

TREKKING

1	Course Title:	TREKKING	
2	Course Code:	AEB0031	
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:	unavailable	
12	Language:	Turkish	
13	Mode of Delivery:	Face to face	
14	Course Coordinator:	Öğr. Gör. FARUK KORKMAZ	
15	Course Lecturers:		
16	Contact information of the Course Coordinator:	fkorkmaz@uludag.edu.tr	
17	Website:		
18	Objective of the Course:	To know the nature, to teach students how to live in the nature and how to adopt to the nature.	
19	Contribution of the Course to Professional Development:	To gain knowledge, skills and experience in sports branches related to nature. Learns leadership, group dynamics, and teaching methods of the branches.	
20	Learning Outcomes:		
		1	To follow the improvements in nature sports and be able to implement it.
		2	To have the knowledge related with the general equipment and be able to use them in proper time.
		3	walking practices
		4	Walking tecnicks
		5	Energy conservation and Walking Leadership
		6	first aid techniques
		7	In nature, the security and navigation
		8	Nature and outdoor sports people have knowledge about the health of the body.
		9	development of walking ability
		10	Transmission of other information on these issues makes quiches
21	Course Content:		
		Course Content:	
Week	Theoretical	Practice	
1	Knowledge of nature, nature conservation, nature, sports, general knowledge	walking practices	
2	What is treaking, walking techniques	walking practices	
3	Navigation techniques	walking practices	
4	Materials	walking practices	

5	Time out	walking practices
6	Organizations, first aid	walking practices
7	Scouting, mountaineering, nordic walking	walking practices
8	Recognition of the cultural environment	walking practices
9	Principles	walking practices
10	Protection of the environment	walking practices
11	Group walking organizations tecnick	walking practices
12	Group leadership principles	walking practices
13	In wildlife protection	walking practices
14	Skill development technicks	walking practices

22	Textbooks, References and/or Other Materials:	DOĞA SPORLARI.Dostum Doğa Sporları ve Turizm.Öykü Kitabevi HAYATTA KALMA KILAVUZU-Yayınevi: Bilge Kültür Sanat, 2003 Doğada Yaşam Ve Gezi Notları.Haldun Aydıngün.Yayınevi Yayıncılık, 1992. DOĞA YÜRÜYÜŞÜ VE LİDERLİĞİ. Alpaslan Koç.Türkiye Dağcılık Federasyonu, 2018 Dağcılıkta Arama Ve Kurtarma.Gıyasettin Demirhan DOĞADA YAPILAN YÜRÜYÜŞLER Trekking & Hiking-Genişletilmiş 2. Baskı (2021) Kutsal Zafer Şahin
----	---	--

23	Assesment
----	-----------

Activites	Number	Duration (hour)	Total Work Load (hour)
Quiz Theoretical	14	1.00	14.00
Practicals/Labs	14	2.00	28.00
Self study and preperation	4	6.00	24.00
Homeworks	0	0.00	0.00
Projects	40	0.00	0.00
Field Studies	5	15.00	75.00
Midterm exams	1	1.00	1.00
Others	0	0.00	0.00
Measurement and Evaluation Techniques Used in the Course	1	1.00	1.00
Total Work Load			144.00
Total work load/ 30 hr			4.77
ECTS Credit of the Course			5.00

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	0	0	5	4	5	4	0	0	2	0	0	0	0	0	0	0
ÖK2	0	0	4	4	4	4	0	0	2	0	0	0	0	0	0	0
ÖK3	0	0	3	4	4	4	0	0	2	0	0	0	0	0	0	0
ÖK4	0	0	4	4	4	4	0	0	2	0	0	0	0	0	0	0

ÖK5	0	0	5	4	5	4	0	0	2	0	0	0	0	0	0	0
ÖK6	0	0	5	4	5	4	0	0	2	0	0	0	0	0	0	0
ÖK7	0	0	5	4	5	4	0	0	2	0	0	0	0	0	0	0
ÖK8	0	0	5	4	5	4	0	0	2	0	0	0	0	0	0	0
ÖK9	0	0	5	4	5	4	0	0	2	0	0	0	0	0	0	0
ÖK10	0	0	5	4	5	4	0	0	2	0	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				