

Course Name	Course Code	semester	T + P	Credit	ECTS
Physical education		1	2+0	2	2

Prerequisite Courses	None
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Language of Course	Turkish
Course class	Elective
Coordinator of Course	
Instructor	
Course Assistant	
Objective of Course	To understand the benefits of physical education and sports to people from health and social aspects, to adopt healthy living principles and to inform about sports games.
Course Learning Output	Students who have successfully completed this course: <ul style="list-style-type: none"> • Learn the basic concepts of Physical Education and Sports and adopt the health and social benefits. • Knowledge about sportive concepts. • Will have knowledge about sportive games. • Learn first aid and rehabilitation rules.
Course Contents	Sports terms, physiological, psychological and social effects of sports on the human body, sports branches, first aid rules and simple applications and nutrition issues will be discussed.

Weeks	Topics
1	Definition and History of Physical Education and Sports
2	Physiological effects of physical education and sport
3	Psychological aspects of physical education and sport
4	Sociological aspects of physical education and sport
5	Sportive concepts
6	warming Sports
7	Athletics game rules and olympics
8	MIDTERM
9	Basketball game rules
10	Handball game rules
11	Volleyball game rules
12	Sports and injuries
13	First aid and rehabilitation in Sports
14	Sports Nutrition
15	FINAL EXAM

General Sufficiency
Physical education and sports perspective and changes in readiness. Accelerate physical activities and limit the periods of using technological objects. Having knowledge about sporting and culturally sportive games in a conscious and correct way, Ability to apply simple first aid rules. Learn the right nutritional principles and pass the activity.
References
<ul style="list-style-type: none">• Booklet that jointly prepared by BESYO lecturers
Assessment
Midterm exam: 40%, Final exam: 60%; Project or homework evaluations can be made at the beginning of the semester.