

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:	<p>Ana kaynak;Ernest W. Maglischo ` Swimming Fastest ` Fourth edition Human Kinetcs 2010 USA Yrd Kaynaklar;</p> <p>1.Michaels, R.A.: Swimming Technique, Philosophical considerations on intruotional and competitive swimming program intensity for younger children, Fall, 1979. 2. Özün, H.: Türkiye'de başarılı yaş grubu yüzücülerinin öğrenim ve gelişimlerinin ilişkisi. Ege Üniversitesi, Beden Eğitimi ve Spor Yüksekokulu, İzmir, 1982. 3.Colwin, C.: On swimming: Motivation and Mental Approach, Pelham Books, London, 1969. 4. Whitten p. the complete book of swimming,Toronto 1 etitle 2001. 5. Gökçe, B.: Cumhuriyet Döneminde Çocuk ve Gençlere ait Yasal Düzenlemeler. GSB Yayınları, Ankara, 1 sa3. 6. Başaran, LE: Eğitim Psikolojisi: Modern Eğitimin Psikolojik Temelleri, Gül Yayınları, Ankara, 1974. 7. Eady, R.: Modern swimming and training Techniques, Age-group swimming</p>
23	Assesment	
TERM LEARNING ACTIVITIES		NUMBE R
Midterm Exam		1
Quiz		0
Home work-project		0
Final Exam		1
Total		2
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	

Activites	Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	2.00	28.00
Practicals/Labs	0	0.00	0.00
Self study and preperation	15	2.00	30.00
Homeworks	14	2.00	28.00
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	3.00	3.00
Total Work Load			91.00
Total work load/ 30 hr			2.87
ECTS Credit of the Course			6.00

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			