PHYSICAL FITNESS										
1	Course Title:	PHYSICAL FITNESS								
2	Course Code:	BED300	5							
3	Type of Course:	Compuls	sory							
4	Level of Course:	First Cyc	le							
5	Year of Study:	3								
6	Semester:	5								
7	ECTS Credits Allocated:	5.00								
8	Theoretical (hour/week):	2.00								
9	Practice (hour/week):	2.00								
10	Laboratory (hour/week):	0								
11	Prerequisites:	None								
12	Language:	Turkish								
13	Mode of Delivery:	Face to face								
14	Course Coordinator:	Öğr.Gör. SADETTIN EROL								
15	Course Lecturers:	Öğr.Gör.Sadettin Erol								
16	Contact information of the Course Coordinator:	ramizar@uludag.edu.tr, tlf: 02242940685 Uludağ Üniversitesi, Spor Bilimleri Fakültesi, Nilüfer / BURSA								
17	Website:									
18	Objective of the Course:	Physical fitness, terms and definitions, parts of the elements of physical fitness, measurement and evaluation, exercise methods of physical education, Prepare the exercise program, training of endurance, strength, speed, flexibility, methods of measurement								
19	Contribution of the Course to Professional Development:									
20	Learning Outcomes:									
		1	To understand the terms and definitions related to physical fitness							
		2	To learn and define the elements of physical fitness							
		3	To learn and understand the methods of measurement and evaluation of physical education and exercise							
		4	To learn and interpretation the test, measurement and evaluation concepts							
		5	To comprehend and interpret of prepare the exercise program							
		6	To learns to evaluate of exercise program							
		7	To comprehend and interpret to endurance, strength, speed, flexibility, methods of measurement							
		8	To comprehend, interpret and practiced of exercise program for elderly							
		9	To comprehend, interpret and practiced of exercise program for children							
		10	To practice and learn the methods of measuring body composition							
21	Course Content:									
	Course Content:									
Week	Theoretical		Practice							

1	Physical fitness definition, types and importance		General applications in physical fitness							
2	Relationship between physical activity health. Quantity and quality of exercis health and wellness program	e for	General applications in physical fitness							
3	The importance of measurement and evaluation of physical fitness		Heart rat and blood pressure measurements at rest and exercise							
4	Risk analysis and the exercise prescriguidelines established by ACSM	bing	Risk analysis and applications of exercise programs							
5	Components of physical fitness		Risk analysis and applications of exercise programs							
6	Measurement and evaluation of cardiovascular endurance		Exercise programs to improve cardio-respiratory fitness level							
7	Measurement and evaluation of anael fitness	robic	Methods of measurement and testing of anaerobic capacity Exercise programs of anaerobic capacity							
8	Measurement and evaluation of muscle strength and endurance Strength training program									
9	Measurement and evaluation of speed and flexibility Speed and flexibility measurement methods a Applications of speed and flexibility exercise									
10	Measurement and evaluation of balan agility	ce and	Balance and agility measurement methods and tests. Applications of balance and agility exercise program							
11	Measurement and evaluation of body composition		Skinfold, Bioimpedance, Measurement of body height, weight, girth, diameter and length.							
12	Methods of determining the intensity of The applications of MET, HRmax, HRRmax RPE									
13 Activit	The preparation of exercise programs es	for	The applications of exer Number	cise programme Duration (hour)	Total Work Load (hour)					
Theore	tical		14	2.00	28.00					
				2.00	20.00					
Practic	als/Labs		14	2.00	28.00					
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Midterm Exam						1		25	25.00								
Quiz 0								0.0	0.00								
Home work-project 1								15	15.00								
Final Exam 1							60	60.00									
Total 3							10	100.00									
Contribution of Term (Year) Learning Activities to Success Grade								40	40.00								
Contribution of Final Exam to Success Grade							60	60.00									
Total							10	100.00									
Measurement and Evaluation Techniques Used in the Course								ie									
24 EC	CTS /	WO	RK L	OAD	TAB	LE											
25	25 CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS																
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ1 0	PQ11	PQ12	PQ1 3	PQ14	PQ15	PQ16	
ÖK1	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
ÖK2	5	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
ÖK3	0	0	4	0	0	0	0	0	0	0	0	4	0	0	0	0	
ÖK4	0	0	4	0	5	0	0	0	0	0	0	0	0	0	0	0	
ÖK5	0	0	0	0	5	5	0	0	0	0	0	0	0	4	5	0	
ÖK6	0	0	0	0	0	5	4	0	0	0	0	0	0	0	0	0	
ÖK7	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	
ÖK8	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	
ÖK9	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	
ÖK10	0	0	0	0	4	5	0	0	0	0	0	0	0	0	0	0	
			LO: L	earr	ning C	Dbjec	tive	s F	Q: P	rogra	im Qu	alifica	tions	6			
Contrib 1 ve ution Level:		/ery	low	2 low 3 M			Medi	edium 4 High		5 Very High							