

## EXERCISE METABOLISM

1	Course Title:	EXERCISE METABOLISM	
2	Course Code:	BED5115	
3	Type of Course:	Optional	
4	Level of Course:	Second 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:	None	
12	Language:	Turkish	
13	Mode of Delivery:	Face to face	
14	Course Coordinator:	Prof. Dr. Şerife VATANSEVER	
15	Course Lecturers:	Prof. Dr. Şerife VATANSEVER	
16	Contact information of the Course Coordinator:	serife@uludag.edu.tr	
17	Website:		
18	Objective of the Course:	This course is designed to provide students with a basic understanding of muscle metabolism at both the macromolecular and micromolecular level. Emphasis will be placed on the development of experimental hypotheses in these areas of research.	
19	Contribution of the Course to Professional Development:	To be able to make training plans more accurately by understanding exercise metabolism	
20	Learning Outcomes:		
		1	Will improve his/her competency to understand and be able to discuss the relationship between exercise intensity/duration and bioenergetics
		2	Will gain an appreciation of the regulation and control of key aspects of exercise metabolism and list factors that regulate fuel selection during various types of exercise.
		3	Will be able discuss antioxidant defense mechanisms and exercise induced oxidant stress
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21	Course Content:		
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Week	Theoretical	Practice	
1	Metabolism during high-intensity exercise and the transition from rest to exercise		
2	Anaerobic energy pathways		



ÖK2	4	3	5	0	0	4	3	4	0	0	0	0	0	0	0	0
ÖK3	3	4	3	0	3	4	4	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							