

Vocational School / Physiotherapy
2023 - 2024 Academic Year
SPORT and HEALTH
Syllabus

Course Description					
Name	Code	Semester	T+A Hour	Credit	ECTS
SPORT and HEALTH	FZT2242850	Spring Semester	2+0	2	2
Prerequisites Courses					
Recommended Elective Courses					
Language of Instruction	Turkish				
Course Level	Short Cycle (Associate's Degree)				
Course Type	Required				
Course Coordinator	Lect. Merve MANGA				
Name of Lecturer(s)	Lect. Berkan BASANÇELEBİ				
Assistant(s)					
Aim	To define the concepts of health, physical activity and sports and to evaluate the importance of activities and exercises in a healthy life.				
Course Content	This course contains; Definition of health and basic health, Description of the sport, Physical activity, Inactivity and its effects, Physical fitness, Definition of exercise and effects on body systems, Types of exercise (1), Types of exercise (2), Pre-exercise evaluation, Floor, Clothes and Shoes, Indications and contraindications of exercise, Exercise in hot and cold environment, Exercise at high and low altitude, Relationship between exercise and nutrition, Body composition, obesity and weight control, General Review.				
Course Learning Outcomes			Teaching Methods	Assessment Methods	
Be able to evaluate basic concepts related to health			16, 9	A	
Ability to list the basic elements of health.			16, 9	A	
Ability to explain the factors that affect health.			16, 9	A	
Ability to summarize the basic practices of health.			16, 9	A	
Ability to discuss the location of physical activity on healthy living.			16, 9	A	
Ability to recognize the concepts of physical activity, exercise and sport.			10, 16, 9	A	
Ability to describe the concept and elements of physical fitness.			16, 9	A	
Ability to describe the evaluation methods of physical fitness.			16, 9	A	
Ability to define emergency response principles in case of injuries			10, 9	A	
Be able to discuss the effects of exercise in different settings.			10, 16, 9	A	
Ability to describe high and low altitude exercises			16, 9	A	
Teaching Methods	10: Discussion Method, 16: Question - Answer Technique, 9: Lecture Method				
Assessment Methods	A: Traditional Written Exam				
Lecture Schedule					
Sequence	Topics	Preliminary Preparation			
1	Definition of health and basic health	Mebis notes			
2	Description of the sport	Mebis notes			
3	Physical activity	Mebis notes			
4	Inactivity and its effects	Mebis notes			
5	Physical fitness	Mebis notes			
6	Definition of exercise and effects on body systems	Mebis notes			
7	Types of exercise (1)	Mebis notes			
8	Types of exercise (2)	Mebis notes			
9	Pre-exercise evaluation, Floor, Clothes and Shoes	Mebis notes			
10	Indications and contraindications of exercise	Mebis notes			
11	Exercise in hot and cold environment, Exercise at high and low altitude	Mebis notes			
12	Relationship between exercise and nutrition	Mebis notes			
13	Body composition, obesity and weight control	Mebis notes			
14	General Review	Mebis notes			
Evaluation Methods		Weight(%)			
Midterm Exam		40			
General Exam		60			

Resources	
Exercise and Sports Physiology, 6th edition, N. Akgün, Ege Univ. Printing House, 1996	
Physical Medicine and Rehabilitation, Principles and Practices C:1, 4th Edition (Chapter-17), Güneş Medicine Bookstores, Ankara, 2007	