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| **COURSE DESCRIPTION FORM** | |
| **Course Code and Name** | **ANT 118 HEALTH AND FIRST AID** |
| **Course Semester** | 2nd Semester |
| **Catalog Content** | Importance of being healthy in terms of both personal and social ways, the factors affecting health, Preventive health services, prevention and infections of diseases, knowing the infective diseases and prevention ways from them, basic principles and importance of First Aid, First Aid equipments, carrying ways of injured people, bleedings and injuries, and prevention ways from poisoning. |
| **Textbook** | BAĞRIAÇIK A.,AÇAK M.,Spor Sakatllıkları ve Rehabilitasyon 2.Baskı Malatya |
| **Supplementary Textbooks** | BEYAZOVA, U., Kavukluoğlu, Ö., Öğretmenler için Sağlık Bilgisi El Kitabı,l986 GRIFIITH W. H., “Spor SakatlıklarıRehperi” 2000-2001 ZORBA, E., KARTAl, R., Sağlık Için Egzersiz, Gen matbaası, Ankara, l996 www.Spor Bilim.com |
| **Credit** | 4 |
| **Prerequisites of the Course**  **(Attendance Requirements)** | Attendance Required |
| **Type of the Course** | Compulsory |
| **Instruction Language** | Turkish |
| **Course Objectives** | Aim of the course is to give information about effects of health on individuals’ life qualities and the society, the factors affecting our health, healthy life, precaution from infectionary and fatal diseases, comprehension of special information directed for the health of the athletes and creating health consciousness, following the current progress concerning health, performing body care, the principles to be paid attention for the health of the athletes, precaution ways from fatal diseases and accidents, the rules and techniques of First Aid. |
| **Course Learning Outcomes** | 1-The students describe the subjects as Health, Preventive medicine, First Aid, diseases, etc.  2-They explain the subjects concerning Health and First Aid.  3-They apply the subjects concerning Health and First Aid.  4-They diagnose and find solutions for conditions concerning Health and First Aid  5-They learn theoretical and applied information concerning the health problems that occur in Physical Education and Sports, and the precautions from diseases and accidents.  6-They know the human body.  7-They perform training and applications on health of athletes and spectators. |
| **Instruction Methods** | Formal learning |
| **Weekly Schedule** | 1. Definition and importance of Health and Diseases 2. Introduction to human body 3. Metabolism and our health 4. Metabolism and our health 5. Importance of Health controls of athletes 6. Threats of False Training periodization on athletes’ health 7. Nutrition and its effects on our health 8. Effects of addicting on our health 9. Mid-term exam 10. The most observed injury areas as to the sport branches 11. First Aid applications 12. Artificial respiration 13. First Aid in Bleedings 14. First Aid in Injuries 15. Evaluation |
| **Teaching and Learning Methods** | Weekly theoretical course hours  Weekly Tutorial Hours  Reading Activities  Internet browsing, library work  Report preparing  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 (%) | 1 | 50 | | Percentage of Final Exam to Total Score (%) | 1 | 50 | | Attendance |  |  | |
| **Workload** | |  |  |  |  | | --- | --- | --- | --- | | **Activity** | **Total Number of Weeks** | **Duration (weekly hour)** | **Total Period Work Load** | | Weekly Theoretical Course Hours | 14 | 2 | 28 | | Weekly Tutorial Hours | 14 | 1 | 14 | | Reading Tasks | 12 | 1 | 12 | | Studies | 12 | 1 | 12 | | Material Design and Implementation |  |  |  | | Report Preparing | 10 | 1 | 10 | | Preparing a Presentation |  |  |  | | Presentations |  |  |  | | Midterm Exam and Preparation for Midterm Exam | 2 | 2 | 4 | | Final Exam and Preparation for Final Exam | 2 | 5 | 10 | | Other (should be emphasized) |  |  |  | | Total Workload |  |  | 94 | | Total Workload / 25 |  |  | 3.76 | | Course Credit (ECTS) |  |  | 4 | |
| **Contribution Level Between Course Learning Outcomes and Program Outcomes** | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | No | Program Outcomes | 1 | 2 | 3 | 4 | 5 | | 1 | CO 1 |  | X |  |  |  | | 2 | CO 2 |  | X |  |  |  | | 3 | CO 3 | X |  |  |  |  | | 4 | CO 4 |  | X |  |  |  | | 5 | CO 5 |  | X |  |  |  | | 6 | CO 6 |  | X |  |  |  | | 7 | CO 7 |  | X |  |  |  | | 8 | CO 8 |  | X |  |  |  | | 9 | CO 9 |  | X |  |  |  | | 10 | CO 10 |  |  |  |  | X | | 11 | CO 11 | X |  |  |  |  | | 12 | CO 12 | X |  |  |  |  | | 13 | CO 13 |  | X |  |  |  | | 14 | CO 14 |  | X |  |  |  | | 15 | CO 15 |  | X |  |  |  | | 16 | CO 16 |  | X |  |  |  | | 17 | CO 17 |  | X |  |  |  | | 18 | CO 18 |  | X |  |  |  | | 19 | CO 19 |  | X |  |  |  | | 20 | CO 20 | X |  |  |  |  | | 21 | CO 21 | X |  |  |  |  | | 22 | CO 22 |  | X |  |  |  | |
| **The Course’s Lecturer(s) and Contact Informations** | Faculty Members |