

TRACK AND FIELD II

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| 1 | Course Title: | TRACK AND FIELD II |
| 2 | Course Code: | AEB3122 |
| 3 | Type of Course: | Optional |
| 4 | Level of Course: | First Cycle |
| 5 | Year of Study: | 3 |
| 6 | Semester: | 6 |
| 7 | ECTS Credits Allocated: | 6.00 |
| 8 | Theoretical (hour/week): | 2.00 |
| 9 | Practice (hour/week): | 2.00 |
| 10 | Laboratory (hour/week): | 0 |
| 11 | Prerequisites: | |
| 12 | Language: | Turkish |
| 13 | Mode of Delivery: | Face to face |
| 14 | Course Coordinator: | Dr. Öğr. Üyesi SALİH ERDEN |
| 15 | Course Lecturers: | |
| 16 | Contact information of the Course Coordinator: | saliher@uludag.edu.tr |
| 17 | Website: | |
| 18 | Objective of the Course: | <p>Teach theoretically and in practice the basic track and field related content as loyal to the Principals and Revolutions of Atatürk and in accordance with the basic objectives of the Ministry of Education. Provide hands-on experience of how to prepare a school team for competitions. As a result of the learning and teaching activities related to the course, the students are expected to have learned the following objectives;</p> <ol style="list-style-type: none"> 1. Introduce track and field to the students and enable them to learn in general about track and field. 2. Teach the definition, history and the competition rules. 3. Teach the competition branches in track and field in theory and practice. Enable students to gain self-confidence, courage and autonomous decision-making and action. |
| 19 | Contribution of the Course to Professional Development: | |
| 20 | Learning Outcomes: | |
| | 1 | Objectives of the Course: Explain the definition of track and field |
| | 2 | Understand the branch-specific competition rules in track and field. |
| | 3 | Implement basic technical skills of various branches in track and field. |
| | 4 | Understand the tactical practices in track and field. |
| | 5 | Learn how to compete in a friendly and gentlemanlike manner in track and field. |
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| 21 | Course Content: | |
| | Course Content: | |
| Week | Theoretical | Practice |
| 1 | Competition rules of short distance race | Short-distance race practices. |
| 2 | Technical information short distance race | Practices of teaching the techniques of how to make an exit from the chock. |
| 3 | Technical information short distance race | Practices aimed at improving how to react. |
| 4 | Technical information short distance race | Short-distance running practices. |
| 5 | Technical information short distance race | Practices aimed at speed and improving the characteristics of permanence in speed. Short-distance race practices. |
| 6 | Technical information short distance race | Practices aimed at improving and consolidating the running techniques. |
| 7 | EVALUATION | |
| 8 | Competition rules and technical information about jump race. | Hurdle race and practices of short-distance hurdle race. |
| 9 | Competition rules and technical information about jump race. | Practices of how to start and advance to the first hurdle. |
| 10 | Competition rules and technical information about jump race. | Technique of running between the hurdles. |
| 11 | Competition rules and technical information about jump race. | Practices aimed at improving and consolidating the hurdle clearing techniques. |
| 12 | Competition rules of relay race and the relevant technical knowledge | Relay race practices. |
| 13 | Competition rules of relay race and the relevant technical knowledge | Ways of relaying and passing the relay from one hand to another. Practices of improving and consolidating the running techniques. |
| 14 | COURSE REPEAT | |

