

EXERCISE FOR HEALTY LIFE-I

1	Course Title:	EXERCISE FOR HEALTY LIFE-I	
2	Course Code:	BEB4079	
3	Type of Course:	Optional	
4	Level of Course:	First Cycle	
5	Year of Study:	2	
6	Semester:	3	
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:	none	
12	Language:	Turkish	
13	Mode of Delivery:	Face to face	
14	Course Coordinator:	Prof. Dr. Şenay Şahin	
15	Course Lecturers:	yok	
16	Contact information of the Course Coordinator:	Doç. Dr Şenay Şahin	
17	Website:		
18	Objective of the Course:	The aim of this course is to provide basic information about physical activity, exercise, exercise, healthy life. This course; physical activity and exercise for the protection of individual, family and community health focus on precaution. Within the scope of this course, students will have a basic knowledge about gaining and acquiring healthy lifestyle behaviors, physical activity programming.	
19	Contribution of the Course to Professional Development:		
20	Learning Outcomes:		
		1	Have knowledge about healthy life and basic principles
		2	In order to give individuals healthy lifestyle behaviors; exercise, physical activity.
		3	Individuals are informed about nutrition, weight control and fluid consumption behaviors.
		4	Individuals are expected to have acquired skills in healthy living. Physical fitness is informed about improving exercises
		5	Gives information about exercise, wellness, fitness concepts and healthy life
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21	Course Content:		
		Course Content:	
Week	Theoretical	Practice	
1	Introduction to the concept of healthy life		

2	Introduction to the concept of exercise and mobility	
3	Components that make up the concept of healthy life	
4	Exercise, wellness, fitness concepts and basic approaches	
5	The concept of exercise in healthy life	
6	The impact of exercise specialists in protecting and improving health	
7	Weight control, determination of exercise need	
8	Role and benefits of exercise in health protection and improvement	
9	Role and benefits of exercise in health protection and improvement and exercise parametres	
10	Exercise in different age groups	
11	Improper practices in the name of healthy life (inappropriate nutritional behavior)	
12	Wrong practices on behalf of healthy life (inappropriate exercise practices)	
13	Role and benefits of exercise in health protection and improvement in gaining and maintaining healthy lifestyle behavior	
14	Role and benefits of exercise in health protection and improvement in gaining and maintaining healthy lifestyle behavior	

22	Textbooks, References and/or Other Materials:	Turner CH, Robling AG. Designing exercise regimens to increase bone strength. <i>Exerc Sport Sci Rev</i> 2003; 31(1): 45-50 leg JL. Aerobic exercise in the elderly: a key to successful aging. <i>Discov Med</i> 2012; 13(70): 223-8 Guyton AC, <i>Tıbbi fizyoloji</i> , 9. baskı, İstanbul, Nobel Kitabevi, 1996, Evans WJ, Cyr-Campbell D. Nutrition, exercise and healthy aging. <i>J Am Diet Assoc</i> 1997; 97: 632-8
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23	Assesment	
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TERM LEARNING ACTIVITIES	NUMBE R	WEIGHT
Midterm Exam		
Quiz		
Home work-project		
Final Exam	0	
Total		
Contribution of Term (Year) Learning Activities to Success Grade		
Contribution of Final Exam to Success Grade		
Total		
Measurement and Evaluation Techniques Used in the Course		

24	ECTS / WORK LOAD TABLE
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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	1	15.00	15.00
Homeworks	1	15.00	15.00
Projects	3	10.00	30.00
Field Studies	0	0.00	0.00
Midterm exams	0	0.00	0.00
Others	0	0.00	0.00
Final Exams	0	0.00	0.00
Total Work Load			88.00
Total work load/ 30 hr			2.93
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	0	0	0	0	0	0	0	0	0	0
ÖK3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK5	0	0	4	0	0	0	0	0	0	0	0	0	0	0	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low		2 low			3 Medium			4 High			5 Very High				