

## TRACK AND FIELD IV

1	Course Title:	TRACK AND FIELD IV
2	Course Code:	AEB4122
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	4
6	Semester:	8
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:	
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Dr. Öğr. Üyesi SALİH ERDEN
15	Course Lecturers:	
16	Contact information of the Course Coordinator:	DR.ÖĞR.ÜYESİ SALİH ERDEN saliher@uludag.edu.tr 2942161
17	Website:	<a href="http://bilgipaketi.uludag.edu.tr/Ders/Index/1092667">http://bilgipaketi.uludag.edu.tr/Ders/Index/1092667</a>
18	Objective of the Course:	<p>Teach theoretically and in practice the basic track and field related content as loyal to the Principals and Revolutions of Atatürk and in accordance with the basic objectives of the Ministry of Education. Provide hands-on experience of how to prepare a school team for competitions. As a result of the learning and teaching activities related to the course, the students are expected to have learned the following objectives;</p> <ol style="list-style-type: none"> <li>1. Introduce track and field to the students and enable them to learn in general about track and field.</li> <li>2. Teach the definition, history and the competition rules.</li> <li>3. Teach the competition branches in track and field in theory and practice. Enable students to gain self-confidence, courage and autonomous decision-making and action.</li> </ol>
19	Contribution of the Course to Professional Development:	can apply training period layouts for athletics disciplines separately.
20	Learning Outcomes:	
	1	Objectives of the Course: Explain the definition of track and field
	2	Understand the branch-specific competition rules in track and field.
	3	Implement basic technical skills of various branches in track and field.
	4	Understand the tactical practices in track and field.
	5	Learn how to compete in a friendly and gentlemanlike manner in track and field.
	6	Learning performance enhancing nutrition in athletics branch

		7	Improve the coaching skills.		
		8	Improve the teacher skills.		
		9	Teach the importance of warm-up before practising the branches in track and field.		
		10	Introducing athletics competition areas		
21	Course Content:				
	Course Content:				
Week	Theoretical		Practice		
1	Competition rules of exercise-walk		Exercise-walk practices.		
2	Competition rules of exercise-walk		Exercise-walk practices.		
3	High Jump Competition rules, high jump technique		Various vaulting practices. Objective: rising to the bar in the most efficient way.		
4	High Jump Competition rules, high jump technique		Curve running practices. Implementing the technique of high jump.		
5	High Jump Competition rules, high jump technique		Practices of falling down on to the mattress Objective: Overcoming the fear of falling down on to the mattress.		
6	Competition rules of pole-vaulting and the relevant technical knowledge		Pole-vaulting practices.		
7	Competition rules of pole-vaulting and the		How to hold the pole and jumping practices.		
Activities			Number	Duration (hour)	Total Work Load (hour)
Theoretical	relevant technical knowledge		14	2.00	28.00
Practicals/Labs			14	2.00	28.00
Self study	relevant technical knowledge and preparation		5	15.00	75.00
Homeworks			5	10.00	50.00
Projects	Training volume and intensity		0	0.00	0.00
Field Studies			0	0.00	0.00
Midterm exams	single-ended training periodization		1	1.00	1.00
Others			0	0.00	0.00
Final Exams			1	1.00	1.00
Total Work Load					184.00
Total work load/ 30 hr					6.10
ECTS Credit of the Course					6.00

22	Textbooks, References and/or Other Materials:	<p>1. AÇIKADA, C. ,ERGEN,E.: “Bilim ve Spor”, Büro-tek Ofset Matbaacılık, Ankara, 1990.</p> <p>2. ALPMAN, C. : Beden Eğitimi ve Çağlar Boyunca gelişimi. İstanbul, 1972</p> <p>1. B.T.G.M. : “Sporda İnsan Gücü Geliştirme Simpozyumu”, Güven Matbaası, Ankara, 1972.</p> <p>2. BLUCHEL, K. : Das Grosse Sport Buch . Münih. 1983</p> <p>3. DEMİR, M.: Atletizmde Koşular. Ankara , 1991</p> <p>4. DÜNDAR, U. : “Antrenman Teorisi”, 2. Baskı, Bağırman Yayımevi, Ankara,1995.</p> <p>5. EHRİER, W.:LİEBSCHER, C. : Leichtatletic, Berlin,1984</p> <p>6. ERDEN, S. : “Yayınlanmamış Atletizm İhtisas Ders Notları”, U. Ü. Eğit. Fak. Bed. Eğit. ve Spor Böl., Bursa, 1994-2001.</p> <p>7. ERDEN, S. AKÇA, A.: Atletizm, Bursa, 2000.</p> <p>8. FİDELUS, K. , KOCJASZ, J. : “Antrenman Ağıştırmaları Derlemi”, Çeviri: Tanju Bağırman, Bağırman Yayımevi, Ankara, 1996.</p> <p>9. FİŞEK, K. : “Spor Yönetimi”, A.Ü.S.B.F.B.Y.Y.O. Basımevi, Ankara, 1980.</p> <p>10. GÜNDÜZ, N. : “Antrenman Bilgisi”, 2. Baskı, Saray Kitapevleri, Bassaray Basımevi, İzmir, 1997.</p> <p>11. GÜNDÜZ, N.: Atletizm Atmalar, Manisa, 1983</p> <p>12. İ.A.A.F.: Hand Book, London, 1986</p> <p>13. İŞLER, M.: Okullarda Atletizm, Ankara, 1980</p> <p>14. JONATH, U. , KREMPEL, R. : “Konditionstraining Training Tecknik Taktik”, Hambuiz-Rowohlt Verlag, 1981.</p> <p>15. JONATH, U.: Leichtatletic I. Hamburg, 1977</p> <p>16. JONATH, U.: Leichtatletic II. Hamburg, 1977</p> <p>17. MURATLI, S. , SEVİM, Y. : “Antrenman Bilgisi ve Testler”, Ofset Matbaacılık, Ankara, 1977.</p> <p>18. MURATLI, S. : “Çocuk ve Antrenman”, Kültür Matbaası, Ankara, 1997.</p> <p>19. MUTER, K.: 1003 Spiel Und Ubungs Formen, Bern, 1979</p> <p>20. ÖZMEN, Ö. : “Çağdaş Sporda Eğitim Üçgeni”, Yılmaz Matbaası, İstanbul,1976.</p> <p>21. SEVİM, Y. : “Antrenman Bilgisi”, TUTİBAY Ltd. Şti. , Ankara, 1997. Matbaacılık, Ankara, 1968.</p> <p>24.ZİESCHANG, K.: Richtig Leichtatletic, Münih, 1983</p>
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		Multiple choice test 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	5	5	3	5	4	4	0	4	4	5	0	0	0	0	0	0
ÖK2	4	4	5	5	4	4	0	4	5	5	0	0	0	0	0	0
ÖK3	4	4	5	5	3	4	0	3	4	3	0	0	0	0	0	0
ÖK4	5	5	4	5	4	5	0	4	2	5	0	0	0	0	0	0
ÖK5	5	5	4	4	4	5	0	4	4	5	0	0	0	0	0	0
ÖK6	4	4	5	5	4	4	0	4	4	4	0	0	0	0	0	0
ÖK7	5	5	4	5	5	4	0	4	5	5	0	0	0	0	0	0
ÖK8	4	5	5	4	3	5	0	4	4	4	0	4	0	0	0	0
ÖK9	4	5	5	4	4	5	0	5	4	4	0	0	0	0	0	0
ÖK10	5	3	4	3	5	4	0	3	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			