

WRESTLING II

1	Course Title:	WRESTLING II
2	Course Code:	AEB3118
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	3
6	Semester:	6
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:	Wrestling Expertise I
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Prof. Dr. Ramiz Arabacı
15	Course Lecturers:	
16	Contact information of the Course Coordinator:	ramizar@uludag.edu.tr. Tel(Sabit): 0224 294 07 55 Cep: 0533 249 44 71 Adres: Bursa Uludağ Üniversitesi, Spor Bilimleri Fakültesi, Beden Eğitimi ve Spor Bölümü Posta Kod: 16059. Nilüfer/BURSA.
17	Website:	http://bilgipaketi.uludag.edu.tr/Programlar/Detay/350?AyID=26
18	Objective of the Course:	To provide trainings knowledge and skills for wrestling. To teach teaching methods, techniques and strategies about wrestling coaching training. To gain the ability of leadership, observation, analysis, decision making and implementation. To gain the ability to prepare, apply and evaluate training programs of different types and qualities. To train qualified wrestling trainers in the light of scientific data.
19	Contribution of the Course to Professional Development:	It contributes to the specialty student to improve the wrestling profession knowledge.
20	Learning Outcomes:	
	1	Student; learn, explain and apply wrestling technical skills.
	2	Student; learn and explain combinations of wrestling techniques.
	3	Student; learn, explain and apply tactics and strategy development in wrestling.
	4	Student; learn, explain and interpret the physical and physiological responses of wrestling. Having arbitration information of wrestling. Positive reviews, do a good follower of wrestling.olorimetric methods.
	5	Student; learn, explain and apply tactics and strategy development in wrestling.
	6	Student; learns and explains how and where to find current information about wrestling.

		7	Explains and applies the combined techniques in wrestling.		
		8	Student; Learns and explains how and where to access up-to-date information about wrestling.		
		9	Develops daily and annual plans for wrestling.		
		10	Applies skill selection patterns in wrestling		
21	Course Content:				
	Course Content:				
Week	Theoretical		Practice		
1	The importance of warming, cooling and flexibility in wrestling		Chip technique application, counter defense position and counter-attack		
2	The importance of warming, cooling and flexibility in wrestling		Side-head technique application, counter-defense positioning and counter-attack		
3	Energy systems in wrestling, recovery, rest.		Lock technique application, counter defense positioning and counter-attack		
4	Energy systems in wrestling, recovery, rest.		Winding technique practice, counter defense positioning and counter-attack		
5	Wrestling-specific motor skills		Cowhide technique application, counter defense positioning and counter-attack		
6	Wrestling-specific motor skills		Arm-press technique application, counter-defense positioning and counter-attack		
7	Interim evaluation		Interim evaluation		
8	Combined techniques and analysis		Reverse-leg technique application, counter-defense		
Activites			Number	Duration (hour)	Total Work Load (hour)
10	Combined techniques and analysis		14	2.00	28.00
Theoretical			14	2.00	28.00
Practicals/Labs			14	2.00	28.00
Self study and preperation			14	2.00	48.00
Homeworks			16	3.00	48.00
Projects			0	0.00	0.00
13	Current information about wrestling (rules, Repetition of all techniques		13	2.00	26.00
Field Studies			13	2.00	26.00
14	General evaluation		1	1.00	1.00
Midterm Exams			1	1.00	1.00
Others			0	0.00	0.00
Final Exams			1	1.00	1.00
Total Work Load					181.00
Total work load/ 30 hr					6.00
ECTS Credit of the Course					6.00

22	Textbooks, References and/or Other Materials:	1. 1. Aak M. (2001). Greř ğreniyorum, Kubbealtı Yayıncılık, Malatya. 2. Fila, Wrestling Manual For Choaches, (2009). Yerevan. 3. Yıldırım İ. (2000). Geleneksel Yağlı Greřin, Kltrel, Yapısal Ve Bilimsel Aıdan Modern Minder Greřiyle Farklılıklarının Değerlendirilmesi, Gazi Beden Eğitimi Ve Spor Bilimleri Dergisi;5(1) S.53-62, Ankara. 4. Tgf. (1990). Uluslar Arası Amatr Greř Federasyonu, Uluslar Arası Greř Kaideleri, Serbest, Grekoromen ve Bayanlar Greři, Ankara. 5. Gkdemir, K. (2000). Greř Antrenmanının Bilimsel Temelleri. Ankara: Poyraz Ofset. 6. cal D. (2007). Elit Greřilerin Somatotip zellikleri İle Antropometrik Oransal İliřkilerinin Stiller ve Sıkletler Arası Karşılaştırılması, Gazi niversitesi Saėlık Bilimleri Enstits Beden Eėitimi Ve Spor Anabilim Dalı Yksek Lisans Tezi, Ankara. 7. Guyton, Ac. Hall, Je. (2006). Textbook Of Medical Physiology, Eleventh Edition, Elsevier. 8. Gnay, M. (1999). Egzersiz Fizyolojisi. Ankara: Baėırgan Yayınevi. 9. ATİK, M.; (1973) "Serbest Greřte Teknik-Taktik Kompleler" Emel Matbaacılık San. Ltd. řti. Ankara. S. 4. 10. Sevim Y. (2002). Antrenman Bilgisi, Nobel Yayınları, Ankara. 11. Fila, Uluslararası Greř Kuralları, (2011). (ev. Cicioėlu İ, Bykerřen E.), Trkiye Greř Federasyonu, Ankara. 12. BAřARAN, M.; (1989) "Serbest ve Grekoromen Greř" T.C. Genlik ve Genel Mdrlė, Yayın No: 84, Uzman Matbaacılık, ANKARA. S.1. 13. ERYİėİT, G.; (1996) "Trk ve Dnya Greři 1896 - 1996" Trk Greř Vakfı Yayını, Ankara. S.15. 14. GREřİMİZ. 2002 (Aylık Dergi)"FILA Kilolarla Yine Oynadı" Milsan A.ř. İstanbul. S. 54.
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23	Assesment
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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
Measurement and Evaluation Techniques Used in the Course		Classic exam Practical exam

24	ECTS / WORK LOAD TABLE
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25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	PQ14	PQ15	PQ16
K1	5	0	0	0	0	0	0	0	5	0	0	0	0	0	0	0
K2	0	0	0	0	0	0	4	0	0	0	0	5	0	4	0	0

ÖK3	0	0	0	4	0	0	0	5	0	0	0	0	0	0	0	0
ÖK4	0	4	0	0	0	5	0	0	0	0	0	0	0	0	0	0
ÖK5	0	0	5	0	0	0	0	0	0	3	0	0	0	0	0	0
ÖK6	0	0	0	0	5	0	0	0	0	0	0	0	0	0	4	0
ÖK7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
ÖK10	0	0	0	0	0	0	0	0	0	0	4	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			