

**Vocational School / Emergency and Medical Aid**  
**2024 - 2025 Academic Year**  
**PHYSICAL EDUCATION and CONDITION I**  
**Syllabus**

<b>Course Description</b>					
<b>Name</b>	<b>Code</b>	<b>Semester</b>	<b>T+A Hour</b>	<b>Credit</b>	<b>ECTS</b>
PHYSICAL EDUCATION and CONDITION I	İAY2116550	Fall Semester	2+0	2	2
<b>Prerequisites Courses</b>					
<b>Recommended Elective Courses</b>					
<b>Language of Instruction</b>	Turkish				
<b>Course Level</b>	Short Cycle (Associate's Degree)				
<b>Course Type</b>	Required				
<b>Course Coordinator</b>	Assist.Prof. Arzu GÜNEŞ				
<b>Name of Lecturer(s)</b>	Assist.Prof. Çağlar MÜNEVVEROĞLU				
<b>Assistant(s)</b>					
<b>Aim</b>	To provide students to comprehend the importance of sport and to make them accept that sport is a part of their life.				
<b>Course Content</b>	This course contains; Definition of the course, introduction and course objectives,Physiological basis of exercise, and basic concepts,Muscle strenght and endurance,Elasticity, agility and speed,Energy systems,Exercise and aerobic system,Enhancement of muscle strenght, endurance and elasticity,Kids and sports,Kids and sports,Woman and sport,Aging and sport,Technic tactic instruction principles in sports,Violence in sports,General review.				
<b>Course Learning Outcomes</b>			<b>Teaching Methods</b>	<b>Assessment Methods</b>	
Defines the effects of training on our physiological structure.			16, 9	A	
List the types of training.			16, 9	A	
Interpret the importance and place of sports in our lives.			16, 9	A	
<b>Teaching Methods</b>	16: Question - Answer Technique, 9: Lecture Method				
<b>Assessment Methods</b>	A: Traditional Written Exam				
<b>Lecture Schedule</b>					
<b>Sequenc e</b>	<b>Topics</b>	<b>Preliminary Preparation</b>			
1	Definition of the course, introduction and course objectives	Studying on lecture powerpoint presentations			
2	Physiological basis of exercise, and basic concepts	Studying on lecture powerpoint presentations			
3	Muscle strenght and endurance	Studying on lecture powerpoint presentations			
4	Elasticity, agility and speed	Studying on lecture powerpoint presentations			
5	Energy systems	Studying on lecture powerpoint presentations			
6	Exercise and aerobic system	Studying on lecture powerpoint presentations			
7	Enhancement of muscle strenght, endurance and elasticity	Studying on lecture powerpoint presentations			
8	Kids and sports	Studying on lecture powerpoint presentations			
9	Kids and sports	Studying on lecture powerpoint presentations			
10	Woman and sport	Studying on lecture powerpoint presentations			
11	Aging and sport	Studying on lecture powerpoint presentations			
12	Technic tactic instruction principles in sports	Studying on lecture powerpoint presentations			
13	Violence in sports	Studying on lecture powerpoint presentations			
14	General review	Studying on lecture powerpoint presentations			
<b>Evaluation Methods</b>		<b>Weight(%)</b>			
Midterm Exam		40			
General Exam		60			

<b>Resources</b>
At the end of the lectures, notes will be given to students.Books, magazines, web sites.