

SWIMMING I

1	Course Title:	SWIMMING I
2	Course Code:	AEB3119
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	3
6	Semester:	5
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:	None
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Prof. Dr. Şenay Şahin
15	Course Lecturers:	Öğrt gör İsmail B. Yiğitdinç
16	Contact information of the Course Coordinator:	sksahin@uludag.edu.tr , 0 224 294 06 99 Bursa Uludağ Üniversitesi Spor Bilimleri Fakültesi Antrenörlük Eğitimi Bölümü
17	Website:	
18	Objective of the Course:	Basic preparatory work, Definition, history, swimming physiology, swimming races, jumped, and organizational rules. Introduce the four swimming styles technique, learning by teaching skills and knowledge to give swimming instruction. review training programs and systems to swimming pools
19	Contribution of the Course to Professional Development:	
20	Learning Outcomes:	
	1	Having knowledge about basic structure of swimming coaching
	2	Learning the rules of the games in swimming
	3	Learning the material used in swimming
	4	Teaching the basic swimming training steps
	5	Understanding the relationship between physical development and learning in children swimming
	6	Knows swimming and scientific principles
	7	Swimming implements biomechanical principles
	8	Knows the methodical principles used in swimming teaching
	9	Swimming knows how to provide pool rules and life safety
	10	Learns swimming pool usage and training practices
21	Course Content:	
	Course Content:	
Week	Theoretical	Practice
1	Industry in general and specific explanations for swimming. Course goals / objectives, goals and achievements of students. The history of swimming, swimming, the importance of education	

2	Water life saving Techniques				
3	Swimming competition rules				
4	General information about the basic features and materials of swimming pools				
5	Scientific principles of swimming (Archimede law, Dalton Law)				
6	Age-specific Swimming basic training staging and educational games				
7	Basic freestyle swimming practice				
8	Basic freestyle swimming practice				
9	Basic freestyle swimming practice				
10	Basic freestyle swimming practice				
11	Basic freestyle swimming practice				
12	Basic freestyle swimming practice				
13	Basic freestyle swimming practice				
14	Basic freestyle swimming practice				
22	Textbooks, References and/or Other Materials:	Ana kaynak;Ernest W. Maglischo ` Swimming Fastest ` Fourth edition Human Kinetcs 2010 USA Yrd Kaynaklar; 1.Michaels, R.A.: Swimming Technique, Philosophical considerations on intructional and competitive swimming program intensity for younger children, Fall, 1979. 2. Özün, H.: Türkiye’de başarılı yaş grubu yüzücülerinin			
Activites			Number	Duration (hour)	Total Work Load (hour)
Theoretical			4	Whitten p. the complete book of swimming title 2001	28.00
Practicals/Labs			0		0.00
Self study and preperation			6	Yasal Düzenlemeler. GSB Yayınları, Ankara sa3.	30.00
Homeworks			14	Basaran, I.F: Eğitim Psikolojisi: Modern Eğitimin	28.00
Projects			7	Eady, R.: Modern swimming and training Techniques, Age-group swimming	0.00
Field Studies			0		0.00
Midterm Exams			1		2.00
TERM LEARNING ACTIVITIES			NUMBE	WEIGHT	
Others			0		0.00
Midterm Exam		1	40.00	3.00	3.00
Final Exams					
Total Work Load					91.00
Home work project		0	0.00		2.87
Total work load/ 30 hr					
ECTS Credit of the Course					6.00
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	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK2	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK3	0	0	4	4	0	0	0	0	0	0	0	0	0	0	0	0
ÖK4	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0
ÖK5	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0
ÖK6	0	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0
ÖK7	0	0	0	0	0	0	0	4	0	0	0	0	0	0	0	0
ÖK8	0	0	0	0	0	0	0	0	4	0	0	0	0	0	0	0
ÖK9	0	0	0	0	0	0	0	0	0	4	0	0	0	0	0	0
ÖK10	0	0	0	0	0	0	0	0	0	0	4	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			