		GYMI	NASTICS						
1	Course Title:	GYMNA	STICS						
2	Course Code:	AE-104							
3	Type of Course:	Compuls	sory						
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 f	face						
14	Course Coordinator:	Öğr.Gör.	. CENGİZ AKÇA						
15	Course Lecturers:	Öğrt. Gö	r. 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 some basic positions	rsaults),	Fli po	Flips (back and forth collective somersaults), basic positions						
3	Tumble (front-back open leg somersause of space	aults),	Tu	Tumble (front-back open leg somersaults), use of space						
4	Tumble (forward-back stretched leg somersaults)		Tu	Tumble (forward-back stretched leg somersaults)						
5	Amut (stepped)		An	nut (stepped)						
6	Amut (practice)		An	Amut (practice)						
7	Round		Rc	Round						
8	Ubershlag		Ub	pershlag						
9	Jumping Table (ball and open leg tra	nsition)	Ju	Jumping Table (ball and open leg transition)						
10	Pull-Up and Girl Parallel Tool Holds		Pu	Pull-Up and Girl Parallel Tool Holds						
11	Pull-Up and Girl Parallel Abdomen		Pu	Pull-Up and Girl Parallel Abdomen						
12	Parallel tool abutment, balance beam	n walks	Pa	arallel tool abutment, b	alance beam walks	3				
13	Parallel beam seat ellan, Balance be swing	am leg	Pa	Parallel beam seat ellan, Balance beam leg swing						
14	Parallel tool finishes, Balance beam	glider	Ра	arallel tool finishes, Ba	lance beam glider					
22 Activit	Textbooks, References and/or Other Materials:		1. Diz 2	1. Ergün ŞENGÜL, Serbest Cimnastik, Sporsal Uygulama Dizisi-5, 1996, ANKARA. 2. Erdom ÖZDEMİB, Buzzon ÖZDEMİB, Cimpostikto Number Duration (hour) Total Work						
						Load (hour)				
Theore	tical		A	MARA.	1.00	'14.00°'				
Practic	als/Labs			14	2.00	28.00				
Self stu	dy and preperation		Bş	k., 1994, ANKARA.	10.00	30.00				
Homew	vorks		,	3	10.00	30.00				
Project	8		M	ÜNCHEN.	0.00	0.00				
Field S	tudies		(0	0.00	0.00				
Midtern	h exams		7 1Uluslar arası cimnastik federasyonu (fig)8 web sayfası							
Others			(0	0.00	0.00				
Final E	kams		M	ÜNCHEN	10.00	10.00				
Total W	Vork Load					128.00				
Total w	ork load/ 30 hr					4.00				
ECTS (Credit of the Course					4.00				
TERM L	LEARNING ACTIVITIES	NUMBE R	WEIGHT							
Midtern	n Exam	1	40.00							
Quiz		0	0.00							
Home v	work-project	0	0.00							
Final E	xam	1	60.00							
Total		2	100.00							
Contrib Succes	oution of Term (Year) Learning Activitiess Grade	es to	40.00							
Contrib	ution of Final Exam to Success Grade)	60.00							
Total			100.00							

Measurement and Evaluation	Techniques	Used i	n the	clasıc exam
Course				

24 EC	TS /	TS / WORK LOAD TABLE														
25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ1 0	PQ11	PQ12	PQ1 3	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																
Contrib 1 very low ution Level:		2 low			3 Medium			4 High			5 Very High					