	DEFENSE SPORTS										
1	Course Title:	DEFENS	SE SPORTS								
2	Course Code:	AE009									
3	Type of Course:	Optional									
4	Level of Course:	First Cyc	le								
5	Year of Study:	2									
6	Semester:	3									
7	ECTS Credits Allocated:	4.00									
8	Theoretical (hour/week):	2.00									
9	Practice (hour/week):	0.00									
10	Laboratory (hour/week):	0									
11	Prerequisites:										
12	Language:	Turkish									
13	Mode of Delivery:	Face to f	ace								
14	Course Coordinator:	Prof. Dr.	Ramiz Arabacı								
15	Course Lecturers:										
16	Contact information of the Course Coordinator:	tel: 0224 Bursa Ul	⊉uludag.edu.tr, 2940685 udağ Üniversitesi, Spor Bilimleri Fakültesi, Beden Eğitimi Öğretmenliği Bölümü, PK: 16059, Görükle Kampüsü, Bursa								
17	Website:	http://bilgipaketi.uludag.edu.tr/Programlar/Detay/350?AyID=26									
18	Objective of the Course:	Practical	techniques to teach students as close to the defense.								
19	Contribution of the Course to Professional Development:										
20	Learning Outcomes:										
		1	Learning techniques of hand strokes with.								
		2	Learning techniques of food strokes with								
		3	Stroke techniques, the principles of learning								
		4	Learning the principle defense								
		5	Learn about the defense sports								
		6	Close the learning techniques of defense								
		7									
		8									
		9									
		10									
21	Course Content:										
10.	<b>T</b>	Co	urse Content:								
	Theoretical		Practice								
1	Course description and explain	:41-									
2	Learning techniques of hand strokes										
3	Learning techniques of hand strokes										
4	Learning techniques of hand strokes										
5	Learning techniques of hand strokes	with.									

<b>6</b> L	_earning	techn	iques	of ha	nd stro	kes w	ith.											
7	Learning techniques of hand strokes with.																	
8	Mid-term Evaluation																	
9	_earning	techn	iques	of foc	d strok	es wi	th											
<b>10</b>	_earning	techn	iques	of foc	d strok	ces wi	th											
11	_earning	techn	iques	of foc	d strok	ces wi	th											
12 l	_earning	techn	iques	of foc	d strok	ces wi	th											
			•															
	Learning techniques of food strokes with  Learning techniques of food strokes with																	
		, 100					•••											
	Materials:								1. Charles I. Staley. The science of Martial Arts Training, Unique Publications; 2nd ed. Edition, 2000.  2. Kancho Joko Ninomiya. Karate in the Inner Circle. Frog, Ltd. Berkeley, California, http://www.enryo.ro/carti/Sabaki%20Method%20-%20 Enshin%20Karate.pdf  3. Mantak Chia. Irob Shirt Chi Kung I, Edited by Judith Stein, Mantak and Maneewan Chia, Thailan, 1986. http://avalonlibrary.net/ebooks/Mantak%20Chia%20-%20 Iron%20Shirt%20Chi%20Kung%20I.pdf  4. Haluk Öner. Karate - Do Kumite - Karate'nin Dövüş Sırları. 2017Taylor, S.J. &Bogdan, R. (1998). Introduction to qualitative research methods. Third Edition. New York: John WileyandSons.									
Activites							Numb	er		Dura	Duration (hour)			Total Work Load (hour)				
wildterrit Theoreti	<del>Exam</del>					Ţ,		ZV,	20,00						28 00			
Practica						Δ			0						0.00			
	ork-proj ly and p	ropora	tion						iO			2.00			20.00			
Cinal Cv	<del>in i</del>	<del>repere</del>	ILIOH -			1			1						30.00			
Total Projects	neworks									100.00					0.00			
Cantriba	Aribution of Torre (Mary Learning Activities to									12					36.00			
	eld Studies											3.00			1.00			
Contribu										60'00					0.00			
Others	iers									100.00					1.00			
• •	Final Exams									1.00 1.00								
Total Work Load / 20 hr									3.87									
Total whele 1861/3WORK LOAD TABLE								4.00										
ECTS Credit of the Course																		
25			CON	TRIE	BUTIO	N OI				ATIO		S TO I	PROC	SRAM	ME			
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ1 0	PQ11	PQ12	PQ1 3	PQ14	PQ15	PQ16		
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ÖK2	0	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0		
ÖK3	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
ÖK4	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0		

ÖK5	0	0	0	0	0	0	0	0	0	0	0	0	4	0	0	0
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