

BALIKESİR UNIVERSITY
FACULTY OF SPORTS SCIENCES
UNIVERSITY ELECTIVE COURSE DESCRIPTION FORM

Department / Department	Coaching Education		
Course Title	Physical Fitness and Quality of Life		
Semester of the Course	Vinter	Spring	X
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 aim of this course is to help students understand the importance of maintaining physical activity and exercise throughout their lives, and to raise their awareness of the importance of adopting healthy lifestyle habits and improving their quality of life.		
Course Content	• Concepts of physical fitness, physical activity, and exercise, including the type, intensity, and frequency of exercise • Health issues and diseases caused by a sedentary lifestyle • 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? • What are the exercise, nutrition, and behavioral strategies aimed at improving healthy lifestyle habits and quality of life?		
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 · (2006). Fiziksel Uygunluk. Nobel Akademik Yayıncılık · 3. David Costill L, Jack Wilmore H, Larry Kenne W. (2006). Spor ve Egzersiz Fizyolojisi. Spor Yayınevi 4. Fox, E.L., Bowers RW, Foss ML. (1999). Beden eğitimi ve sporun fizyolojik temelleri, Bağırçan Yayınevi, Ankara. 5. Ayda Karaca. (2017). Fiziksel Aktivite Değerlendirme Yöntemleri. Spor Yayınevi.		
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: 1. Sedentary lifestyle 2. Health problems and diseases caused by a sedentary lifestyle 3. Concepts of physical activity and exercise, including type, intensity, and frequency 4. How regular exercise plays a role in disease prevention 5. How is an exercise prescription/program developed? 6. What precautions should be taken when engaging in regular exercise? 7. What are the basic principles of exercise prescriptions and programming recommended for each age group?				
Course Subjects						
Week Subject	Preliminary			Preparation	Documents	
1	Basic terms: Physical fitness / Exercise, Sports, Types of exercise, duration, and intensity					
2	Components of physical fitness					
3	Health problems caused by physical inactivity (Women and Men)					
4	The Effect of Age on Health Problems Caused by Physical Inactivity (Women and Men)					
5	Nutrition and energy balance					
6	Components of physical activity for a healthy lifestyle: Body composition / 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 Exercise / Lifelong Sports / Developing an Active Lifestyle					
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					
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. The ability to understand the concepts of physical fitness, physical activity, and exercise, as well as the type, intensity, and frequency of exercise
2. Understanding the health problems and diseases caused by a sedentary lifestyle
3. Learning the role of regular exercise in disease prevention
4. The ability to learn how to create an exercise prescription/program
5. Gaining awareness of what to consider when engaging in regular exercise
6. Understanding the basic principles of exercise prescriptions and programming recommended for all age groups
7. Understanding exercise, nutrition, and behavioral strategies aimed at promoting healthy lifestyle habits and improving quality of life

Assignments and Projects

- Developing a personal exercise program
- Keeping a physical activity log
- Quality of life analysis report