

BODY DEVELOPMENT AND FITNESS

1	Course Title:	BODY DEVELOPMENT AND FITNESS
2	Course Code:	AEB0032
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:	Dr. Öğr. Üyesi Tonguç VARDAR
15	Course Lecturers:	Dr.Öğr. Üyesi TONGUÇ VARDAR
16	Contact information of the Course Coordinator:	tongucvardar@uludag.edu.tr
17	Website:	
18	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.
19	Contribution of the Course to Professional Development:	
20	Learning Outcomes:	
	1	To learn the history of Bodybuilding and Fitness.
	2	Learning the philosophy of Bodybuilding and Fitness.
	3	Learning concepts about bodybuilding and fitness.
	4	Bodybuilding and Fitness related competitions recognition.
	5	Being able to use bodybuilding and fitness equipment recognition.
	6	To be able to edit the 1st and 2nd stage training program.
	7	To be able to edit the 1st and 2nd stage training program.
	8	o be able to apply 1st and 2nd level programs.
	9	o be able to apply 1st and 2nd level programs.
	10	Recognition of advanced training methods.
21	Course Content:	
	Course Content:	
Week	Theoretical	Practice
1	The history and philosophy of bodybuilding and fitness	Recognition of fitness machines and equipment in the hall
2	Basic concepts of body building and fitness and psychological evaluation	Recognition of fitness machines and equipment in the hall

3	Benefits of Bodybuilding	Recognition of fitness machines and equipment in the hall
4	Working methods according to muscle groups	Learning and applying the principles of working with the machines in the hall.
5	Bodybuilding as a sport policy	Learning and applying the principles of working with the machines in the hall.
6	Turkey and the World Federation of Bodybuilding	Learning and applying the principles of working with the machines in the hall.
7	Bodybuilding and Fitness competitions	Learning and applying the principles of working with the machines in the hall.
8	Scientific approach to Bodybuilding and Fitness	Learning and applying the principles of using free weights.
9	Scientific approach to Bodybuilding and Fitness	Learning and applying the principles of using free weights.
10	Muscle anatomy and muscle knowledge	Learning and applying the principles of using free weights.
11	The effect of body building on the basic systems of the body	Learning and applying the principles of using free weights.
12	Bodybuilding movements and kinesiology	Learning and applying the principles of using free weights.
13	Principles to be considered in studies.	1. learning and applying the principles of the basic program.

24	ECTS / WORK LOAD TABLE
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[illegible]

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																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			