

WRESTLING II

1	Course Title:	WRESTLING II
2	Course Code:	AEB2090
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	2
6	Semester:	4
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:	None
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Prof. Dr. Cemali Çankaya
15	Course Lecturers:	Doç.Dr. Ramiz ARABACI
16	Contact information of the Course Coordinator:	cemali@uludag.edu.tr. Tel(Sabit): 0224 2940690. Cep: 0532 2631774. Adres:Uludağ Üniversitesi Eğitim Fakültesi Beden Eğitimi ve Spor Bölümü. Posta Kod: 16059. Görükle/BURSA.
17	Website:	
18	Objective of the Course:	The purpose of this course, students of physical education teachers wrestling episode description, history, game rules, the subject of wrestling warm-up, all the basic techniques of wrestling, wrestling tactic definition, classification, offensive and defensive tactics, to teach theoretical and practical. At the same time a school team, the contents of this issue both theoretically and practically how to gain the skills and knowledge for teaching.
19	Contribution of the Course to Professional Development:	
20	Learning Outcomes:	
	1	The definition of wrestling knows, makes statements about the history.
	2	Understands and respects the decisions of arbitration rules of the game is wrestling.
	3	Apply the basic technical skills of wrestling.
	4	Tactical applications of wrestling grasp, interpret.
	5	Together we can make the wrestling game, friendly and gentlemanly.
	6	Exercises in wrestling with the improved coordination, more able to move in a healthy state.
	7	Application of heat makes the wrestling begins.
	8	Better use the skills of coaching soccer practice, able to write plan and programe .
	9	Wrestling makes a good follower of the positive reviews.
	10	Accordance with the technical and tactical issues of wrestling teaching methods / techniques can teach.
21	Course Content:	

Course Content:				
Week	Theoretical	Practice		
1	Wrestling Sport definition, history, types. Wrestling some methods used in teaching: induction, deduction. Lecture, demonstration, pair work and the invention is directed to methods.			
2	the sport of wrestling; basic stance positions. the sport of wrestling, basic ground positions. The sport of wrestling, basic stance holds.			
3	Single-arm technique, teaching, definition and trials. Shoulder Technique of one arm. Chest Technique of one arm.			
4	Hip throw Technique. Strapping hip throw Technique. Hip throw against the techniques.			
5	Yoked with the download location Technique. One dip in the ground download Technique. Double-dip Technique download location.			
6	Gut wrench Technique. Arm connecting the mixing technique.			
Activites		Number	Duration (hour)	Total Work Load (hour)
Theoretical	Counterattack for crotch lift.	14	2.00	28.00
Practicals/Labs		0	0.00	0.00
Self study	Read and Preparation.	9	2.00	18.00
Homeworks		0	0.00	0.00
Projects		0	0.00	0.00
Field Studies		0	0.00	0.00
Midterm Exams	Double tackle techniques. Techniques against leg and double diving	1	6.00	6.00
Others		0	0.00	0.00
Final Exams	10 Ankle twist technique	1	8.00	8.00
Total Work Load				60.00
Total work load/ 30 hr				2.00
ECTS Credit of the Course				5.00
	Inverse Fireman's lift. Fireman's lift defenses.			
12	Arm wrench I. Bar arm II. Bar arm III.			
13	Half nelson Technique. German Half- nelson Technique. Defenses for half- nelson.			
14	All techniques are repeated. All techniques are repeated. All techniques are repeated.			

