

# TRAMPOLINE

1	Course Title:	TRAMPOLINE
2	Course Code:	AEB0001
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	1
6	Semester:	2
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:	Öğr.Gör. CENGİZ AKÇA
15	Course Lecturers:	
16	Contact information of the Course Coordinator:	cengizakca@uludag.edu.tr Bursa Uludağ Üniversitesi Spor Bilimleri Fakültesi
17	Website:	
18	Objective of the Course:	Introduction of technical features and great tools Mini trampoline. Instruments that are part of a mini and large trampoline gymnastic competition for both studies indicated the importance of studies cascading techniques and artistic gymnastics.
19	Contribution of the Course to Professional Development:	
20	Learning Outcomes:	
	1	Believes that a person associated with an increased self-confidence
	2	Understands that habit Aid.
	3	Understands the need to improve coordination is a feature
	4	Understands the need to develop conditional features
	5	Believes that prepare the individual serial
	6	Believes that prepare group choreography
	7	Become aware of leadership is developing feature
	8	Understands gained habits disciplined work
	9	Believes designing clothing and materials for demonstrations groups
	10	Learn the rules of international competition about trampoline equipment
21	Course Content:	
	<b>Course Content:</b>	
Week	Theoretical	Practice
1	Gymnastics definition, importance and theoretical information about the content	General gymnastics practice for stamina work

2	History of Gymnastics	Studies reactionary and relaxing muscles		
3	Edit exercises: Exercises in order the place and importance of physical education classes, the scope of exercises	Application order exercises		
4	Basic postures of gymnastic, still standing and the basic postures, the basic positions on the floor, drawing and expression;	Basic postures of gymnastic practice		
5	Basic stance on the theory of the connection moves	Application of the basic stance movements of the relevant connection		
6	Explanation of the rules to be followed in preparing the individual serial	Serial study of the rules to be followed in preparing the individual		
7	Group series of principles of preparation and stage arrangements	Stage arrangements, choreography work		
8	Group series of principles of preparation and stage arrangements	Stage arrangements, choreography work		
9	Coordination developer works (music, harmony, unity, fluidity, technique and aesthetics.).	Coordination developer works		
10	The theory of the movements made with the medicine ball	Application with the medicine ball movements		
11	Movements in gymnastics, respectively, with the jump rope movements	Movements in gymnastics, respectively, with the jump rope movements. application		
12	Gymnastics with bat movements, movements in the theory of the railing	Gymnastics club made with the movements, the movements application of the railing		
Activites		Number	Duration (hour)	Total Work Load (hour)
Theoretical		14	1.00	14.00
Practicals/Labs		14	2.00	28.00
Self study and preparation		20	5.00	50.00
Homeworks		3	7.00	21.00
Projects		5	4.00	20.00
Field Studies		0	0.00	0.00
Midterm exams		1	15.00	15.00
TERM LEARNING ACTIVITIES		NUMBER	WEIGHT	
Others		0	0.00	0.00
Final Exam		1	40.00	20.00
Total Work Load				148.00
Total workload/60 hr		0	0.00	4.93
ECTS Credit of the Course				5.00
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	5	3	4	4	0	0	0	0	0	0	0	0	0	0	0
ÖK2	4	4	4	3	3	0	0	0	0	0	0	0	0	0	0	0
ÖK3	4	4	4	3	0	0	0	0	0	0	0	0	0	0	0	0
ÖK4	3	0	0	0	5	0	0	4	0	0	0	0	0	0	0	0
ÖK5	4	0	0	5	0	0	4	0	0	0	0	0	0	0	0	0
ÖK6	3	0	0	4	0	4	0	0	0	0	0	0	0	0	0	0
ÖK7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK8	3	4	5	0	4	0	4	0	0	0	0	0	0	0	0	0
ÖK9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK10	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			