Elective Courses
Course Instructor(s)	PROF. DR. GÖKHAN KUŞ

Mode of Delivery	This course will only face-to-face training.
Recommended Resources	Ersoy N., Ersoy G., Sağlığın Korumasında Fiziksel Aktivite ve Spor Beslenmesi Temel İlkeler, Ankara Nobel Tıp Kitabevi, 2020. Maughan R.J., Nutrition in Sport, MPG Books LTD, GB, 2001. Clark N., Sport Nutrition Guidebook, (second ed.) Human Kinetics, USA, 1997. Williams H.M., Nutrition for Fitness and Sport, Brown Benchmark, USA, 1995. Howley E., Frank B.D., Health and Fitness Instructor\'s Handbook, (third ed.) Human Kinetics, USA, 1997.
Work Placement	Not applicable.

Course Syllabus

Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1		Definition of health and basic health knowledge	
Week - 2		Definitions of physical activity, exercise and sport	
Week - 3		Physical Activity	
Week - 4		The importance of physical activity and exercise in a healthy life	
Week - 5		Recommendations to increase physical activity	
Week - 6		The relationship between exercise, health and nutrition	
Week - 7		The relationship between exercise, health and nutrition	
Week - 8		General nutritional recommendations for exercisers	
Week - 9		Relationship between exercise and disease	
Week - 10		Nutrition practices in exercises for children	
Week - 11		Nutrition practices in exercises for adults	
Week - 12		Exercise and nutrition in descriptive and alternative medicine applications	
Week - 13		Exercise and body composition	

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 14		Exercise and weight control	

Learning Outcomes

#	Learning Outcome
1	Knows the importance of regular exercise, which is the basis of a healthy life.
2	Exemplifies practices to increase physical activity in children and adults.
3	The relation of exercise with diseases tells its place in the prevention and treatment of diseases.

Sustainable Development Goals

No content has been provided.

Course Theme

No content has been provided.

AKTS Workload

Activity	Duration (Hour)	Count	Workload
Teorik Derse Katılım	0	0	0
Sınıf Dışı Çalışma (Ön Hazırlık & Pekiştirme Amaçlı)	0	0	0
Ödevler	0	0	0
Proje - Rapor - Sunum Hazırlama	0	0	0
Ara Sınav Hazırlığı (sınav süresi dahil)	0	0	0
Final Sınavı Hazırlığı (sınav süresi dahil)	0	0	0
Uygulama (Laboratuvar, Müzik/Enstrüman Uygulaması, Atölye/Saha Çalışması vb.)	0	0	0
Staj Uygulaması	0	0	0
		Calculated ECTS	**0**

Assessment Method and Passing Requirements

No content has been provided.

Assessment Method and Passing Requirements	Quamtity	Percentage (%)
1.Midterm Exam	1	40
Final Exam	1	60
	Sum (%)	**100**