

TRAINING EDUCATION II

1	Course Title:	TRAINING EDUCATION II
2	Course Code:	AEB2008
3	Type of Course:	Compulsory
4	Level of Course:	First Cycle
5	Year of Study:	2
6	Semester:	4
7	ECTS Credits Allocated:	5.00
8	Theoretical (hour/week):	2.00
9	Practice (hour/week):	2.00
10	Laboratory (hour/week):	0
11	Prerequisites:	none
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Dr. Öğr. Üyesi Tonguç VARDAR
15	Course Lecturers:	Dr.Öğretim Üyesi Tonguç VARDAR
16	Contact information of the Course Coordinator:	(tongucvardar@uludag.edu.tr)
17	Website:	
18	Objective of the Course:	Objectives of this course are to ensure the students to get knowledge about educational games that they should use in their lessons during their
19	Contribution of the Course to Professional Development:	
20	Learning Outcomes:	
	1	To be able to explain and comprehend the factors affecting the efficiency of basic motor properties
	2	To be able to learn, comprehend and apply field tests of basic motor properties.
	3	To be able to comprehend and apply the principles of basic motor training. FORCE.
	4	To be able to comprehend and apply the training loading principles of basic motor features. DURABILITY.
	5	To be able to comprehend and apply the training loading principles of basic motor features. FACE.
	6	To be able to comprehend and apply the training loading principles of basic motor features. MOBILITY.
	7	To be able to comprehend and apply training loading principles of basic motor features. SKILL-COORDINATION.
	8	To be able to practice learning the symptoms of overtraining and ways of coping.
	9	Training planning and periodization.
	10	Training planning and periodization.

21	Course Content:			
	Course Content:			
Week	Theoretical	Practice		
1	Introduction of the course, method of operation rules; Definition of force, classification and factors affecting force.	Maximal force taking		
2	Adaptation to strength training; Strength training systems	Presentation or application of lower extremity exercises in strength training		
3	Types of strength training; Load training parameters	Upper extremity and trunk exercises		
4	Strength training load parameters: Types of strength training and development stages (Anatomical Adaptation)	Anatomical Adaptation strength training application		
5	Types of strength training and development stages (Maximal force)	Maximal force strength training application		
6	Types of strength training and development stages (Quick-explosive force)	Quick-explosive strength training		
7	Types of strength training and development stages (strength continuity): Planning and periodization of strength training	Continuous strength training practice		
8	Tests in sports, measurement of motoric	Strength training application		
Activites		Number	Duration (hour)	Total Work Load (hour)
10	Theoretical	14	1.00	14.00
	Practicals/Labs	14	2.00	28.00
	Self study and preparation	4	6.00	24.00
	Homeworks	1	20.00	20.00
	Projects	0	0.00	0.00
	Field Studies	0	0.00	0.00
	Midterms	1	2.00	2.00
	Others	0	0.00	0.00
13	Final Exams	1	2.00	2.00
Total Work Load				92.00
Total work load/ 30 hr.				3.00
14	ECTS Credit of the Course			5.00
	program development (micro planning); Periodic and annual training program development (macro planning)			
22	Textbooks, References and/or Other Materials:	Vladimir Issurin (2008), “Principles and Basics of Advanced Athletic Training”, published by UAC, Michigan USA, Yardımcı Kitaplar: Baechle, T.R., Earle, R.W. (2008), Essentials of Strength Training and Conditioning, Human Kinetics, USA Aaberg, E. (2006), Muscle Mechanics, Human Kinetics, USA Tudor O. Bomp (2007), “Antrenman Kuramı ve Yöntemi-Dönemleme”, Spor Yayınevi ve Kitapevi, Ankara Sedat Muratlı, Gülşah Şahin, Osman Kalyoncu (2005), “Antrenman ve Müsabaka”, Yaylın Yayıncılık, İstanbul		
23	Assesment			
TERM LEARNING ACTIVITIES		NUMBE R	WEIGHT	

Midterm Exam	1	20.00
Quiz	0	0.00
Home work-project	1	20.00
Final Exam	1	60.00
Total	3	100.00
Contribution of Term (Year) Learning Activities to Success Grade	40.00	
Contribution of Final Exam to Success Grade	60.00	
Total	100.00	
Measurement and Evaluation Techniques Used in the Course		
24	ECTS / WORK LOAD TABLE	

25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	PQ14	PQ15	PQ16
ÖK1	5	5	0	0	0	0	4	2	5	0	0	0	0	0	0	0
ÖK2	0	3	5	3	0	1	0	4	0	0	0	0	0	0	0	0
ÖK3	0	0	5	1	5	3	2	4	0	0	0	0	0	0	0	0
ÖK4	5	4	0	5	0	0	5	0	2	0	0	0	0	0	0	0
ÖK5	5	1	3	2	1	0	0	0	5	0	0	0	0	0	0	0
ÖK6	0	5	1	1	0	5	1	3	0	0	0	0	0	0	0	0
ÖK7	0	2	0	0	5	5	1	1	0	0	0	0	0	0	0	0
ÖK8	2	1	0	0	0	5	0	0	4	0	0	0	0	0	0	0
ÖK9	4	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK10	0	0	0	0	0	0	0	0	0	3	0	0	0	0	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low		2 low		3 Medium		4 High		5 Very High							