Course Syllabus

Code - Course Title	**YAB236 - Exercise and Recreational Activities in the Elderly**
Course Type	IV. SEMESTER
Laboratory + Practice	1+1
ECTS	**2.0**
Language of Instruction	Türkçe
Course Type	Area Elective Courses
Course Instructor(s)	ÖĞR. GÖR. DR. ELVAN ÖZCAN GÜLŞEN

Mode of Delivery	This course is carried out in the form of face to face teaching style.
Prerequisites	This course is not pre- or co- requisite.

Course Syllabus

Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1	**LO-1**	General information about the age and aging, Theories of successful aging.	
Week - 2	**LO-1**	Physiological, biomechanical and psychological changes in the elderly.	
Week - 3	**LO-1**	İmportance of Exercise and Recreation for elders.	
Week - 4	**LO-1** **LO-2**	Risk factors and exercise planning in the elderly.	
Week - 5	**LO-2**	The motor skills and exercise practices in the elderly.	
Week - 6	**LO-1**	Benefits of exercises and physical activity levels of elders	
Week - 7	**LO-1** **LO-2**	Life quality and recreation in the elderly.	
Week - 8	**LO-2**	Recreational programs and events.	
Week - 9	**LO-2**	Program planning principles and program evaluaton.	
Week - 10	**LO-2**	Recreation leadership principles.	
Week - 11	**LO-2**	Special events for elders.	
Week - 12	**LO-2**	Exercise-Based games and activities.	
Week - 13	**LO-2**	Recreational techniques and activities.	
Week - 14	**LO-1** **LO-2**	Recreational techniques and activities.	

Learning Outcomes

#	Learning Outcome
1	Evaluation of the effects of physical activity and exercise on physical functions and health in old age.

Learning Outcomes

#	Learning Outcome
2	To acquire knowledge regarding basic-level therapeutic recreation activities and exercises that can be implemented for the elderly.

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	1.00	14	14
Sınıf Dışı Çalışma (Ön Hazırlık & Pekiştirme Amaçlı)	1.00	14	14
Ödevler	0.00	0	0
Proje - Rapor - Sunum Hazırlama	0.00	0	0
Ara Sınav Hazırlığı (sınav süresi dahil)	4.00	1	4
Final Sınavı Hazırlığı (sınav süresi dahil)	4.00	1	4
Uygulama (Laboratuvar, Müzik/Enstrüman Uygulaması, Atölye/Saha Çalışması vb.)	1.00	14	14
Staj Uygulaması	0.00	0	0
		Calculated ECTS	**2.0**

Assessment Method and Passing Requirements

No content has been provided.