

BALIKESİR UNIVERSITY
FACULTY OF SPORTS SCIENCES
UNIVERSITY ELECTIVE COURSE DESCRIPTION FORM

Department / Department	Coaching Education		
Course Title	Sports and Health		
Semester of the Course	Vinter X	Spring	
Course Language Course	Turkish X	English	
Credit	Theoric 2	Application	Total Credit 2
ECTS	3		
Course Type of Study	Formal		
The aim of the course	Today, the importance of physical activity and a healthy lifestyle is emphasized to prevent various chronic diseases caused by a sedentary lifestyle, such as obesity, which is becoming increasingly prevalent among adults, school-age youth, and children. This course will discuss topics such as how these diseases can be prevented through regular exercise and physical activity, as well as the fundamental principles and characteristics of an exercise regimen necessary for a healthy life. The goal is to help students understand the importance of maintaining physical activity and exercise throughout their lives, to teach them the basic principles of these activities, and to instill an awareness of healthy living.		
Course Content	• Sedentary lifestyle • Health problems and diseases caused by a sedentary lifestyle • Concepts of physical activity and exercise, including type, intensity, and frequency • How does regular exercise play a role in disease prevention? • How is an exercise prescription/program developed? • What precautions should be taken when engaging in regular exercise? • What are the basic principles of exercise prescriptions and programming for each age group?		
Prerequisites for the Course	-----		
Instructors	Prof. Dr. Numan ALPAY	mail : numan.alpay@balikesir.edu.tr	
Course Assistant	-----	mail :	
Internship Status	-----		
Course Resources	1. Haydar Demirel, Elif N. Ozmert, Hulya Kayıhan, Asuman Doğan. Turkish Physical Activity Guidelines, Ministry of Health, Turkish Public Health Agency, Ankara, 2014. 2. Kamil Özer. Fizykal Aktivite 3. Exercise and Sports Physiology 4. Fox. Fizykal Education and Sport foundations		
Course Structure	Health Science		
Planned Learning Activities and Methods	It is provided in the evaluation section.		

Course Evaluation Criteria			Course ECTS Calculation Content			
Semester Studies	Number	Contribution (%) Activity	Number Duration	Total Work	Hours	Load
Midterm	1	40	Course Length	14	2	28
Quiz		-	Out-of-Class Work Time	14	2	28
Homework		-	Homework/Presentation Preparation	10	3	30
Continuation			Midterm exam	1	2	2
Application			Semester final exam	1	2	2
Project			Total Work Load: 90 hours: 90/30 = 3			
Semester final exam	1	60	ECTS Credit: 3: 3			

Learning Outcomes of the Course

Upon successful completion of this course, students will be able to:

LO1: Sedentary lifestyle
 LO2: Health problems and diseases caused by a sedentary lifestyle
 LO3: Concepts of physical activity and exercise, including type, intensity, and frequency
 LO4: How regular exercise plays a role in disease prevention
 LO5: How is an exercise prescription/program developed?
 LO6: What precautions should be taken when engaging in regular exercise?
 LO7: What are the basic principles of exercise prescriptions and programming recommended for each age group?

Course Subjects

Week Subject	Preliminary	Preparation	Documents
1	Physical activity/Exercise and Sports, and the concepts of exercise type, duration, and intensity		
2	The Human Body and the Musculoskeletal System/Muscular System/Skeletal System/ The Skeletal System / The Effects of Exercise on the Body (Women and Men)		
3	Health problems caused by physical inactivity / Combating Addiction and Sports: The Health Effects of Tobacco, Alcohol, and Doping.		
4	Physical inactivity in children and the health problems it causes		
5	Physical inactivity in older adults and the health problems it causes		
6	Components of physical activity for a healthy lifestyle: Postural disorders/ Warm-up and Cool-down Techniques / The Importance of Warm-ups / Cool-down Exercises		
7	The Impact of Sports on Physical and Mental Health: Stress Management and Mental Health/The Psychological Effects of Exercise and Meditation / Breathing Techniques		
8	Midterm exam		
9	Cardiovascular System and Exercise: The Disease-Preventive Effects of Regular Exercise (Cardiovascular fitness, cardiovascular diseases, hypertension)		
10	Respiratory System and Endurance: Respiratory system / Endurance development / Aerobic and anaerobic systems		
11	Flexibility and Strength Development: Types of flexibility / Strength training		
12	The importance of regular exercise for the skeletal system and preventing muscle and bone loss: Osteoporosis, sarcopenia		
13	Chronic diseases and the role of regular exercise in preventing them: Type 2 Diabetes and other metabolic disorders/Obesity		
14	Exercise prescription/Energy expenditure: Creating a daily exercise plan/Personal exercise program/Goal setting/ Lifetime fitness plan / Sustainable habits for the future.		
15	Situations in which exercise may pose a risk and risk assessment / General principles of exercise programming and case examples		

**Contribution of the
Course to Program
Outcomes**

- 1 Develops awareness of a sedentary lifestyle
- 2 Recognizes the health problems and diseases caused by a sedentary lifestyle
- 3 Gains knowledge of the concepts of physical activity and exercise, including the type, intensity, and frequency of exercise
- 4 Understands the role of regular exercise in disease prevention
- 5 Develops the skill to create an exercise prescription/program
- 6 Develops the skill to identify what to consider when engaging in regular exercise
- 7 Understands the basic principles of exercise prescriptions recommended for all age groups