

## WRESTLING III

1	Course Title:	WRESTLING III
2	Course Code:	AEB4117
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	4
6	Semester:	7
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:	Wrestling Expertise I-II
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Prof. Dr. Ramiz Arabacı
15	Course Lecturers:	
16	Contact information of the Course Coordinator:	ramizar@uludag.edu.tr. Tel(Sabit): 0224 294 07 55 Cep: 0533 249 44 71 Adres: Uludağ Üniversitesi, Spor Bilimleri Fakültesi, Beden Eğitimi ve Spor Bölümü Posta Kod: 16059. Nilüfer/BURSA.
17	Website:	<a href="http://bilgipaketi.uludag.edu.tr/Programlar/Detay/350?AyID=26">http://bilgipaketi.uludag.edu.tr/Programlar/Detay/350?AyID=26</a>
18	Objective of the Course:	To provide trainings knowledge and skills for wrestling. To teach teaching methods, techniques and strategies about wrestling coaching training. To gain the ability of leadership, observation, analysis, decision making and implementation. To gain the ability to prepare, apply and evaluate training programs of different types and qualities. To train qualified wrestling trainers in the light of scientific data.
19	Contribution of the Course to Professional Development:	
20	Learning Outcomes:	
	1	Student; learn, explain and apply combination techniques in wrestling. 2 Basic wrestling stance, grip and wrestling techniques and teaching ability.
	2	Student; learn the physical, phygological and psychological responses of wrestling, explain and interpret.
	3	Student; learn, explain and interpret wrestling needs analysis and individual differences.
	4	Student; know, explain and apply wrestling-specific condition exercises.
	5	Student; learn, explain and apply different types of training programs in wrestling.
	6	Student; learn and explain current information about wrestling
	7	Student; know, explain and apply nutrition and weight control in wrestling.
	8	Student; learn, explain and apply attack, defense and counter attack activities in wrestling.

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21	Course Content:			
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Week	Theoretical	Practice		
1	Physical, physiological and psychological responses in wrestling	Combination of single-double plunging and inverted leg technique, taking counter defense position and counter-attack		
2	Physical, physiological and psychological responses in wrestling	Combination of single arm-suplex and whisk technique, counter defense positioning and counter-attack		
3	Athlete requirement analysis and individual differences	Combination of yoke-tie and yoke-pack technique, counter-defense positioning and counter-attack		
4	Athlete requirement analysis and individual differences	Combination of heel-scythe and lock technique, taking counter defense position and counter-attack		
5	Physical fitness and nutrition in wrestling	Combination of armpit and salto-suplex technique, counter defense positioning and counter-attack		
6	Physical fitness and nutrition in wrestling	Combination of mole, side-headwalk and full nelson technique, counter defense position and counter-attack		
7	Interim evaluation	Interim evaluation		
8	Conditioning exercises in wrestling	Paired studies and station training		
9	Conditioning exercises in wrestling	Functional studies and fitness		
10	Preparing daily, weekly and monthly training plans and programs	Offensive and defensive training		
Activites		Number	Duration (hour)	Total Work Load (hour)
13	Theoretical Preparing daily, weekly and monthly training	14	2.00	28.00
Practicals/Labs		14	2.00	28.00
Self study and preparation		24	2.00	48.00
14	General evaluation	General evaluation		2.00
Homeworks		16	3.00	48.00
Projects		0	0.00	0.00
Field Studies		13	2.00	26.00
Midterm exams		1	1.00	1.00
Others		0	0.00	0.00
Final Exams		1	1.00	1.00
Total Work Load				180.00
Total work load/ 30 hr				6.00
ECTS Credit of the Course				6.00

22	Textbooks, References and/or Other Materials:	<p>1.1. Aak M. (2001). Greř ğreniyorum, Kubbealtı Yayıncılık, Malatya.</p> <p>2. Fila, Wrestling Manual For Choaches, (2009). Yerevan.</p> <p>3. Yıldırım İ. (2000). Geleneksel Yağlı Greřin, Kltrel, Yapısal Ve Bilimsel Aıdan Modern Minder Greřiyle Farklılıklarının Değerlendirilmesi, Gazi Beden Eđitimi Ve Spor Bilimleri Dergisi;5(1) S.53-62, Ankara.</p> <p>4. Tgf. (1990). Uluslar Arası Amatr Greř Federasyonu, Uluslar Arası Greř Kaideleri, Serbest, Grekoromen ve Bayanlar Greři, Ankara.</p> <p>5. Gkdemir, K. (2000). Greř Antrenmanının Bilimsel Temelleri. Ankara: Poyraz Ofset.</p> <p>6. cal D. (2007). Elit Greřilerin Somatotip zellikleri İle Antropometrik Oransal İliřkilerinin Stiller ve Sıkletler Arası Karşılaştırılması, Gazi niversitesi Sađlık Bilimleri Enstits Beden Eđitimi Ve Spor Anabilim Dalı Yksek Lisans Tezi, Ankara.</p> <p>7. Guyton, Ac. Hall, Je. (2006). Textbook Of Medical Physiology, Eleventh Edition, Elsevier.</p> <p>8. Gnay, M. (1999). Egzersiz Fizyolojisi. Ankara: Bađırgan Yayınevi.</p> <p>9. ATİK, M.; (1973) “Serbest Greřte Teknik-Taktik Kompleler” Emel Matbaacılık San. Ltd. řti. Ankara. S. 4.</p> <p>10. Sevim Y. (2002). Antrenman Bilgisi, Nobel Yayınları, Ankara.</p> <p>11. Fila, Uluslararası Greř Kuralları, (2011). (ev. Ciciođlu İ, Bykerřen E.), Trkiye Greř Federasyonu, Ankara.</p> <p>12. BAřARAN, M.; (1989) “Serbest ve Grekoromen Greř” T.C. Genlik ve Genel Mdrlđ, Yayın No: 84, Uzman Matbaacılık, ANKARA. S.1.</p> <p>13. ERYİđİT, G.; (1996) “Trk ve Dnya Greři 1896 - 1996” Trk Greř Vakfı Yayını, Ankara. S.15.</p> <p>14. GREřİMİZ. 2002 (Aylık Dergi)“FILA Kilolarla Yine Oynadı” Milsan A.ř. İstanbul. S. 54.</p>
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23	Assesment		
TERM LEARNING ACTIVITIES		NUMBE R	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		

[illegible]

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