EXERCISE PROGRAMMING FOR HEALTHY LIVING

1	Course Title:	EXERCISE PROGRAMMING FOR HEALTHY LIVING	
2	Course Code:	AE-406	
3	Type of Course:	Compulsory	
4	Level of Course:	First Cycle	
5	Year of Study:	4	
6	Semester:	8	
7	ECTS Credits Allocated:	3.00	
8	Theoretical (hour/week):	2.00	
9	Practice (hour/week):	0.00	
10	Laboratory (hour/week):	0	
11	Prerequisites:	yok	
12	Language:	Turkish	
13	Mode of Delivery:	Face to face	
14	Course Coordinator:	Prof. Dr. Ramiz Arabacı	
15	Course Lecturers:	Dr. Ramiz ARABACI	
16	Contact information of the Course Coordinator:	ramizar@uludag.edu.tr, tel: 02242940685 Bursa Uludağ Üniversitesi, Spor Bilimleri Fakültesi, Beden Eğitimi ve Spor Öğretmenliği Bölümü, PK: 16059, Görükle Kampüsü, Nilüfer, Bursa	
17	Website:	http://bilgipaketi.uludag.edu.tr/Ders/Index/944421	
18	Objective of the Course:	The aim of present course is to prevent the various diseases caused by obesity and inactivity, which are becoming widespread today, the basic principles of exercise prescription for a healthy life, how to prevent these diseases with regular activities and physical activities, and to acquire knowledge and skills such as exercise description. Thus, it is aimed that candidate teachers, who will give students the importance of maintaining physical activity and exercise throughout their life, and the basic principles of these activities, to acquire sufficient equipment in this regard.	
19	Contribution of the Course to Professional Development:		
20	Learning Outcomes:		
		1	Be able to identify and apply epidemiological evidence supporting physical activity in the prevention and treatment of chronic disease.
		2	Be able to identifies common contraindications for lifelong exercise and participation in sports.
		3	Analyzes and evaluates the evidence-based literature on physical activity in the prevention of chronic diseases and behavioral and biomedical risk factors.
		4	Be able to implements existing physical activity recommendations and guidelines to optimize physical activity and reduce sedentary lifestyle from all ages and adults with chronic diseases, behavioral and biomedical risk factors.
		5	Be able to identifies and applies contraindicated exercises for lifelong growth and development stages.
		6	Be able to identifies injuries or conditions that commonly occur at certain stages of growth and development.

	7	Be able to develops 'Exercise Drug' model intervention to increase physical exercise levels and reduce sedentary behavior at the population and community level.
	8	Be able to Identify and apply epidemiological evidence supporting physical activity in the prevention and treatment of chronic disease.
	9	Develops exercise program for healthy individuals
	10	Develops an exercise program for disabled and unhealthy individuals.

21	Course Content:	
	Course Content:	
Week	Theoretical	Practice
1	Health problems caused by physical inactivity in the world and in our country	
2	Physical inactivity and health problems caused by children	
3	Physical inactivity and health problems caused by the elderly	
4	Physical activity / exercise and sports, and the type and duration of exercise concepts.	
5	Physical fitness components for healthy life	
6	Chronic diseases and regular exercise mechanisms to prevent these diseases: Cardiovascular fitness, cardiovascular diseases, hypertension	
7	Chronic diseases and regular exercise mechanisms to prevent diseases: Exercise prescription, energy expenditure and obesity.	
8	General evaluation	
9	Chronic diseases and regular exercise mechanisms to prevent these diseases: Cancer	
10	The importance of regular exercises for the skeletal system and mechanisms to prevent muscle and bone loss: Osteoporosis, sarcopenia	
11	Chronic diseases and regular exercise mechanisms to prevent these diseases: Type2 Diabetes and other metabolic diseases	
12	Situations where exercising may pose a risk and risk identification	
13	General principles of exercise programming and case examples	
14	General principles of exercise programming and case examples	

22	Textbooks, References and/or Other Materials:	1. Deborah Riebe, Jonathan K. Ehrman, Gary Liguori, Meir Magal. ACSM's Guidelines for Exercise Testing and Prescription (10.Edition). WolterKluwer, 2018 2. Türkiye Fiziksel Aktivite Rehberi, Sağlık Bakanlığı, Türkiye Halk Sağlığı Kurumu, Ankara, 2014. 3. Walter R. Thompson, Barbara A. Bushman, Julia Desh, Lon Kravitz. ACSM's Resources for, the Personel Trainer (3. Edition). WolterKluwer, 2010. 4. Nicholas L. Holt., Margaret Talbot.Lifelong Engagement in Sport and Physical Activity Participation and Performance across the Lifespan. (1. Edition). Routledge, 2013. 5. Erdal Zorba. Yaşam Boyu Spor, Bedray Yayınevi, 2010

23	Assesment

TERM LEARNING ACTIVITIES	NUMBER	WEIGHT
Midterm Exam	1	40.00
Quiz	0	0.00
Home work-project	0	0.00
Final Exam	1	60.00
Total	2	100.00
Contribution of Term (Year) Learning Activities to Success Grade		40.00
Contribution of Final Exam to Success Grade		60.00
Total		100.00
Measurement and Evaluation Techniques Used in the Course		

24 ECTS / WORK LOAD TABLE

Activites	Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	2.00	28.00
Practicals/Labs	0	0.00	0.00
Self study and preperation	5	4.00	20.00
Homeworks	0	0.00	0.00
Projects	0	0.00	0.00
Field Studies	10	4.00	40.00
Midterm exams	1	1.00	1.00
Others	0	0.00	0.00
Final Exams	1	1.00	1.00
Total Work Load			90.00
Total work load/ 30 hr			3.00
ECTS Credit of the Course			3.00

25 CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS

	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	PQ14	PQ15	PQ16
ÖK1	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK2	0	0	0	0	0	0	5	0	0	4	0	0	0	0	0	0
ÖK3	0	5	5	0	0	0	0	0	0	5	0	0	0	0	0	0
ÖK4	0	0	0	5	0	0	4	0	0	0	0	0	0	0	0	0
ÖK5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK6	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0
ÖK7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK8	0	0	0	0	5	0	0	5	0	0	0	4	0	0	0	0

ÖK9	0	0	0	0	0	0	0	0	0	0	0	0	0	3	0	0
ÖK10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0

LO: Learning Objectives PQ: Program Qualifications

Contribution Level:	**1 very low**	**2 low**	**3 Medium**	**4 High**	**5 Very High**