

BODY DEVELOPMENT AND FITNESS

1	Course Title:	BODY DEVELOPMENT AND FITNESS
2	Course Code:	AEB0032
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	1
6	Semester:	2
7	ECTS Credits Allocated:	5.00
8	Theoretical (hour/week):	1.00
9	Practice (hour/week):	2.00
10	Laboratory (hour/week):	0
11	Prerequisites:	AEB3127 BODY BUILDING AND FITNESS EXPERTISE I SUCCESSFULLY PASSED.
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:	To learn nutrition knowledge about body building, to determine general working principles, to learn how to use the tools, to learn heating and adaptation to learn to work.
19	Contribution of the Course to Professional Development:	
20	Learning Outcomes:	
	1	Learning of body structure types
	2	Getting general nutrition knowledge in Fitness.
	3	Learning principles.
	4	Relationship between bodybuilding and age.
	5	To be able to do and have adaptation studies in bodybuilding beginner studies.
	6	To be able to do and have adaptation studies in bodybuilding beginner studies.
	7	To be able to do and have adaptation studies in bodybuilding beginner studies.
	8	To be able to do and have adaptation studies in bodybuilding initial studies. (2.PROGRAM)
	9	To be able to do and have adaptation studies in bodybuilding initial studies. (2.PROGRAM)
	10	To be able to do and have adaptation studies in bodybuilding initial studies. (2.PROGRAM)
21	Course Content:	

	Course Content:				
Week	Theoretical		Practice		
1	Body structure types		Adaptation studies. (Beginning)		
2	Nutrition and its importance in Bodybuilding and Fitness.		Adaptation studies. (Beginning)		
3	Nutrition and its importance in Bodybuilding and Fitness.		Adaptation studies. (Start) (Leg movements)		
4	Nutrition and its importance in Bodybuilding and Fitness.		Adaptation studies. (Beginning) (Calf movements)		
5	General principles to be considered in studies.		Adaptation studies. (Beginning) (Calf movements)		
6	Warming and opening movements in body building.		Adaptation studies. (Beginning) (Back movements)		
7	Bodybuilding has to do with age.		Adaptation studies. (Beginning) (Back movements)		
8	Bodybuilding has to do with age.		Adaptation studies. (Beginning)		
9	Basic principles to be followed in initial studies.		Adaptation studies. (Beginning)		
10	Basic principles to be followed in initial studies.		Adaptation studies. (Beginning) (Shoulder movements)		
11	Initial studies		Adaptation studies. (Beginning) (Shoulder movements)		
12	Initial studies		Adaptation studies. (Start) (Rear Arm movements)		
Activites			Number	Duration (hour)	Total Work Load (hour)
22	Textbooks, References and/or Other Materials:		Ozer Baysaling : BodyBuilding Kitabı	1.00	14.00
Practicals/Labs			14	2.00	28.00
Self study and preparation			3	30.00	90.00
TERM LEARNING ACTIVITIES			NUMBER	WEIGHT	
Homeworks			1	10.00	10.00
Midterm Exam			1	20.00	0.00
Projects			0	0.00	0.00
Field Studies			0	0.00	0.00
Home work-project			2	40.00	2.00
Midterm exams			1	2.00	2.00
Others			0	0.00	0.00
Total			4	100.00	2.00
Final Exams			1	2.00	2.00
Total Work Load					148.00
Total work load/ 30 hr					4.87
Contribution of Final Exam to Success Grade			40.00		
ECTS Credit of the Course					5.00
Total			100.00		
Measurement and Evaluation Techniques Used in the Course			WRITTEN AND APPLICATION EXAM. SCHEDULE AND PRESENTATION.		
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	3	3	3	3	2	3	3	3	3	3	3	3	3	3	2	3
ÖK2	3	3	4	3	3	3	3	3	4	3	3	3	3	3	3	2

ÖK3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
ÖK4	3	2	3	3	4	4	3	3	3	3	3	3	3	3	3	3
ÖK5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK6	3	3	3	3	3	3	3	3	3	3	3	3	4	3	3	3
ÖK7	3	4	4	3	4	3	3	3	3	3	3	3	3	3	3	3
ÖK8	2	3	3	3	3	3	2	3	3	3	3	3	3	3	2	3
ÖK9	3	3	4	4	4	4	5	2	3	4	2	2	3	3	3	3
ÖK10	3	2	3	3	3	3	3	3	3	3	4	4	5	5	4	5
LO: Learning Objectives PQ: Program Qualifications																
Contrib ution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			