22	Textbooks, References and/or Other Materials:	1. TWIESELDMANN, F., 1969.,Developpement Biometrique de l' Enfant a l Adulte Universitaires de Bruxelles, , pp: 18-39. 2. BOSTANCI, E.Y., 1957.,Türk Erkek Ve Kız Çocuklarında Bedenin Gelişmesine Büyümesi İle Proporsiyonların Değişmesi Üzerinde Bir Araştırma. Ankara Üniversitesi Dil ve Tarih Coğrafya Fak. Dergisi,Sf:1 -47., XV (1-3), Ankara. 3. TAŞKINALP, O., MESUT, R., 1991., Türk Kadın ve Erkeklerinde Aksiyal Vücut Çevreleri Boy Uzunluğu Arasındaki İlişki, Anatomi Kongresi, Bildiri ve Poster Özetleri, 27-30 Haziran, Bursa. 4. GÜR, H., AKÇA, C., ÇANKAYA, C., CESUR, A., DEMİRCİ, U., 1994.,Türkiye Serbest Güreş Şampiyonasında Sikletlerinde ilk dörde Giren Güreşçilerin Antropometrik Özellikleri Ve Bunların Uyguladıkları Tekniklerle Olan İlişkisi, Spor Bilimleri III. Ulusal Kongresi Bildiri Özetleri, Ankara. 5. CHUMLEA, W.C., BAUMGARTNER, R.N., 1989.,Status of Anthropometry And Body Composition., Data İn Elderly Subjests Amj Clm Nutr, 50, 1158-1166. 6. TAŞKINALP, O. Ve ark., 1998, Kırpınar güreşçilerine ait bazı antropometrik ölçümler. Hacettepe Üniversitesi 5. Spor Bilimleri Kongresi, Ankara. 7. AKGÜN, N.; (1994)"Egzersiz ve Spor Fizyolojisi" Ege Üniversitesi Basımevi, Bornova –İzmir. S.197. 8- ATİK, M.; (1973) "Serbest Güreşte Teknik-Taktik Kompleler" Emel Matbaacılık San. Ltd. Şti. Ankara. S. 4. 9- BAŞARAN, M.; (1989) "Serbest ve Grekoromen Güreş" T.C. Gençlik ve Genel Müdürlüğü, Yayın No: 84, Uzman Matbaacılık, ANKARA. S.1. 10- ERYİĞİT, G.; (1996) "Türk ve Dünya Güreşi 1896 - 1996" Türk Güreş Vakfı Yayını, Ankara. S.15. 11- İĞREK, M..M., KARATAŞ, A.; (2000) "Son Yıllarda Türk Güreşi" Step ajans Matbaacılık Reklamcılık hizmetleri, İstanbul. S.52. 12- PEHLİVAN, D. Ali.; (1984) "Çağdaş Serbest Güreş Teknikleri" B.T. Genel Müdürlüğü Yayını, Ankara. S.1. 13- PETKOV, K., ANGELOV, G.; (1978) "Metodiçesko Rikovodstvo po borba (Güreşin Metodik Kılavuzu)" Meditsina i fizkultura, Sofia. S. 5. 14- PETROF, R., DOBREV D., BERBEROV N., MAKAVEEV O.; (1977) "Svobodna i klasiçeska Borba (Serbest ve Grekoromen Güreş)" Meditsina i fizkultura, Sofia. S.10. 15- Astrand Po., Rodahl K. Textbook of Work Physiology: Physiological Bases of Exercise, Third Edition, Mc Craw-Hill Book Company, New York, p.296, 1986. 16- Gürses Ç., Olgun P. Sportif Yetenek Araştırma Metodu (Türkiye Uygulaması). Türk Spor Vakfı Yayını, İstanbul, s. 33-35, İstanbul, 1980. 17- Ağaoğlu Sa. Türkiye'deki 11-15 Yaş Güreşçilerde Yetenek Seçimi, Marmara Üniversitesi Sağlık Bilimleri Enstitüsü, Doktora Tezi, s.25, İstanbul, 1994. 18- Petrov R. Freestyle and Greco-Roman Wrestling. Published by FILA, Lausanne, 1987, p.100. 19- Mihailova V., et al., Early Orientation of Children Toward Sport. Turkish Journal of Sports Medicine, Vol: 16, Nbo:3, p.65-72, 1981. 20- Güreş eğitim merkezleri. İstanbul güreş ihtisas kulübü koruma vakfı yayını : s, 25 İstanbul 1993. 21- BAŞARAN M,. Serbest ve Grekoromen Güreş, T.C. Gençlik ve Genel Müdürlüğü, Yayın No: 84, Uzman Matbaacılık, 1, ANKARA, 1989. 22- GÜREŞİMİZ. 2002 (Aylık Dergi)"FILA Kilolarla Yine Oynadı" Mihsan A.Ş. İstanbul. S. 54.
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		
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	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK2	0	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0
ÖK3	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0
ÖK4	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0
ÖK5	0	0	0	0	0	0	0	0	4	0	0	0	0	0	0	0
ÖK6	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0
ÖK7	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0
ÖK8	0	0	0	5	0	0	0	4	0	4	0	0	5	0	5	0
ÖK9	0	0	0	0	0	0	0	0	5	0	0	0	0	4	0	0
ÖK10	0	0	0	0	0	0	0	0	0	3	0	0	5	5	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low		2 low		3 Medium		4 High		5 Very High							