Course Syllabus

Code - Course Title	**SYT208U - Athlete Health and Exercise**
Course Type	II. SEMESTER
Laboratory + Practice	0+0
ECTS	**5.0**
Language of Instruction	Türkçe
Course Type	Elective Courses

Mode of Delivery	Online lesson
Courses Recomended	Human body structure and physiology
Recommended Resources	T.C. ANADOLU UNIVERSITY PRESS NO: 4297FACULTY OF OPEN EDUCATION PRESS NO: 3063

Course Syllabus

Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1		Sports Anatomy and Kinesiology	
Week - 2		Sports Physiology	
Week - 3		Nutrition in Sports	
Week - 4		Athlete Health	
Week - 5		Midterm Exam Solution-1	
Week - 6		Midterm Exam Solution-2	
Week - 7		Midterm Exam	
Week - 8		First Aid in Sports	
Week - 9		Anti-Doping	
Week - 10		Training Information	
Week - 11		Performance Tests in Sports	
Week - 12		End of term exam solution-1	
Week - 13		End of term exam solution-2	
Week - 14		End of term exam	

Learning Outcomes

#	Learning Outcome

Learning Outcomes

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1	Explain the structural organization of the human body.
2	To be able to explain tissue structure and organization
3	To be able to explain cell structure and organization
4	Hareket sistemini oluşturan ögeleri açıklayabilme
5	To be able to explain anatomical terms
6	To be able to explain the relationship between the nervous system and exercise.
7	To be able to explain the relationship between the muscular system and exercise.
8	To be able to explain the relationship between the circulatory system and exercise.
9	Respiratory System and Exercise
10	To be able to explain the relationship between nutrition and energy in sports.
11	To be able to explain the macro and micro nutrients
12	To be able to explain the fluid and electrolyte balance in sports.
13	Explaining sports injuries and their causes
14	To be able to explain the methods used in the treatment of sports injuries.
15	To be able to explain the methods used in the prevention of sports injuries.
16	To be able to explain general information about first aid.
17	Explain the techniques for transporting the sick and injured.
18	To be able to explain first aid and pretreatment methods in sports.
19	Explain the history of doping and ergogenic aids
20	To be able to explain the concept of doping and the reasons for its use.
21	Explaining the reasons for prohibition of doping
22	To be able to explain prohibited substances and methods
23	Explain the definition and classification of ergogenic aids.
24	To be able to explain the concepts related to training information
25	To be able to explain the definition, development and content of training science
26	Explain the types, principles and methods of training.
27	To be able to explain the evaluation of performance in sports.
28	To be able to explain Aerobic fitness, Strength and power, Speed and agility, Flexibility and balance tests

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	30
Final Exam	1	70
	Sum (%)	**100**