| 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 E          | lective                         |                            |                               |
| Course Level:                             | Bachelor              | TR-NQF-HE:6.<br>Master`s Degree | QF-<br>EHEA:First<br>Cycle | EQF-LLL:6.<br>Master`s Degree |
| Made of Delivery                          | Eloproing             |                                 |                            |                               |
| Mode of Delivery.                         | E-Learning            |                                 |                            |                               |
| Course Coordinator:                       | Prof. Dr. AYDIN ÖZBEK |                                 |                            |                               |
| Course Lecturer(s):                       | Prof.Dr. Aydın Özbek  |                                 |                            |                               |
| Course Assistants:                        |                       |                                 |                            |                               |

# 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<br>The relationship between sport and old age<br>The relationship between sports and metabolism<br>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.

| C2)LBackleearmiill @ abbom communicate their ideas and solutions both written and orally, and present  | 1 |
|--|---|
| and publish them on both national and international platforms.   |   |
| 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<br>Contribution  |
|--|---|
| It has a wide range of interdisciplinary approaches to management information systems, primarily business and computer engineering.  | 3   |
| Comprehends the management information systems in terms of technical, organizational<br>and managerial aspects and uses the current programming language by knowing the logic<br>of programming. | 3   |
| Uses different information technologies and systems for understanding and solving various business problems.   | 3   |
| Interpret the data, concepts and ideas in the field of management information systems with scientific and technological methods.   | 3   |
| Analyze the needs for an information system and analyze the processes of analysis, design and implementation of the database.  | 3   |
| Gains technical and managerial contributions to IT projects and takes responsibility.  | 3   |
| Solve complex business and informatics problems by using various statistical techniques<br>and numerical methods and make analyzes using statistical programs effectively.                       | 3   |
| Uses a foreign language at the B1 General Level in terms of European Language Portfolio criteria according to the level of education.  | 3   |
| Develops teamwork, negotiation, leadership and entrepreneurship skills.  | 3   |
| Has universal ethical values, social responsibility awareness and sufficient legal knowledge.  | 3   |
| Develops positive attitudes related to lifelong learning and identifies individual learning needs and carries out studies to correct them.   | 3   |
|  | Program OutcomesIt has a wide range of interdisciplinary approaches to management information systems,<br>primarily business and computer engineering.Comprehends the management information systems in terms of technical, organizational<br>and managerial aspects and uses the current programming language by knowing the logic<br>of programming.Uses different information technologies and systems for understanding and solving<br>various business problems.Interpret the data, concepts and ideas in the field of management information systems<br>with scientific and technological methods.Analyze the needs for an information system and analyze the processes of analysis,<br>design and implementation of the database.Gains technical and managerial contributions to IT projects and takes responsibility.Solve complex business and informatics problems by using various statistical techniques<br>and numerical methods and make analyzes using statistical programs effectively.Uses a foreign language at the B1 General Level in terms of European Language Portfolio<br>criteria according to the level of education.Develops teamwork, negotiation, leadership and entrepreneurship skills.Has universal ethical values, social responsibility awareness and sufficient legal<br>knowledge.Develops positive attitudes related to lifelong learning and identifies individual learning<br>needs and carries out studies to correct them. |

| 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<br>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<br>Activities | Preparation for the Activity | Spent for the<br>Activity Itself | Completing the Activity<br>Requirements | Workload |
|-----------------|-------------------------|------------------------------|----------------------------------|---|----------|
| Course<br>Hours | 14                      | 7                            | 1                                | 1                                       | 126      |
| Midterms        | 1                       | 2                            | 2                                | 1                                       | 5        |
| Final           | 1                       | 2                            | 2                                | 1                                       | 5        |
| Total Workload  |                         |                              |                                  |   |          |