	PHYSICAL ACTIVITY	AND F	PSYCHOLOGICAL WELLBEING							
1	Course Title:	PHYSIC	AL ACTIVITY AND PSYCHOLOGICAL WELLBEING							
2	Course Code:	AEB004	4							
3	Type of Course:	Optional								
4	Level of Course:	First Cyc	cle							
5	Year of Study:	3								
6	Semester:	5								
7	ECTS Credits Allocated:	5.00								
8	Theoretical (hour/week):	3.00								
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:	Prof. Dr.	Nimet HAŞIL KORKMAZ							
15	Course Lecturers:									
16	Contact information of the Course Coordinator:									
17	Website:									
18	Objective of the Course:									
19	Contribution of the Course to Professional Development:									
20	Learning Outcomes:									
		1	Understands the benefits of exercise and physical activity							
		2	Explain how to participate in exercise and physical activity							
		3	Learn about growth, development and quality of life							
		4	Learns the relationship between physical activity and fitness							
		5	Establishes the relationship between physical activity and cognitive function							
		6	Learns the effects of physical activity on sleep							
		7	Learns the effects of physical activity on stress, anxiety and pain							
		8	Explain the relationship between physical activity and psychological fitness							
		9	Analyze the relationship between physical activity and psychological fitness							
	I	10	Explain the relation between Body Image and Exercise.							
21	Course Content:									
	Course Content:									
	Theoretical		Practice							
1	Introduction to exercise psychology									
2	Physical activity epidemiology									
3	Physical activity epidemiology resea	rch								
4	Theories of exercise psychology									
5	Exercise behavior models and theor	es 1								

7	6	Exercise behavior models and theories 2																	
Sexercise, stress and anxiety	7	Persor	and exe	rcise															
10	8	Self-co	, self-es	steem	and ex	ercise	9												
11	9	Exerci	ess and	anxie	ety			Т											
12 Body image and exercise 13 The psychological effects of exercise 14 Student presentations 14 Student presentations 15 Student presentations 16 Student presentations 16 Student presentations 16 Student presentations 16 Student presentations 17 Student presentations 17 Student presentations 18 Student presentation	10	Exerci	demotion	onal w	ell-beir	ng													
13 The psychological effects of exercise 14 Student presentations	11	Health	y lifest	tyle and	exerc	cise													
Textbooks, References and/or Other Materials: Materials: Biddle, S. & Mutrie, N. (1991). Psychology of Physical Activity and Exercise. London: Springer - Verlag. Hagger, M. & Chatzlesarants, N. (2005). The Social Psychology of Exercise and Sport. Glasgow: Mc Graw Hill Company Leith, L. M. (1994). Foundations of Exercise and Mental Health. Morgantown: Fileness Information Technology. Buckworth, J. & Dishman, R. K. (2002). Exercise Psychology. Illinois Champaign: Human Kinetics. Number Midterm Exam 1	12	Body i	mage	and exe	ercise														
Textbooks, References and/or Other Biddle, S. & Mutrie, N. (1991). Psychology of Physical Activity and Exercise. London: Springer - Verlag. Hagger, M. & Chatzisarantis, N. (2005). The Social Psychology of Exercise and Sport. Glasgow. Mc Graw Hill Company Leith, L. M. (1994). Foundations of Exercise and Mental Health. Morgantown: Fitness Information Technology. Buckworth, J. & Dishman, R. K. (2002). Exercise Psychology. Bluckworth, J. & Dishman, R. K. (2002). Exercise Psychology. Illinois Champaign: Human Kinetics. 23	13	The ps	sycholo	ogical e	ffects	of exe	rcise												
Materials:	14	Studer	entatio	ns															
Number N	22	Materials:								Activity and Exercise. London: Springer - Verlag. Hagger, M. & Chatzisarantis, N. (2005). The Social Psychology of Exercise and Sport. Glasgow: Mc Graw Hill Company Leith, L. M. (1994). Foundations of Exercise and Mental Health. Morgantown: Fitness Information Technology. Buckworth, J. & Dishman, R. K. (2002). Exercise									
R Midterm Exam	23	Asses	ment																
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Contribution of Final Exams 1 Cont	Quiz						C)	0.	00									
Practicals/Labs	Activit	•														,			
Contribution of Final Evants Success Grade	TREGre	tical					3	3	10	100400 3.00 42.00									
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Field Studies Midgern exams 1	Homev	vorks																	
Midgerth Exams 1	Project	S								0.00									
Others Final Exams 1	Field S	tudies																	
Others Final Exams 1	Midterr 24	ECT	s/ W(ORKL	ΟΑΓ	TAB	LE			1									
Total Work Load Total work load 30 hr	Others																		
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25 CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS PQ1 PQ2 PQ3 PQ4 PQ5 PQ6 PQ7 PQ8 PQ9 PQ1 PQ11 PQ12 PQ1 PQ14 PQ15 PQ16 ÖK1		-																	
25 CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS PQ1 PQ2 PQ3 PQ4 PQ5 PQ6 PQ7 PQ8 PQ9 PQ1 PQ11 PQ12 PQ1 PQ14 PQ15 PQ16 ÖK1																			
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ÖK6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
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ÖK8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contrib 1 very low ution Level:			2 low			3 Medium			4 High				5 Very High			