

ASSESSMENT OF PHYSICAL ACTIVITY

1	Course Title:	ASSESSMENT OF PHYSICAL ACTIVITY	
2	Course Code:	BED5111	
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. Ramiz Arabacı	
15	Course Lecturers:		
16	Contact information of the Course Coordinator:	ramizar@uludag.edu.tr, tlf: 02242940685 cep:05332494471 Uludağ Üniversitesi, Spor Bilimleri Fakültesi, Nilüfer / BURSA	
17	Website:		
18	Objective of the Course:	The aim of this course was to learn and gain theoretical and practical knowledge and skills about physical activity measurement and assessment methods.	
19	Contribution of the Course to Professional Development:		
20	Learning Outcomes:		
		1	To understand the importance of measurement and evaluation of physical activity
		2	Comprehend and interpret physical activity assessment methods
		3	Explain the relationship between physical activity and health
		4	Assessment and measuring physical activity by objective methods
		5	Assessment and measuring physical activity by subjective methods
		6	Comprehend and interpret the evaluation of the physical activity of elderly
		7	Comprehend and interpret the evaluation of disability and sick individuals
		8	Comprehend and interpret the evaluation of the physical activity of adolescents
		9	
		10	
21	Course Content:		
		Course Content:	
Week	Theoretical	Practice	
1	Importance of measurement and assessment of physical activity.		

2	General survey of assessment methods of physical activity			
3	Assessment of physical activity: a critical appraisal			
4	Relationship between physical activity and health.			
5	Assessment of physical activity by criterion standards (direct observation, doubly labeled water and indirect calorimetry)			
6	Assessment of physical activity by heart rate monitors			
7	Assessment of physical activity by pedometers			
8	Assessment of physical activity by accelerometers			
9	Assessment of physical activity by subjective measures (self-report, interview, proxy-report, diary.			
10	The role of physical activity assessments for school-based physical activity promotion			
11	Assessment of physical activity in children and adolescents			
12	Assessment of physical activity in adults			
13	Assessment of physical activity in older adults			
Activites		Number	Duration (hour)	Total Work Load (hour)
22	Theoretical	14	1.00	14.00
Textbooks, References and/or Other Materials:		Thomas, J.R. & Nelson, J.K. (2001) Research methods in physical activity. Human Kinetics, 4th edition.		
Practicals/Labs		14	2.00	28.00
Self study and preperation		14	2.00	28.00
Homeworks		1	30.00	30.00
Projects		0	0.00	0.00
Field Studies		0	0.00	0.00
Midterm exams		1	0.00	0.00
Others		14	3.00	42.00
Final Exams		1	2.00	2.00
Total Work Load				144.00
Total work load/ 30 hr				4.80
ECTS Credit of the Course				3.00
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23	Assesment			
TERM LEARNING ACTIVITIES		NUMBE R	WEIGHT	
Midterm Exam		0	0.00	
Quiz		0	0.00	
Home work-project		0	0.00	
Final Exam		1	100.00	
Total		1	100.00	
Contribution of Term (Year) Learning Activities to Success Grade		0.00		
Contribution of Final Exam to Success Grade		100.00		

Total									100.00							
Measurement and Evaluation Techniques Used in the Course																
24	ECTS / WORK LOAD TABLE															
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	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0
ÖK2	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0
ÖK3	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0
ÖK4	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0
ÖK5	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK6	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0
ÖK7	0	0	0	0	5	0	0	0	0	0	0	3	0	0	0	0
ÖK8	5	0	0	0	0	0	0	4	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			