

PHYSICAL ACTIVITY AND PSYCHOLOGICAL WELLBEING

1	Course Title:	PHYSICAL ACTIVITY AND PSYCHOLOGICAL WELLBEING	
2	Course Code:	AEB0044	
3	Type of Course:	Optional	
4	Level of Course:	First Cycle	
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 HAŞİL 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
		10	Explain the relation between Body Image and Exercise.
21	Course Content:		
		Course Content:	
Week	Theoretical	Practice	
1	Introduction to exercise psychology		
2	Physical activity epidemiology		
3	Physical activity epidemiology research		
4	Theories of exercise psychology		
5	Exercise behavior models and theories 1		

ÖK5	0	0	0	0	0	0	0	0	0	0	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	0	0	0	0	0	0	0	0
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																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			