

# BODY DEVELOPMENT AND FITNESS

<b>1</b>	Course Title:	BODY DEVELOPMENT AND FITNESS	
<b>2</b>	Course Code:	AEB0032	
<b>3</b>	Type of Course:	Optional	
<b>4</b>	Level of Course:	First Cycle	
<b>5</b>	Year of Study:	1	
<b>6</b>	Semester:	2	
<b>7</b>	ECTS Credits Allocated:	5.00	
<b>8</b>	Theoretical (hour/week):	1.00	
<b>9</b>	Practice (hour/week):	2.00	
<b>10</b>	Laboratory (hour/week):	0	
<b>11</b>	Prerequisites:	NONE	
<b>12</b>	Language:	Turkish	
<b>13</b>	Mode of Delivery:	Face to face	
<b>14</b>	Course Coordinator:	Dr. Öğr. Üyesi Tonguç VARDAR	
<b>15</b>	Course Lecturers:	Dr.Öğr. Üyesi TONGUÇ VARDAR	
<b>16</b>	Contact information of the Course Coordinator:	tongucvardar@uludag.edu.tr	
<b>17</b>	Website:		
<b>18</b>	Objective of the Course:	To learn the history and general concepts of Bodybuilding and Fitness. To understand the principles of BodyBuilding and Bodybuilding. To recognize fitness equipment, learn how to operate and operate, and develop programs.	
<b>19</b>	Contribution of the Course to Professional Development:		
<b>20</b>	Learning Outcomes:		
		<b>1</b>	To learn the history of Bodybuilding and Fitness.
		<b>2</b>	Learning the philosophy of Bodybuilding and Fitness.
		<b>3</b>	Learning concepts about bodybuilding and fitness.
		<b>4</b>	Bodybuilding and Fitness related competitions recognition.
		<b>5</b>	Being able to use bodybuilding and fitness equipment recognition.
		<b>6</b>	To be able to edit the 1st and 2nd stage training program.
		<b>7</b>	To be able to edit the 1st and 2nd stage training program.
		<b>8</b>	o be able to apply 1st and 2nd level programs.
		<b>9</b>	o be able to apply 1st and 2nd level programs.
		<b>10</b>	Recognition of advanced training methods.
<b>21</b>	Course Content:		
		<b>Course Content:</b>	
Week	Theoretical	Practice	
<b>1</b>	The history and philosophy of bodybuilding and fitness	Recognition of fitness machines and equipment in the hall	
<b>2</b>	Basic concepts of body building and fitness and psychological evaluation	Recognition of fitness machines and equipment in the hall	



ÖK3	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK4	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0
ÖK5	0	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0
ÖK6	0	0	0	0	0	3	0	0	0	0	0	0	0	0	0	0
ÖK7	0	0	0	0	0	0	3	0	0	0	0	0	0	0	0	0
ÖK8	0	0	0	0	0	0	0	3	0	0	0	0	0	0	0	0
ÖK9	0	0	0	0	0	0	0	0	3	0	0	0	0	0	0	0
ÖK10	0	0	0	0	0	0	0	0	0	3	0	0	0	0	0	0

**LO: Learning Objectives    PQ: Program Qualifications**

<b>Contribution Level:</b>	<b>1 very low</b>	<b>2 low</b>	<b>3 Medium</b>	<b>4 High</b>	<b>5 Very High</b>
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