TRAINING EDUCATION											
1	Course Title:	TRAININ	NG EDUCATION								
2	Course Code:	BED200	2								
3	Type of Course:	Compuls	Sory								
4	Level of Course:	First Cyc	le								
5	Year of Study:	2									
6	Semester:	4	4								
7	ECTS Credits Allocated:	5.00	5.00								
8	Theoretical (hour/week):	2.00	2.00								
9	Practice (hour/week):	2.00	2.00								
10	Laboratory (hour/week):	0									
11	Prerequisites:	NONE									
12	Language:	Turkish									
13	Mode of Delivery:	Face to f	face								
14	Course Coordinator:	Yrd.Doç.	Dr. ZAİM ALPARSLAN ACAR								
15	Course Lecturers:	Öğr. Gör	. Sadettin Erol								
16	Contact information of the Course Coordinator:	zaim@ul	ludag.edu.tr								
17	Website:										
18	Objective of the Course:	To devel equip the different	op in students an understanding of exercise in sports and em with the ability to build up basic exercise plans to suit age groups.								
19	Contribution of the Course to Professional Development:										
20	Learning Outcomes:										
		1	Training to explain basic concepts of Science,								
		2	Establish the relationship between load and rest at training,								
		3	Load at training methods and establish relationships between energy metabolism,								
		4	Training for the correct load method to determine the objectives,								
		5	According to different age and performance levels to choose appropriate methods of loading,								
		6	Variations of the basic and auxiliary Biyomotor abilities relate to each other individually identifying								
		7	Training to explain basic concepts of planning,								
		8	Elevation detect the basic logic of a workout,								
		9	Over training and basic logic to explain the reasons.								
		10	10								
21	Course Content:										
	Course Content:										
Week	Theoretical		Practice								
1	Definition and aims of training,		aerobic capacity training.								
2	Planning principles and types of trair	ning,	aerobic capacity training.								
3	Overcompansation theory.		aerobic capacity training.								
4	Energy metabolism in sport,		aerobic capacity training.								

5	Energy metabolism in sport,									anaerobic capacity training.										
6	Load	ding	meth	ods,					an	anaerobic capacity training.										
7	Basio	Basic biyomotor skills and relationships,									anaerobic capacity training.									
8	perfo	erformance									anaerobic capacity training.									
9	Defir traini	Defining of the basic characteristics in speed training and sample forms training,									Samples of exercises to develop in athletes the ability for reaction speed and accelaration, Pattern of exercises meant to develop m									
10	Endu defin	ition	ce trai of the	ning w e basio	vorkou c prop	ut and e	examp of forn	ole ns,	Pa	Pattern of exercises meant to develop speed endura										
11	Ident stren	Identification of fundamental properties of strength training and example forms training.									Pattern of exercises meant to develop endurance									
12	Coor forms	Coordinative abilities to identify and sample forms training,									Pattern of exercises meant to develop maximal strengt									
13	Altitu	ide ti	rainin	g,					Pa	ttern o	f exerc	ises m	eant to	develo	p elasti	c streng	th			
14	Fundamentals of planning and years of Olympic training.									Pattern of exercises meant to develop strength endurance and Pattern of exercises meant to develop coordinative										
22	Textbooks, References and/or Other Materials:									Course book: Vladimir Issurin (2008), "Principles and Basics of Advanced Athletic Training", published by UAC, Michigan USA, Asistant books: Tudor O. Bompa (2007), "Antrenman Kuramı ve Yöntemi-Dönemleme", Spor Yayınevi ve Kitapevi, Ankara Sedat Muratlı, Gülşah Şahin, Osman Kalyoncu (2005), "Antrenman ve Müsabaka", Yaylım Yayıncılık, İstanbul										
Activites								1	Numb	er		Dura	Duration (hour) Total Work Load (hour)							
Windsterrer	ntidEaxka	m					1		20	1640			2.00	2.00 28.00						
Practica	als/La	abs							1	14			2.00	2.00 28.00						
Beinstudyrkanddigesperation 1									20	20100				4.00 56.00						
Homew	Homeworks									1				20.00 20.00						
Protete ct	S						3		10	100.00				0.00			0.00			
Field Studies									(	)			0.00	0.00			0.00			
Success Grade Midterm exams									1	1			2.00	2.00			2.00			
Others	Others										7				3.00					
Fotal E	Fortal Exams									100.00			2.00			2.00				
Total W	Total Work Load										159.00									
Course Total Work load/ 30 hr										5.23										
ECTS (	ECTS Credit of the Course									5.00										
25		CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS																		
	F	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ1 0	PQ11	PQ12	PQ1 3	PQ14	PQ15	PQ16			
ÖK1	2	2	3	0	0	0	3	0	3	4	0	0	0	0	0	0	0			
ÖK2	2	2	3	4	0	0	4	0	3	3	0	0	0	0	0	0	0			
ÖK3	C	)	3	4	2	4	3	0	0	4	0	0	0	0	0	0	0			
ÖK4	C	)	0	0	0	4	0	2	0	0	0	0	0	0	0	0	0			

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