|  |  |
| --- | --- |
| **COURSE DESCRIPTION FORM** | |
| **Course Code and Name** | **ANT 211 EXERCISE PHYSIOLOGY** |
| **Course Semester** | 3rd Semester |
| **Catalog Content** | Functions of cell, tissue, organ and systems in human body.Short and long term coherence against to physical effort in human organism, energy resources physiologic fundementals of training, fatigue, recovery, climatization of organism against different environment, performance measuerement |
| **Textbook** | **-** M. Günay, K. Tamer, I. Cicioğlu : Spor Fizyolojisi ve Performans Ölçümü, Gazi Büro Kitabevi, Ankara, 2005,   * E.L. Fox, R.W. Bowers, M.L. Foss : The Physiological Basis Of Physical Education and Athletics, Saunders College Publ.Com., New York 1988. |
| **Supplementary Textbooks** | - MacDougal J. Duncan, Wenger Howard A., Howard J. Green : Physiological Testing of High-Performance Athlete. Human Kinetics Books, Champaign, Illionis 1990  Astrand, P.O., Rodahl, K. : Textbook of Work Physiology : Physiological Bases of Exercise Mc Graw Hill Book Company 1986 |
| **Credit** | 3 |
| **Prerequisites of the Course**  **( Attendance Requirements)** | Prerequisite with SYB 109 Human Anatomy.  Attendance Required |
| **Type of the Course** | Compulsory |
| **Instruction Language** | Turkish |
| **Course Objectives** | Aim of the course is to get the fundamentals knowledge and ability related to exercise and sport physiology |
| **Course Learning Outcomes** | 1. Know the functions of human organism and coherence to exercise 2. Know the relationship between exercise and body systems. 3. Define the energy resources and its relation with exercise 4. Understand the physiological dimensions of exercise & sport in different environment |
| **Instruction Methods** | Formal learning |
| **Weekly Schedule** | 1. Definition of course, introduction to physiology science 2. Cell, tissue and systems, energy metabolism 3. Aerobic and anaerobic systems during resting and training (Exercise) 4. Muscles and exercise, muscle types, structure of the skeletal muscles 5. Nervous system and exercise & sport 6. Respiratory system and exercise & sport 7. Midterm exam 8. Gas transfer in blood 9. Circulatory system and exercise & sport 10. Blood and circulation 11. Hormonal system and exercise & sport 12. Exercise and sport in different environment 13. Exercise and sport in different environment 14. Hot- cold and exercise & sport 15. Review |
| **Teaching and Learning Methods**  *(These are examples. Please fill which activities you use in the course)* | Weekly theoretical course hours  Weekly applied course hours  Preparation of Midterm and Midterm Exam  Final Exam and Preparation for Final Exam |
| **Assessment Criteria** | |  |  |  | | --- | --- | --- | |  | **Numbers** | **Total Contribution (%)** | | Midterm Exams | 1 | 50 | | Assignment |  |  | | Application |  |  | | Projects |  |  | | Practice |  |  | | Quiz |  |  | | Percent of In-term Studies (%) |  |  | | Percentage of Final Exam to Total Score (%) | 1 | 50 | | Attendance | 1 | 50 | |
| **Workload** | |  |  |  |  | | --- | --- | --- | --- | | **Activity** | **Total Number of Weeks** | **Duration (weekly hour)** | **Total Period Work Load** | | Weekly Theoretical Course Hours | 14 | 2 | 28 | | Weekly Tutorial Hours |  |  |  | | Reading Tasks | 14 | 2 | 28 | | Studies |  |  |  | | Material Design and Implementation |  |  |  | | Report Preparing |  |  |  | | Preparing a Presentation |  |  |  | | Presentations |  |  |  | | Midterm Exam and Preparation for Midterm Exam | 2 | 4 | 8 | | Final Exam and Preparation for Final Exam | 3 | 4 | 12 | | Other ( should be emphasized) |  |  |  | | Total Workload |  |  | 76 | | Total Workload / 25 |  |  | 3,04 | | Course Credit (ECTS) |  |  | **3** | |
| **Contribution Level Between Course Learning Outcomes and Program Outcomes** | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | No | Program Outcomes | 1 | 2 | 3 | 4 | 5 | | 1 | CO1 | x |  |  |  |  | | 2 | CO2 | x |  |  |  |  | | 3 | CO3 | x |  |  |  |  | | 4 | CO4 |  | x |  |  |  | | 5 | CO5 |  | x |  |  |  | | 6 | CO6 | x |  |  |  |  | | 7 | CO7 |  | X |  |  |  | | 8 | CO8 |  |  | x |  |  | | 9 | C09 | x |  |  |  |  | | 10 | CO10 | x |  |  |  |  | | 11 | CO11 |  |  |  | x |  | | 12 | CO12 |  | x |  |  |  | | 13 | CO13 |  |  | x |  |  | | 14 | CO14 | x |  |  |  |  | | 15 | CO15 |  |  |  |  | x | | 16 | CO16 |  | x |  |  |  | | 17 | CO17 |  | x |  |  |  | | 18 | CO18 |  | x |  |  |  | | 19 | CO19 |  |  | x |  |  | | 20 | CO20 |  | x |  |  |  | | 21 | CO21 |  |  |  | x |  | | 22 | CO22 |  |  | x |  |  | |
| **The Course’s Lecturer(s) and Contact Informations** | Faculty Members |