

# INTRODUCTION TO SPORT SCIENCES

1	Course Title:	INTRODUCTION TO SPORT SCIENCES	
2	Course Code:	AEB1003	
3	Type of Course:	Compulsory	
4	Level of Course:	First Cycle	
5	Year of Study:	1	
6	Semester:	1	
7	ECTS Credits Allocated:	5.00	
8	Theoretical (hour/week):	3.00	
9	Practice (hour/week):	0.00	
10	Laboratory (hour/week):	0	
11	Prerequisites:	Must	
12	Language:	Turkish	
13	Mode of Delivery:	Face to face	
14	Course Coordinator:	Prof. Dr. Erkut TUTKUN	
15	Course Lecturers:	None	
16	Contact information of the Course Coordinator:	Doç.Dr. Erkut Tutkun erkuttutkun@uludag.edu.tr	
17	Website:		
18	Objective of the Course:	To develop knowledge on global values of sports, sports and ethic, the importance of interdisciplinary and multi-disciplinary structure of sports, benefits and rationale of considering sports within multi-disciplinary approach, being able to discuss sport related concepts and to propose personal approaches toward general discussions, intellectual perception and opinion related with coaching science and sports in general.	
19	Contribution of the Course to Professional Development:	1.Why we should participate in sports ? and why we should encourage the others? 2.Goals of sport, structure of sport, current place in sport in our life, sports within social expectations 3.Prequisites for being sports scientist and coach as vocational practices 4.Social, professional and ethical values being faced by sports institutions in practice 5.The problems encountered in sports sciences and coaching formation both globally and specific to Turkey	
20	Learning Outcomes:		
		1	Why we should participate in sports ? and why we should encourage the others?
		2	Goals of sport, structure of sport, current place in sport in our life, sports within social expectations
		3	Prequisites for being sports scientist and coach as vocational practices
		4	Social, professional and ethical values being faced by sports institutions in practice
		5	The problems encountered in sports sciences and coaching formation both globally and specific to Turkey
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21	Course Content:			
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Week	Theoretical	Practice		
1	Sport Science and Coaching: Change and different Professional areas in sport Workshop: Why sport ? (Discussion groups)			
2	Sport and sport concept: What is sport ? Transition from physical education to sport education Workshop: Why sport ? (Discussion groups)			
3	Aims and objectives of sport: Individual and societal influence and value concepts of sport Workshop: Aims and objectives of sport (Discussion groups)			
4	Development of sport sciences: Transition from physical education to sport Sciences Workshop: Aims and objectives of sport (Discussion groups)			
5	Development of sport sciences: Development of sport Sciences in Türkiye Workshop: Is it competitive sport or sport for all ? (Discussion groups)			
6	Development of sport sciences: Sport Sciences and coaching Workshop: Coaching education; Is it sport school or sport			
Activities		Number	Duration (hour)	Total Work Load (hour)
Theoretical	Workshop: Limits of winning (Discussion groups).	14	3.00	42.00
Practicals/Labs		0	0.00	0.00
Self study	Workshop: Limits of winning (Discussion groups).	3	10.00	30.00
Homeworks		5	10.00	50.00
Projects	Workshop: Limits of winning (Discussion groups).	1	20.00	20.00
Field Studies		0	0.00	0.00
Midterm Exams	Sciences	1	2.00	2.00
Others		0	0.00	0.00
Final Exams	Inter and multi disciplinary approach to sport	1	5.00	5.00
Total Work Load				149.00
13	Preparation for Final Exam			4.97
Total work load 30 hp				
ECTS Credit of the Course				5.00
22	Textbooks, References and/or Other Materials:	.Beyer, E.(Ed). Dictionary of Sport Science. Verlag Karl Hofmann. 1987. Mosston, M. ve Ashworth, S. Teaching Physical Education, Third Edition. Maxwell Macmillan International Publishing Group, New York, Oxford, Singapore, Sydney. 1986. .Taşkiran, Y. Spor Bilimlerine Giriş. Yayıncı Yayınları. 2004. .Mirzeoğlu, N.(Ed.). Spor Bilimlerine Giriş. Bağırhan Yayımevi. Sporsal Kuram Dizisi-52, Ankara 2003 .Aköz, Y. (Ed). Türkiye ve Olimpiyat Sempozyumu. İstanbul Teknik Üniversitesi Beden Eğitimi Bölümü. Cenkler Matbaacılık, 1995.		
23	Assesment			
TERM LEARNING ACTIVITIES		NUMBER	WEIGHT	
Midterm Exam		1	40.00	

Quiz	0	0.00
Home work-project	0	0.00
Final Exam	1	60.00
Total	2	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	Clasical questions	

## 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	0	0	0	5	0	0	5	0	0	4	0	0	5	0	0
ÖK2	5	0	0	0	5	0	0	5	0	0	0	0	0	5	0	0
ÖK3	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK4	0	0	0	0	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	0	0	0	0
LO: Learning Objectives    PQ: Program Qualifications																
Contribution Level:	1 very low		2 low		3 Medium		4 High		5 Very High							