	EXERCISE METABOLISM										
1	Course Title:	EXERCI	SE METABOLISM								
2	Course Code:	BED511	5								
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 f	ace								
14	Course Coordinator:	Prof. Dr.	Şerife VATANSEVER								
15	Course Lecturers:	Prof. Dr.	Şerife VATANSEVER								
16	Contact information of the Course Coordinator:	serife@u	lludag. edu.tr								
17	Website:										
18	Objective of the Course:	understa and micr developr research									
19	Contribution of the Course to Professional Development:		le to make training plans more accurately by understanding 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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04	Course Contact	10									
21	Course Content:	0-	uras Contonti								
Mode	Theoretical	Co	urse Content:								
vveek 1	Theoretical  Metabolism during high-intensity exe	rcise and	Practice								
	the transition from rest to exercise	aliu									
2	Anaerobic energy pathways										

3		The effects of exercise on carbohydrate metabolism in skeletal muscle																		
4		Metabolic functions of the liver during exercise																		
5	Lacta	Lactate transport in skeletal muscle																		
6	The e		cts of e	exerci	se on	lipolys	sis in a	adipos	Э											
7			cts of o		se on	lipid m	netabo	olism ir	ו											
8			ributio metal			and a	mino	acids t	0											
9					e and t		etaboli	С												
10	Exercise induced radical formation, tissue damage and antioxidant defense mechanism																			
11	Exercise induced radical formation, tissue damage and antioxidant defense mechanism																			
12	Effects of exercise on gene expression, and integration of exercise metabolism																			
13	Stude	Student project presentations																		
14	Stude	Student project presentations																		
22		Textbooks, References and/or Other Materials:									Mark Ed. Hargreaves. Exercise Metabolism, Human Kinetics; 2 edition 2006. Brooks, G.A., T.D. Fahey, and K.M. Baldwin Exercise									
Activit	Activites								Number Duration (hou					hour)						
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Others	;									0.00					0.00					
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Total									1	00.00										
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	I P	Q1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ/	PQ	8 PQ9	PQ1  0	PQ11	PQ12	PQ1  3	PQ14	PQ15	PQ16			
ÖK1	5		3	4	3	4	3	4	0	0	0	0	0	0	0	0	0			
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ÖK2	4	3	5	0	0	4	3	4	0	0	0	0	0	0	0	0
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Contrib 1 very low ution Level:			2	2 low		3	Medi	um	4 High			5 Very High				