

GYMNASTICS

1	Course Title:	GYMNASTICS	
2	Course Code:	AE-104	
3	Type of Course:	Compulsory	
4	Level of Course:	First Cycle	
5	Year of Study:	1	
6	Semester:	2	
7	ECTS Credits Allocated:	4.00	
8	Theoretical (hour/week):	1.00	
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:	Öğr.Gör. CENGİZ AKÇA	
15	Course Lecturers:	Öğrt. Gör. Cengiz AKÇA	
16	Contact information of the Course Coordinator:	ccakca@hotmail.com	
17	Website:		
18	Objective of the Course:	To have knowledge about the history and branches of gymnastics, To gain the ability to teach basic techniques in primary and secondary education and clubs.	
19	Contribution of the Course to Professional Development:	It is a necessity for a physical education teacher to have knowledge in gymnastics, which is the basis of all sports, and to be able to teach the teaching methods of basic movement techniques.	
20	Learning Outcomes:		
		1	To be able to learn the historical process of gymnastics in the world
		2	Learning the historical process of Gymnastics in Turkey
		3	To know and comprehend the branches of gymnastics sport
		4	Distinguish the olympic branches of gymnastics
		5	To be able to recognize the equipment of the artistic gymnastics branch
		6	Can teach the basic movements performed on artistic gymnastics floor equipment
		7	Understand the general evaluation rules of artistic gymnastics.
		8	Understands the importance of aid and safety measures in all braches of gymnastics.
		9	Can establish dialogue with children in basic gymnastics education
		10	Can teach some basic movements in basic gymnastics training
21	Course Content:		
		Course Content:	
Week	Theoretical	Practice	
1	Definition, history and branches of gymnastics	Definition, history and branches of gymnastics	

2	Flips (back and forth collective somersaults), basic positions	Flips (back and forth collective somersaults), basic positions
3	Tumble (front-back open leg somersaults), use of space	Tumble (front-back open leg somersaults), use of space
4	Tumble (forward-back stretched leg somersaults)	Tumble (forward-back stretched leg somersaults)
5	Amut (stepped)	Amut (stepped)
6	Amut (practice)	Amut (practice)
7	Round	Round
8	Uberschlag	Uberschlag
9	Jumping Table (ball and open leg transition)	Jumping Table (ball and open leg transition)
10	Pull-Up and Girl Parallel Tool Holds	Pull-Up and Girl Parallel Tool Holds
11	Pull-Up and Girl Parallel Abdomen	Pull-Up and Girl Parallel Abdomen
12	Parallel tool abutment, balance beam walks	Parallel tool abutment, balance beam walks
13	Parallel beam seat ellan, Balance beam leg swing	Parallel beam seat ellan, Balance beam leg swing
14	Parallel tool finishes, Balance beam glider	Parallel tool finishes, Balance beam glider

22	Textbooks, References and/or Other Materials:	<p>1. Ergün ŞENGÜL, Serbest Cimnastik, Sporsal Uygulama Dizisi-5, 1996, ANKARA.</p> <p>2. Erdem ÖZDEMİR, Reyzan ÖZDEMİR, Cimnastikte Duruş Örnekleri Ve Jimnastik Sopası İle Yapılan Hareketler, Hekimler Yayın Birliği, 1998, ANKARA.</p> <p>3. Reyzan ÖZDEMİR, Erdem ÖZDEMİR, Cimnastik Sırası İle Yapılan Hareketler, Hekimler Yayın Birliği, 1998, ANKARA.</p> <p>4. Yaşar SEVİM, Ergün ŞENGÜL, Sağlık Topu İle Güç Geliştirme, Gençlik Ve Spor Genel Md. Spor Eğitimi Daire Bşk., 1994, ANKARA.</p> <p>5. Klaus HERMANN, Lehrplan Deustcher Turner-Bund, Veilseitiges Turnen and Graten, Breitensport, 1985, MÜNCHEN.</p> <p>6. Türkiye cimnastik federasyonu web sayfası</p> <p>7. Uluslar arası cimnastik federasyonu (fig) web sayfası.</p> <p>8. Klaus HERMANN, Lehrplan Deustcher Turned-Bund Veilseitiges Turnen and Graten, Breitensport, 1985, MÜNCHEN</p> <p>9. Artistik cjinmastik temel eğitim devresi çalışmaları, Sami Mengütay, 1988, istanbul</p>
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23	Assesment	
TERM LEARNING ACTIVITIES		NUMBE R
		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

24	ECTS / WORK LOAD TABLE
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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	3	10.00	30.00
Homeworks	3	10.00	30.00
Projects	0	0.00	0.00
Field Studies	0	0.00	0.00
Midterm exams	1	8.00	8.00
Others	0	0.00	0.00
Final Exams	1	10.00	10.00
Total Work Load			128.00
Total work load/ 30 hr			4.00
ECTS Credit of the Course			4.00

25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS
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	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	PQ14	PQ15	PQ16
ÖK1	4	3	4	4	0	4	4	4	4	4	3	4	4	3	4	4
ÖK2	4	3	3	4	4	4	3	4	4	3	5	4	4	3	4	4
ÖK3	4	5	4	3	4	4	5	4	3	4	4	4	3	4	4	5
ÖK4	4	4	4	5	4	4	3	4	4	4	5	4	4	4	3	4
ÖK5	5	4	4	3	4	4	4	4	4	5	4	4	3	4	4	4
ÖK6	4	4	5	4	4	4	3	4	4	4	4	3	4	5	4	4
ÖK7	4	4	4	4	5	4	4	3	4	4	4	5	5	4	4	4
ÖK8	4	4	5	5	4	4	5	4	4	4	3	4	4	4	5	4
ÖK9	5	5	4	4	4	4	4	4	5	4	4	3	4	3	4	4
ÖK10	4	4	4	4	3	4	4	4	5	5	4	4	4	5	4	4

LO: Learning Objectives PQ: Program Qualifications

Contribution Level:	1 very low	2 low	3 Medium	4 High	5 Very High
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