EXERCISE PHYSIOLOGY

1	Course Title:	EXERCISE PHYSIOLOGY	
2	Course Code:	FTR2009	
3	Type of Course:	Compulsory	
4	Level of Course:	First Cycle	
5	Year of Study:	2	
6	Semester:	3	
7	ECTS Credits Allocated:	3.00	
8	Theoretical (hour/week):	3.00	
9	Practice (hour/week):	0.00	
10	Laboratory (hour/week):	0	
11	Prerequisites:	FTR1003 PHYSIOLOGY I FTR1004 PHYSIOLOGY II	
12	Language:	Turkish	
13	Mode of Delivery:	Face to face	
14	Course Coordinator:	Öğr. Gör. FİLİZ EYÜBOĞLU	
15	Course Lecturers:		
16	Contact information of the Course Coordinator:	Öğr. Gör. FİLİZ EYÜBOĞLU filizeyuboglu@uludag.edu.tr	
17	Website:		
18	Objective of the Course:	The aim of the course is to teach the effect of exercise on body systems under various environmental conditions, to evaluate the problems that may occur during exercise, to understand the exercise proposals and to reflect on the basic practice.	
19	Contribution of the Course to Professional Development:	Professionally, it provides a basis for interpreting the effect of exercise training on systems and for preparing exercise prescriptions.	
20	Learning Outcomes:		
		1	Defines the responses of the cardiovascular and respiratory systems to exercise.
		2	Knows the responses of body systems to exercise.
		3	Know prinsibles of aerobic and anaerobic exercises.
		4	Can create an exercise program.
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21	Course Content:		

Course Content:

Week	Theoretical	Practice
1	Objective of the course and introduction	

2	Energy transfer systems in the body and exercise	
3	Muscular physiology, musculoskeletal system and exercise	
4	Nerve physiology	
5	Cardiovascular system and exercise I	
6	Cardiovascular system and exercise II	
7	Respiratory physiology and exercise	
8	Acid-Base Balance, Pulmonary Ventilation During Exercise	
9	The endocrine system and its adaptation to exercise	
10	Renal System, Fluid Balance and Adaptation to Exercise	
11	Measurement of energy capacity and energy expenditure at rest and physical activity, exercise tests	
12	Aerobic and anaerobic exercise training, post-exercise recovery	
13	Thermo-regulation and exercise, Underwater and high altitude physiology	
14	Practical application of heart rate and blood pressure and clinical measurements Practical application of submaximal and maximal exercise tests and clinical measurements	

22	Textbooks, References and/or Other Materials:	1. Exercise Anatomy and Physiology for Physiotherapists 2. McArdle WD, Katch FI, Katch VL. Exercise Physiology: Nutrition, Energy and Human Performance. 9th ed. Philadelphia: Lippincott Williams & Wilkins, 2015. 3. ACSM's Guidelines for Exercise Testing and Prescription. 9th ed. Philadelphia: Lippincott Williams & Wilkins, 2013. 4. Powers S, Howley E. Exercise Physiology: Theory and Application to Fitness and Performance. 8th ed. New York: McGraw-Hill Humanities/Social Sciences/Languages, 2011
23	Assesment	

TERM LEARNING ACTIVITIES	**NUMBER**	**WEIGHT**
Midterm Exam	1	40.00
Quiz	0	0.00
Home work-project	0	0.00
Final Exam	1	60.00
Total	2	100.00
Contribution of Term (Year) Learning Activities to Success Grade		40.00
Contribution of Final Exam to Success Grade		60.00
Total		100.00
Measurement and Evaluation Techniques Used in the Course		Relative evaluation

24	**ECTS / WORK LOAD TABLE**

Activites	Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	3.00	42.00
Practicals/Labs	0	0.00	0.00
Self study and preperation	10	4.00	40.00
Homeworks	0	0.00	0.00
Projects	0	0.00	0.00
Field Studies	0	0.00	0.00
Midterm exams	1	1.00	1.00
Others	0	0.00	0.00
Final Exams	1	1.00	1.00
Total Work Load			84.00
Total work load/ 30 hr			2.80
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	5	4	4	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK2	5	4	4	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK3	5	4	4	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK4	4	5	5	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**