

ARTISTIC GYMNASTICS I

1	Course Title:	ARTISTIC GYMNASTICS I
2	Course Code:	AEB3109
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:	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 cengizakca@uludag.edu.tr
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:	Having the theoretical and practical knowledge required to become a 3rd level artistic gymnastics trainer in clubs.
20	Learning Outcomes:	
	1	To be able to explain the historical development of artistic gymnastics in Turkey and in the world
	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	History of Gymnastics, Presentation of Instruments in Artistic Gymnastics (women),	Attachments: Front and back, Front and back stretched legs, Front and back legs, Flying implements.		
2	Presentation of instruments in artistic gymnastics (men)	Stepping stones and teaching methods		
3	Safety precautions to be taken during training and competition in artistic gymnastics	Stages and teaching methods of circle and cartil movements		
4	General structure and characteristics of fully equipped Artistic gymnasium	Stepping and teaching methods of Überschlag and accessing movements		
5	Artistic gymnastics contest rules	Barfiks: grips, abdominal mihferi, kipe, finish.		
6	Artistic gymnastics men contest organizations	Artistic gymnastics men contest organizations		
7	Talent selection and principles in artistic gymnastics	Talent selection and principles in artistic gymnastics		
8	Talent selection and principles in artistic gymnastics	Talent selection and principles in artistic gymnastics		
9	Jump table theory			
Activites		Number	Duration (hour)	Total Work Load (hour)
Theoretical	School, Club and Family Relations in the Development of Artistic Gymnastics	14	2.00	28.00
Practicals/Labs		14	2.00	28.00
Self study and preparation	Education value in terms of child development	8	10.00	80.00
Homeworks		7	2.00	14.00
Projects	In Turkey	0	0.00	0.00
Field Studies	Organizational structure of Turkish gymnastics	0	0.00	0.00
Midterm exams	to basic techniques		15.00	15.00
Others		0	0.00	0.00
Final Exams		1	15.00	15.00
Total Work Load				195.00
Total work load/ 30 hr		3		6.00
ECTS Credit of the Course				6.00
		4. Artistik cjmgnastik temel eğitim devresi çalışmaları, Sami Mengütay, 1988, istanbul		
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	Classic exam
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	4	4	4	3	4	4	4	5	5	0	0	0	0	0	0
ÖK2	4	4	4	3	5	4	4	4	4	5	0	0	0	0	0	0
ÖK3	4	4	3	4	5	4	4	4	5	4	0	0	0	0	0	0
ÖK4	3	4	4	5	5	4	4	4	3	4	0	0	0	0	0	0
ÖK5	4	4	3	4	4	4	4	4	5	5	0	0	0	0	0	0
ÖK6	5	4	5	4	4	4	4	4	4	5	0	0	0	0	0	0
ÖK7	4	4	4	5	4	4	3	4	4	4	0	0	0	0	0	0
ÖK8	5	4	4	4	4	4	3	4	4	4	0	0	0	0	0	0
ÖK9	3	4	4	4	5	4	4	4	4	4	0	0	0	0	0	0
ÖK10	5	4	4	4	4	4	4	5	4	4	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							