

ARTISTIC GYMNASTICS IV

1	Course Title:	ARTISTIC GYMNASTICS IV
2	Course Code:	AEB4110
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	4
6	Semester:	8
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:	no
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Öğr.Gör. CENGİZ AKÇA
15	Course Lecturers:	
16	Contact information of the Course Coordinator:	ccakca@hotmail.com -02242940695
17	Website:	
18	Objective of the Course:	Developing the knowledge, skills and skill of training athletes required by 3rd Stage Artistic Gymnastics coaching.
19	Contribution of the Course to Professional Development:	
20	Learning Outcomes:	
	1	Artistic gymnastics in Turkey and in the world to explain the historical development
	2	Artistic gymnastics can create a culture,
	3	To be able to define basic skills of artistic gymnastics
	4	To be able to apply teaching methods of artistic gymnastics skills
	5	Practicing basic skills in artistic gymnastics in series (girls and boys)
	6	Ability to develop skills by using auxiliary tools in artistic gymnastics branch
	7	To be able to apply security measures precisely in artistic gymnastics branch
	8	To be able to recognize male and female instruments in artistic gymnastics branch
	9	To be able to comprehend the general characteristics of competition organizations in artistic gymnastics

		10	To be able to define abilities appropriate to Artistic gymnastics by using skill screening and selection criteria,	
21	Course Content:			
	Course Content:			
Week	Theoretical	Practice		
1	Artistic Gymnastics competition rules	Artistic Gymnastics competition rules		
2	Talent selection and principles in artistic gymnastics	Talent selection and principles in artistic gymnastics		
3	Nutrition in Artistic Gymnastics	Nutrition in Artistic Gymnastics		
4	Preparing a daily training program in artistic gymnastics (Little A / B)	Preparing a daily training program in artistic gymnastics (Little A / B)		
5	Preparing a weekly training program (Little A / B)	Preparing a weekly training program (Little A / B)		
6	Preparing an annual training program (Little A / B)	Preparing an annual training program (Little A / B)		
7	Preparing a daily training program (Stars)	Preparing a daily training program (Stars)		
8	Preparing a weekly training program (Stars)	Preparing a weekly training program (Stars)		
9	Preparing an annual training program (Stars)	Preparing an annual training program (Stars)		
10	Preparing a daily training program (Youth / Seniors)	Preparing a daily training program (Youth / Seniors)		
11	Preparing a weekly training program (Teens / Seniors)	Preparing a weekly training program (Teens / Seniors)		
Activites		Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	14	2.00	28.00
Practicals/Labs		14	2.00	28.00
Self study and preparation	22	8	10.00	80.00
Homeworks		7	2.00	14.00
Projects		2	0.00	0.00
Field Studies		0	0.00	0.00
Midterm exams		1	15.00	15.00
Others		0	0.00	0.00
Final Exams		5	15.00	15.00
Total Work Load				180.00
Total work load/ 30 hr				6.00
ECTS Credit of the Course				6.00
		6. Murat SANRI, Artistic Gymnastics, Baki Kitabevi, 2000, ADANA. 7. Sami SUVEREN, Artistic Gymnastics Öğretim Metotları, Kulplu Beygir, Paralel, Barfiks, Tutibay Yayıncılık, 1999, ANKARA. 8. Murat SANRI, Artistic Gymnastics, Baki Kitabevi, 2000, ADANA. 9. Murat SANRI, Yer Aleti, Baki Kitabevi, 2000, ADANA. 10. Salih SUVEREN, Artistik Jimnastik öğretim metotları, k.beygir, paralel, barfiks, 1999, ANKARA		
23	Assesment			
TERM LEARNING ACTIVITIES		NUMBER	WEIGHT	
Midterm Exam		1	40.00	
Quiz		0	0.00	
Home work-project		0	0.00	
Final Exam		1	60.00	
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	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0
ÖK3	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK4	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK5	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0
ÖK6	0	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK7	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0
ÖK8	0	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK9	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK10	0	0	0	0	0	0	0	0	0	0	0	0	0	4	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low		2 low		3 Medium		4 High		5 Very High							