

HEALTHY AND ACTIVE LIFE IN SCHOOLS

1	Course Title:	HEALTHY AND ACTIVE LIFE IN SCHOOLS
2	Course Code:	GK028
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:	
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/1107578
18	Objective of the Course:	Communication skills course is one of the basic life skills for teachers, teacher candidates: individuals in society, for social peace, for individuals to be at peace and happy with themselves. The aim of this course is to gain sufficient level of conceptual knowledge, understanding, technique and application skills required in human relations and communication.
19	Contribution of the Course to Professional Development:	Teacher candidates are made more sensitive in terms of communication skills, they are better equipped and the teacher provides students to get closer to each other.
20	Learning Outcomes:	
	1	Has the basic general knowledge in the field of Physical Education and Sport Sciences
	2	Has knowledge in Physical Education, Physical Activity and Sport Sciences
	3	Has the ability to make functional and tactical decisions in the field of Physical Education and Sport Sciences.
	4	In Physical Education and Sports Focuses on content and methods to develop healthy active lifestyles for children and adolescents.
	5	Has the basic skills about organizing activities in the field of Physical Education and Sport Sciences, implements and evaluates these activities.
	6	Can work harmoniously as a team member in different projects related to the field of Sport Sciences
	7	Makes individual health model applications
	8	Makes an exercise program, follows the program and makes adjustments to the program when necessary.
	9	Communicates well and effectively with individuals
	10	Can effectively transfer emotions, thoughts, opinions and projects in the field.

21	Course Content:			
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Week	Theoretical	Practice		
1	Definitions of Physical Education, Sport, Exercise and Physical Activity			
2	Examining the relationship between physical activity and health, performing medium-high intensity physical activity practices			
3	Physical activity in the child, examination of physical activity guidelines, physical literacy and its components			
4	Examining the expansion of school-based physical activity health and physical education programs that have been brought to community life, exploring and applying physical activity opportunities in schools			
5	Examination of physical activity during academic classes, examples of associated physical education lessons, physical activity laboratories in schools around the world, and classroom designs that promote physical activity.			
6	Rethinking the relationship between physical education and health as a strategy for lifelong effectiveness, reviewing technology applications in teaching health and physical education. the use of healthy lifestyle digital			
Activites		Number	Duration (hour)	Total Work Load (hour)
7	Cognitive Learning processes and Physical activity	14	2.00	28.00
Practicals/Labs		0	0.00	0.00
8	achievement, movement-based learning	5	4.00	20.00
Homeworks		0	0.00	0.00
9	Projects Focusing on content and methods, skill	5	4.00	20.00
Field Studies		0	0.00	0.00
10	Midterm exams nutrition and leisure planning and integration to develop healthy active lifestyles for children	1	1.00	1.00
Others		5	4.00	20.00
11	Final Exams Establishing and implementing comprehensive school physical activity	1	1.00	1.00
Total Work Load				91.00
Total work load/ 30 hr				3.00
ECTS Credit of the Course				3.00
12	Examining the examples of the individual health model in the world			
13	Examination of Current Research			
14	Repetition of topics			

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	5	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	4	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	0	4	4	0	0	0	0	0	0	0	0	0	3	0
ÖK6	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0
ÖK7	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0
ÖK8	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0	0
ÖK9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK10	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0
LO: Learning Objectives PQ: Program Qualifications																

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