

**Vocational School / Emergency and Medical Aid**  
**2024 - 2025 Academic Year**  
**PYHSICAL EDUCATION and CONDITION II**  
**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> |
| PYHSICAL EDUCATION and CONDITION II   | İAY2216620   | Spring Semester                    | 1+1                     | 1,5                       | 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>   | Lect. Büşra Nur ÖMÜR   |                                    |                         |                           |             |
| <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, course objectives,Impacts of physical education and sports on human body,Conditional and motoric quality,Condition exercises,Healthy body and healthy life approaches,Sufficient and well-balanced nutrition,Sufficient and well-balanced nutrition,General review,Workout planning in basketball,Condition exercises in basketball,High-tempo play in basketball and speed exercises,Workout planning in football,Condition exercises in football,Workout planning in table tennis. |                                    |                         |                           |             |
| <b>Course Learning Outcomes</b>   |  |                                    | <b>Teaching Methods</b> | <b>Assessment Methods</b> |             |
| Defines the effects of physical education and sports on the human organism. |  |                                    | 16, 9                   | A                         |             |
| Defines conditioning exercises.   |  |                                    | 16, 9                   | A                         |             |
| He/She expresses adequate and balanced nutrition in his/her own words.      |  |                                    | 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>Sequence</b>   | <b>Topics</b>  | <b>Preliminary Preparation</b>     |                         |                           |             |
| 1   | Definition of the course, introduction, course objectives  | Studying for lecture presentations |                         |                           |             |
| 2   | Impacts of physical education and sports on human body   | Studying for lecture presentations |                         |                           |             |
| 3   | Conditional and motoric quality  | Studying for lecture presentations |                         |                           |             |
| 4   | Condition exercises  | Studying for lecture presentations |                         |                           |             |
| 5   | Healthy body and healthy life approaches   | Studying for lecture presentations |                         |                           |             |
| 6   | Sufficient and well-balanced nutrition   | Studying for lecture presentations |                         |                           |             |
| 7   | Sufficient and well-balanced nutrition   | Studying for lecture presentations |                         |                           |             |
| 8   | General review   | Studying for lecture presentations |                         |                           |             |
| 9   | Workout planning in basketball   | Studying for lecture presentations |                         |                           |             |
| 10  | Condition exercises in basketball  | Studying for lecture presentations |                         |                           |             |
| 11  | High-tempo play in basketball and speed exercises  | Studying for lecture presentations |                         |                           |             |
| 12  | Workout planning in football   | Studying for lecture presentations |                         |                           |             |
| 13  | Condition exercises in football  | Studying for lecture presentations |                         |                           |             |
| 14  | Workout planning in table tennis   | Studying for lecture presentations |                         |                           |             |
| <b>Evaluation Methods</b>   |  | <b>Weight(%)</b>                   |                         |                           |             |
| Midterm Exam  |  | 40                                 |                         |                           |             |
| General Exam  |  | 60                                 |                         |                           |             |

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