Management Information Systems			
Bachelor	TR-NQF-HE: Level 6	QF-EHEA: First Cycle	EQF-LLL: Level 6

Course Introduction and Application Information

Course Code:	UNI289
Course Name:	Medicine & Sports
Semester:	Fall
Course Credits:	ECTS
	5
Language of instruction:	Turkish
Course Condition:	
Does the Course Require Work Experience?:	No
Type of course:	University Elective
Course Level:	Bachelor / TR-NQF-HE:6. Master`s Degree / QF-EHEA:First Cycle / EQF-LLL:6. Master`s Degree
Mode of Delivery:	E-Learning
Course Coordinator:	Prof. Dr. AYDIN ÖZBEK
Course Lecturer(s):	Prof.Dr. Aydın Özbek
Course Assistants:	

For the Course Level row, the sub-table:

Bachelor	TR-NQF-HE:6. Master`s Degree	QF-EHEA:First Cycle	EQF-LLL:6. Master`s Degree

Course Objective and Content

Course Objectives:	Teaching the effects of regular and adequate exercise on the human organism
Course Content:	Definition of sport and its universal qualities
	The relationship between sport and old age
	The relationship between sports and metabolism
	Metabolic importance of muscles

Effects of sports on the immune system

Sports and energy metabolism

Relationship between sport and some biomolecules

Sports and cancer

Sports and chronic diseases

Sports and antioxidant-free radical relationship

Athlete's heart (effects of sport on mental and social personality)

Multidisciplinary feature of sports (related disciplines)

Athlete injuries and sports injuries; medical approaches

Sports ethics and philosophy

Learning Outcomes

The students who have succeeded in this course;

1) Learning the concepts of regular, appropriate and sufficient exercise, Understanding the inverse correlation between aging and exercise, Understanding the metabolic importance of muscles for the human body, Understanding the importance of regular exercise in the prevention of chronic diseases, Understanding the important positive effects of regular exercise on human psychology, Understanding the importance of regular exercise in the prevention of cancer

Course Flow Plan

Week	Subject	Related Preparation
1)	Introduction to sports and medicine	none
2)	The relationship between sport and old age	none
3)	Sports and antioxidant-free radical relationship	none
4)	Metabolic importance of muscles	none
5)	Effects of sports on the immune system	none
6)	The effect of sports on cognitive status and cognitive diseases	none
7)	midterm exam	none
8)	Sports and cancer	none
9)	The effect of sports on cardiovascular health and diseases	none
10)	The relationship between sports and metabolism	none
11)	Sports and chronic diseases	none
12)	Athlete injuries and sports injuries; medical approaches	none

13)	Sports ethics and philosophy	none
14)	Athlete personality (effects of sport on mental and social personality)	none
15)	Relationship between sport and some biomolecules	none
16)	final exam	none

Sources

Course Notes / Textbooks:	Prof.Dr. Aydın Özbek. Gençlik Çeşmesi. Ozan Yayıncılık Ltd.2020
References:	Prof.Dr. Aydın Özbek. Gençlik Çeşmesi. Ozan Yayıncılık Ltd.2020

Course - Program Learning Outcome Relationship

Course Learning Outcomes	1
Program Outcomes	
1) It has a wide range of interdisciplinary approaches to management information systems, primarily business and computer engineering.	
2) Comprehends the management information systems in terms of technical, organizational and managerial aspects and uses the current programming language by knowing the logic of programming.	
3) Uses different information technologies and systems for understanding and solving various business problems.	
4) Interpret the data, concepts and ideas in the field of management information systems with scientific and technological methods.	
5) Analyze the needs for an information system and analyze the processes of analysis, design and implementation of the database.	
6) Gains technical and managerial contributions to IT projects and takes responsibility.	
7) Solve complex business and informatics problems by using various statistical techniques and numerical methods and make analyzes using statistical programs effectively.	
8) Uses a foreign language at the B1 General Level in terms of European Language Portfolio criteria according to the level of education.	
9) Develops teamwork, negotiation, leadership and entrepreneurship skills.	
10) Has universal ethical values, social responsibility awareness and sufficient legal knowledge.	
11) Develops positive attitudes related to lifelong learning and identifies individual learning needs and carries out studies to correct them.	

Course Learning Outcomes	
12) Students will be able to communicate their ideas and solutions both written and orally, and present and publish them on both national and international platforms.	1
13) It uses information and communication technologies together with computer software at the advanced level of European Computer Driving License required by the field.	

Course - Learning Outcome Relationship

No Effect	1 Lowest	2 Average	3 Highest

	Program Outcomes	Level of Contribution
1)	It has a wide range of interdisciplinary approaches to management information systems, primarily business and computer engineering.	3
2)	Comprehends the management information systems in terms of technical, organizational and managerial aspects and uses the current programming language by knowing the logic of programming.	3
3)	Uses different information technologies and systems for understanding and solving various business problems.	3
4)	Interpret the data, concepts and ideas in the field of management information systems with scientific and technological methods.	3
5)	Analyze the needs for an information system and analyze the processes of analysis, design and implementation of the database.	3
6)	Gains technical and managerial contributions to IT projects and takes responsibility.	3
7)	Solve complex business and informatics problems by using various statistical techniques and numerical methods and make analyzes using statistical programs effectively.	3
8)	Uses a foreign language at the B1 General Level in terms of European Language Portfolio criteria according to the level of education.	3
9)	Develops teamwork, negotiation, leadership and entrepreneurship skills.	3
10)	Has universal ethical values, social responsibility awareness and sufficient legal knowledge.	3
11)	Develops positive attitudes related to lifelong learning and identifies individual learning needs and carries out studies to correct them.	3

12)	Students will be able to communicate their ideas and solutions both written and orally, and present and publish them on both national and international platforms.		3
13)	It uses information and communication technologies together with computer software at the advanced level of European Computer Driving License required by the field.		3

Assessment & Grading

Semester Requirements	Number of Activities	Level of Contribution
Midterms	1	% 40
Final	1	% 60
Bütünleme Pratik	1	% 0
total		**% 100**
PERCENTAGE OF SEMESTER WORK		% 40
PERCENTAGE OF FINAL WORK		% 60
total		**% 100**

Workload and ECTS Credit Calculation

Activities	Number of Activities	Preparation for the Activity	Spent for the Activity Itself	Completing the Activity Requirements	Workload
Course Hours	14	7	1	1	126
Midterms	1	2	2	1	5
Final	1	2	2	1	5
Total Workload					**136**