

SPORTS OF CHILDREN, WOMEN AND ELDERLY

1	Course Title:	SPORTS OF CHILDREN, WOMEN AND ELDERLY	
2	Course Code:	BED6106	
3	Type of Course:	Optional	
4	Level of Course:	Third Cycle	
5	Year of Study:	1	
6	Semester:	2	
7	ECTS Credits Allocated:	4.00	
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:	Doç. Dr. Şenay Şahin	
15	Course Lecturers:		
16	Contact information of the Course Coordinator:	Doç.Dr Şenay Şahin	
17	Website:	sksahin@uludag.edu.tr	
18	Objective of the Course:	Children, the elderly, women and the physical and physiological characteristics and determination of effects. Women, children and elderly training, types of physical activity and loading of the principles of examination.	
19	Contribution of the Course to Professional Development:		
20	Learning Outcomes:		
		1	Children know the stages in growth and development.
		2	It is important to know the physical performance characteristics in children.
		3	Grasp the basic principles of training in children.
		4	The physiological changes that occur with aging and you know it.
		5	Understand the principles of exercise and training in the elderly
		6	In connection with the exercise of the physiological differences in women know.
		7	in women, increased performance and know the principles of training
		8	exercise program can play women, elderly and children's
		9	
		10	
21	Course Content:		
		Course Content:	
Week	Theoretical	Practice	
1	children, women and elderly examination of concepts		
2	Anatomical factors affecting the development within the development process		

3	Be associated with developmental stages and the learning of movement skills • the child's motoric properties for the development of practice points to be considered in	
4	The woman's anatomical, physiological, and psychological characteristics and differences	
5	Special periods of a woman (menstruation, pregnancy, menopause and exercise)	
6	Strength, flexibility, anaerobic power, Aerobic capacity, fat mass, etc. because of such differences, women are in practice considerations	
7	Pre-pregnancy, during pregnancy and after exercises that can be done	
8	That occur with aging, anatomical, physiological, and motor changes	
9	Outwardly, heart, circulatory, respiratory, skeletal, and nervous system changes in	
10	effect of exercise and changes in body composition	
11	strength, endurance, speed and coordination to changes in	
12	motoric considerations when performing the exercise and development of properties for the protection of the elderly	
13	Exercise for older people in different circumstances	

24	ECTS / WORK LOAD TABLE
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[illegible]

ÖK3	4	0	0	0	5	5	0	0	0	0	0	0	0	0	0	0
ÖK4	0	0	0	4	0	0	4	4	0	0	0	0	0	0	0	0
ÖK5	0	0	5	0	0	0	0	0	5	5	0	0	0	0	0	0
ÖK6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK7	0	0	0	0	0	0	0	0	4	4	0	0	0	0	0	0
ÖK8	0	0	0	0	4	0	0	0	0	0	0	4	4	0	4	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			