

RECENT APPROACHAS IN EXERCISE,OBSEITY AND WCIGHT CONTROL

1	Course Title:	RECENT APPROACHAS IN EXERCISE,OBSEITY AND WCIGHT CONTROL	
2	Course Code:	BED6107	
3	Type of Course:	Optional	
4	Level of Course:	Third Cycle	
5	Year of Study:	1	
6	Semester:	1	
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:		
12	Language:	Turkish	
13	Mode of Delivery:	Face to face	
14	Course Coordinator:	Prof. Dr. Nimet HAŞIL KORKMAZ	
15	Course Lecturers:		
16	Contact information of the Course Coordinator:	nhasil@uludag.edu.tr, tlf: 02242940686 Bursa Uludağ Üniversitesi, Spor Bilimleri Fakültesi, Beden Eğitimi ve Spor Öğretmenliği Bölümü, Bursa/GÖRÜKLE	
17	Website:	http://bilgipaketi.uludag.edu.tr/Ders/IndexENG/1129715	
18	Objective of the Course:	It is to follow developments in weight control and obesity prevention of exercise.	
19	Contribution of the Course to Professional Development:	It allows it to follow developments in obesity, weight control and exercise.	
20	Learning Outcomes:		
		1	Explain the relationship between exercise and obesity.
		2	Gains knowledge of exercise prescriptions.
		3	Understands the importance of active life in preventing obesity
		4	Gains knowledge of current approaches in weight control
		5	Knows the principles of weight control
		6	Understands the importance of regular exercise
		7	Understands the importance of current exercises in weight control
		8	Have information about HIT exercises
		9	
		10	
21	Course Content:		
		Course Content:	
Week	Theoretical	Practice	
1	Evaluation of Body Composition		
2	Evaluation of Body Composition		
3	Physical Performance and Physical Activity		

4	Historical perspective and current approaches in weight control in overweight individuals and obese people.	
5	Obesity Epidemia in the World	
6	Genetiğin Vücut Yağ Oranlarına Etkisi	
7	The role of hormones and physical activity in the control of appetite mechanism	
8	Risks of Excess Body Fat: How much should Body Fat be?	
9	Energy balance, Diets in weight control	
10	Current exercises in weight control	
11	Current exercises in weight control	
12	Current exercises in weight control HIT workouts	
13	Homework Presentations	
14	Homework Presentations	

22	Textbooks, References and/or Other Materials:	1. William D.McArdle. Frank I, Katch, Victor L.Katch “Exercise Physiology Energy, Nutrition&Human Performance2007 2. W.Larry Kenney Jack H.Willmore David L.Costill “Spor ve Egzersiz Fizyolojis”i 2021 3. Güncel makaleler
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23		Assesment			
Activites			Number	Duration (hour)	Total Work Load (hour)
Theoretical Quiz	0	0	14	2.00	28.00
Practicals/Labs			0	0.00	0.00
Self study and preparation	1	6	5.00	4.00	20.00
Homeworks			5	4.00	20.00
Projects			5	4.00	20.00
Contribution of Term (Year) Learning Activities to			4	5.00	20.00
Field Studies			0	0.00	0.00
Contribution of Final Exam to Success Grade			6	0.00	0.00
Others			0	0.00	0.00
Final Exams			1	1.00	1.00
Measurement and Evaluation Techniques Used in the classic exam					
Total Work Load					89.00
24			ECTS/WORK LOAD TABLE		
Total work load/ 30 m					2.97
ECTS Credit of the Course					3.00

[illegible]

ÖK5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK6	0	0	0	0	0	0	0	0	0	0	0	4	4	4	0	0
ÖK7	0	0	0	0	0	0	0	0	0	0	0	4	5	5	0	0
ÖK8	0	0	0	0	0	0	0	0	0	0	0	5	5	5	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			