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| 22 | Textbooks, References and/or Other Materials: | <p>1. AÇIKADA, C. ,ERGEN,E.: “Bilim ve Spor”, Büro-tek Ofset Matbaacılık, Ankara, 1990.</p> <p>2. ALPMAN, C. : Beden Eğitimi ve Çağlar Boyunca gelişimi. İstanbul, 1972</p> <p>1. B.T.G.M. : “Sporda İnsan Gücü Geliştirme Simpozyumu”, Güven Matbaası, Ankara, 1972.</p> <p>2. BLUCHEL, K. : Das Grosse Sport Buch . Münih. 1983</p> <p>3. DEMİR, M.: Atletizmde Koşular. Ankara , 1991</p> <p>4. DÜNDAR, U. : “Antrenman Teorisi”, 2. Baskı, Bağırhan Yayımevi, Ankara,1995.</p> <p>5. EHRİER, W.:LİEBSCHER, C. : Leichtatletic, Berlin,1984</p> <p>6. ERDEN, S. : “Yayınlanmamış Atletizm İhtisas Ders Notları”, U. Ü. Eğit. Fak. Bed. Eğit. ve Spor Böl., Bursa, 1994-2001.</p> <p>7. ERDEN, S. AKÇA, A.: Atletizm, Bursa, 2000.</p> <p>8. FİDELUS, K. , KOCJASZ, J. : “Antrenman Ağıştırmaları Derlemi”, Çeviri: Tanju Bağırhan, Bağırhan Yayımevi, Ankara, 1996.</p> <p>9. FİŞEK, K. : “Spor Yönetimi”, A.Ü.S.B.F.B.Y.Y.O. Basımevi, Ankara, 1980.</p> <p>10. GÜNDÜZ, N. : “Antrenman Bilgisi”, 2. Baskı, Saray Kitapevleri, Bassaray Basımevi, İzmir, 1997.</p> <p>11. GÜNDÜZ, N.: Atletizm Atmalar, Manisa, 1983</p> <p>12. İ.A.A.F.: Hand Book, London, 1986</p> <p>13. İŞLER, M.: Okullarda Atletizm, Ankara, 1980</p> <p>14. JONATH, U. , KREMPEL, R. : “Konditionstraining Training Tecknik Taktik”, Hambuiz-Rowohlt Verlag, 1981.</p> <p>15. JONATH, U.: Leichtatletic I. Hamburg, 1977</p> <p>16. JONATH, U.: Leichtatletic II. Hamburg, 1977</p> <p>17. MURATLI, S. , SEVİM, Y. : “Antrenman Bilgisi ve Testler”, Ofset Matbaacılık, Ankara, 1977.</p> <p>18. MURATLI, S. : “Çocuk ve Antrenman”, Kültür Matbaası, Ankara, 1997.</p> <p>19. MUTER, K.: 1003 Spiel Und Ubungs Formen, Bern, 1979</p> <p>20. ÖZMEN, Ö. : “Çağdaş Sporda Eğitim Üçgeni”, Yılmaz Matbaası, İstanbul,1976.</p> <p>21. SEVİM, Y. : “Antrenman Bilgisi”, TUTİBAY Ltd. Şti. , Ankara, 1997. Matbaacılık, Ankara, 1968.</p> <p>24.ZİESCHANG, K.: Richtig Leichtatletic, Münih, 1983</p> |
| 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 | |

| Activites | Number | Duration (hour) | Total Work Load (hour) |
|----------------------------|--------|-----------------|------------------------|
| Theoretical | 14 | 2.00 | 28.00 |
| Practicals/Labs | 14 | 2.00 | 28.00 |
| Self study and preperation | 5 | 15.00 | 75.00 |
| Homeworks | 5 | 10.00 | 50.00 |
| Projects | 0 | 0.00 | 0.00 |
| Field Studies | 0 | 0.00 | 0.00 |
| Midterm exams | 1 | 1.00 | 1.00 |
| Others | 0 | 0.00 | 0.00 |
| Final Exams | 1 | 1.00 | 1.00 |
| Total Work Load | | | 183.00 |
| Total work load/ 30 hr | | | 6.10 |
| ECTS Credit of the Course | | | 6.00 |

| 25 | CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS | | | | | | | | | | | | | | | |
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| | PQ1 | PQ2 | PQ3 | PQ4 | PQ5 | PQ6 | PQ7 | PQ8 | PQ9 | PQ10 | PQ11 | PQ12 | PQ13 | PQ14 | PQ15 | PQ16 |
| ÖK1 | 4 | 3 | 0 | 0 | 5 | 0 | 0 | 4 | 2 | 3 | 4 | 4 | 3 | 2 | 5 | 5 |
| ÖK2 | 4 | 4 | 0 | 0 | 4 | 0 | 5 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK3 | 0 | 5 | 0 | 0 | 5 | 0 | 5 | 0 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ÖK4 | 3 | 1 | 5 | 0 | 2 | 2 | 5 | 5 | 0 | 5 | 5 | 0 | 5 | 0 | 0 | 0 |
| ÖK5 | 0 | 4 | 3 | 3 | 4 | 0 | 4 | 3 | 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 | | | | | | | |