

## SWIMMING

<b>1</b>	Course Title:	SWIMMING
<b>2</b>	Course Code:	AEB1002
<b>3</b>	Type of Course:	Compulsory
<b>4</b>	Level of Course:	First Cycle
<b>5</b>	Year of Study:	1
<b>6</b>	Semester:	2
<b>7</b>	ECTS Credits Allocated:	4.00
<b>8</b>	Theoretical (hour/week):	1.00
<b>9</b>	Practice (hour/week):	2.00
<b>10</b>	Laboratory (hour/week):	0
<b>11</b>	Prerequisites:	no
<b>12</b>	Language:	Turkish
<b>13</b>	Mode of Delivery:	Face to face
<b>14</b>	Course Coordinator:	Prof. Dr. Şenay Şahin
<b>15</b>	Course Lecturers:	
<b>16</b>	Contact information of the Course Coordinator:	Prof. Dr. Şenay ŞAHİN sksahin@uludag.edu.tr
<b>17</b>	Website:	
<b>18</b>	Objective of the Course:	Description. History. Basic preparatory work, (to remain superior to the water, breathing, leg kick, arm pull, scissor, etc.).. Freestyle, backstroke, breaststroke, butterfly swimming, jumping and rules. Swimming stillerini basamaklamalarıyla learning to learn. Swimming teaching skills and knowledge to win.
<b>19</b>	Contribution of the Course to Professional Development:	learns and teaches to perform basic technical teaching of swimming
<b>20</b>	Learning Outcomes:	
	<b>1</b>	Knows the definition of a swim, make statements about the history.
	<b>2</b>	Knows the rules of swimming competition.
	<b>3</b>	Implements the basic technical skills of swimming.
	<b>4</b>	Moments of tactical applications and interpretations of swimming.
	<b>5</b>	Swimming exercises to improve coordination.
	<b>6</b>	Swimming heating and cooling applications knows.
	<b>7</b>	Uses Coaching skills.
	<b>8</b>	Psycho-social development of students' basic knowledge and skills to effectively use the swimming.
	<b>9</b>	Teach swimming techniques.

	10	Pets can teach tactics.
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Activites	Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	1.00	14.00
Practicals/Labs	14	2.00	28.00
Self study and preperation	2	10.00	20.00
Homeworks	2	10.00	20.00
Projects	1	10.00	10.00
24 Course Content:			
Field Studies	0	0.00	0.00
Midterm exams	1	20.00	20.00
Week Theoretical			
Others	0	0.00	0.00
1 Final Exams	1	2.00	2.00
Total Work Load			134.00
2 Total work load/ 30 hr			3.80
3 ECTS Credit of the Course			4.00
4	instructions for teachers and coaches.	Swimming physiology: Swimming exercise training effects to the human body	
4	Swimming training work organization.	The pool usage.	
5	auxiliary materials used in Swimming.	The style of free education.	
6	The style of technical analysis of the free.	Swimming lessons security and assistance.	
7	The style's the return of free technical analysis and its applications.	Visual education.	
8	Coordination studies and theoretical free-style visa	Coordination studies and theoretical	
9	The style's the return of free technical analysis and its applications.	Free-style co-ordination work and visa application.	
10	The style's the return of free technical analysis and its applications.	Swimmers, coaches, parents evaluate the relationship.	

11	Training concept and the general classification of a swimming workout. Logic sporty workout.	example of training
12	Technical analysis of style of your back.	Studies in swimming ashore, and warming.
13	Learning style of the steps on your back.	Learning style of the steps on your back. Video of visual education.
14	Learning style of the steps on your back.	Sırtüstü sitili öğrenim adımları. Sırtüstü yüzme uygulamaları.

22	Textbooks, References and/or Other Materials:	<ol style="list-style-type: none"> <li>1. AÇIKADA, C. ,ERGEN,E.: “Bilim ve Spor”, Büro-tek Ofset Matbaacılık, Ankara, 1990.</li> <li>2. Whitten, P.: the complete book of swimming, New York, 1994.</li> <li>3. Maglisco Ernest.W. Swimming Even Faster, Arizona State University, 1993.</li> <li>4. Alpar Reha Yüzme ve su topu antrenmanlarının temelleri,</li> <li>5. Maria Olaru.Sportif yüzme, bağırhan yayınevi , Ankara , 1998</li> <li>6. Yüzme federasyonu yayınları, 1997, İSTANBUL.</li> <li>7. Yüzme teknik dergileri, Hacettepe Üniversitesi yayınları, ANKARA.</li> <li>8. Maria Olaru, Sportif yüzme, 1996, Adana.</li> <li>9. Swim Tecniqe dergisi, 1998.</li> <li>10. Swim Word Yüzme Dergileri, 1999 – 2002.</li> <li>11. Yüzme öğretmen el kitabı, Yüzme atlama sutopu federasyonu, 1992, ANKARA.</li> <li>12. Urbaniksy Norbert, çev. Dr. Apti Yaltrık Yüzme derslerinin metodu, , 1994, ANKARA.</li> <li>13. Yüzme Antrenmanı, Seminer notları.</li> <li>14. D.S.İ. Nilüferspor Doğru yüzme kitabı, 1986, Bursa.</li> <li>15. YÜZME İnternet çevirileri.</li> </ol>
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23	Assesment
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TERM LEARNING ACTIVITIES	NUMBER	WEIGHT
Midterm Exam	1	20.00
Quiz	1	10.00
Home work-project	1	10.00
Final Exam	1	60.00
Total	4	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	clasiccal and practical exam	

24	<b>ECTS / WORK LOAD TABLE</b>
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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	4	1	2	2	3	3	2	2	2	2	0	0	0	0	0	0
ÖK2	2	3	3	2	4	2	2	2	2	2	0	0	0	0	0	0
ÖK3	5	4	3	3	3	5	5	4	2	5	0	0	0	0	0	0

ÖK4	4	4	4	4	4	4	3	4	5	5	0	0	0	0	0	0
ÖK5	4	4	3	3	4	5	4	4	4	5	0	0	0	0	0	0
ÖK6	5	5	5	4	5	4	4	4	4	4	0	0	0	0	0	0
ÖK7	4	5	5	4	4	5	5	4	4	4	0	0	0	0	0	0
ÖK8	3	4	4	5	4	4	5	5	5	5	0	0	0	0	0	0
ÖK9	5	4	4	4	4	4	3	5	4	4	0	0	0	0	0	0
ÖK10	5	3	4	4	3	4	3	4	3	4	0	0	0	0	0	0

**LO: Learning Objectives    PQ: Program Qualifications**

<b>Contribution Level:</b>	<b>1 very low</b>	<b>2 low</b>	<b>3 Medium</b>	<b>4 High</b>	<b>5 Very High</b>
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