TRAINING EDUCATION II

1	Course Title:	TRAINING EDUCATION II
2	Course Code:	AEB2008
3	Type of Course:	Compulsory
4	Level of Course:	First Cycle
5	Year of Study:	2
6	Semester:	4
7	ECTS Credits Allocated:	5.00
8	Theoretical (hour/week):	2.00
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. Ögr. Üyesi Tonguç VARDAR
15	Course Lecturers:	Dr.Öğretim Üyesi Tonguç VARDAR
16	Contact information of the Course Coordinator:	(tonguçvardar@uludag.edu.tr)
17	Website:	
18	Objective of the Course:	Objectives of this course are to ensure the students to get knowledge about educational games that they should use in their lessons during their
19	Contribution of the Course to Professional Development:	
20	Learning Outcomes:	
	1	To be able to explain and comprehend the factors affecting the efficiency of basic motor properties
	2	To be able to learn, comprehend and apply field tests of basic motor properties.
	3	To be able to comprehend and apply the principles of basic motor training. FORCE.
	4	To be able to comprehend and apply the training loading principles of basic motor features. DURABILITY.
	5	To be able to comprehend and apply the training loading principles of basic motor features. FACE.
	6	To be able to comprehend and apply the training loading principles of basic motor features. MOBILITY.
	7	To be able to comprehend and apply training loading principles of basic motor features. SKILL-COORDINATION.
	8	To be able to practice learning the symptoms of overtraining and ways of coping.
	9	Training planning and periodization.
	10	Training planning and periodization.

21	Course Content:	
	Course Content:	
Week	Theoretical	Practice
1	Introduction of the course, method of operation rules; Definition of force, classification and factors affecting force.	Maximal force taking
2	Adaptation to strength training; Strength training systems	Presentation or application of lower extremity exercises in strength training
3	Types of strength training; Load training parameters	Upper extremity and trunk exercises
4	Strength training load parameters: Types of strength training and development stages (Anatomical Adaptation)	Anatomical Adaptation strength training application
5	Types of strength training and development stages (Maximal force)	Maximal force strength training application
6	Types of strength training and development stages (Quick-explosive force)	Quick-explosive strength training
7	Types of strength training and development stages (strength continuity): Planning and periodization of strength training	Continuous strength training practice
8	Tests in sports, measurement of motoric properties, field and laboratory tests	Strength training application
9	Speed ??training load parameters and	Presentation or application of plyometric exercises
10	Plyometric exercises in Plyometric training and violence	
11	and training;	application
12		
13	Factors affecting durability and types of parameters and programming	Endurance training
14	Factors affecting training program, daily program development (micro planning); Periodic and annual training program development (macro planning)	Presentation of sample training program by branches

Activites	Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	1.00	14.00
Practicals/Labs	14	2.00	28.00
Self study and preperation	4	6.00	24.00
Homeworks	1	20.00	20.00
Projects	0	0.00	0.00
Field Studies	0	0.00	0.00
Midterm Exams	1	2.00	2.00
Others	0	0.00	0.00
Final Exams	1	2.00	2.00
Total Work Load			92.00
Total work load/ 30 hr			3.00
ECTS Credit of the Course			5.00

22	Textbooks, References and/or Other Materials:	Vladimir Issurin (2008), “Principles and Basics of Advanced Athletic Training”, published by UAC, Michigan USA, Yardımcı Kitaplar: Baechle, T.R., Earle, R.W. (2008), Essentials of Strength Training and Conditioning, Human Kinetics, USA Aaberg, E. (2006), Muscle Mechanics, Human Kinetics, USA Tudor O. Bompa (2007), “Antrenman Kuramı ve Yöntemi-Dönemleme”, Spor Yayınevi ve Kitapevi, Ankara Sedat Muratlı, Gülşah Şahin, Osman Kalyoncu (2005), “Antrenman ve Müsabaka”, Yaylım Yayıncılık, İstanbul
23	Assesment	

TERM LEARNING ACTIVITIES	**NUMBER**	**WEIGHT**

Midterm Exam	1	20.00
Quiz	0	0.00
Home work-project	1	20.00
Final Exam	1	60.00
Total	3	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	0	0	0	0	4	2	5	0	0	0	0	0	0	0
ÖK2	0	3	5	3	0	1	0	4	0	0	0	0	0	0	0	0
ÖK3	0	0	5	1	5	3	2	4	0	0	0	0	0	0	0	0
ÖK4	5	4	0	5	0	0	5	0	2	0	0	0	0	0	0	0
ÖK5	5	1	3	2	1	0	0	0	5	0	0	0	0	0	0	0
ÖK6	0	5	1	1	0	5	1	3	0	0	0	0	0	0	0	0
ÖK7	0	2	0	0	5	5	1	1	0	0	0	0	0	0	0	0
ÖK8	2	1	0	0	0	5	0	0	4	0	0	0	0	0	0	0
ÖK9	4	0	3	0	0	0	0	0	0	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**