

MOVEMENT EDUCATION

1	Course Title:	MOVEMENT EDUCATION
2	Course Code:	AE-105
3	Type of Course:	Compulsory
4	Level of Course:	First Cycle
5	Year of Study:	1
6	Semester:	1
7	ECTS Credits Allocated:	3.00
8	Theoretical (hour/week):	2.00
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. A.Nazım GÜRAK
16	Contact information of the Course Coordinator:	ccakca@hotmail.com cengizakca@uludag.edu.tr
17	Website:	
18	Objective of the Course:	Gaining self-confidence, perception, courage and helping habit, coordination development, development of individual and group choreography skills, development of leadership skills.
19	Contribution of the Course to Professional Development:	Developing coordination characteristics (self-confidence, perception, courage and helping people, coordination development, leadership) is one of the basic parameters of being a physical education teacher.
20	Learning Outcomes:	
	1	Believes that a person associated with an increased self-confidence
	2	Understands that habit Aid.
	3	Understands the need to improve coordination is a feature
	4	Understands the need to develop conditional features
	5	Believes that prepare the individual serial
	6	Believes that prepare group choreography
	7	Become aware of leadership is developing feature
	8	Understands gained habits disciplined work
	9	Believes designing clothing and materials for demonstrations groups
	10	Acquires basic movement skills.
21	Course Content:	
	Course Content:	
Week	Theoretical	Practice
1	Gymnastics and movement training	Gymnastics and movement training
2	Developing Individual Coordinative Movements	Developing Individual Coordinative Movements
3	Developing Paired Coordinative Movements	Developing Paired Coordinative Movements
4	Developing Group Coordinative Movements	Developing Group Coordinative Movements

5	Layout Exercises (Commands)	Layout Exercises (Commands)
6	Layout Exercises (Changes of direction, turns and gears)	Layout Exercises (Changes of direction, turns and gears)
7	Layout Exercises (Sequences and sequences)	Layout Exercises (Sequences and sequences)
8	Layout Exercises (Changing legs)	Layout Exercises (Changing legs)
9	Basic postures (standing and pot position)	Basic postures (standing and pot position)
10	Basic postures (sitting and lying positions)	Basic postures (sitting and lying positions)
11	Basic postures (Balance postures)	Basic postures (Balance postures)
12	Paired basic postures	Paired basic postures
13	Stage arrangements	Stage arrangements
14	Individual and group choreographies	Individual and group choreographies
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. Reyzan ÖZDEMİR, Sportif Performansta Isınmanın Önemi, Çeviri, 1994, BURSA.</p>
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
Measurement and Evaluation Techniques Used in the Course		Clasık exam
24	ECTS / WORK LOAD TABLE	

Activites	Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	2.00	28.00
Practicals/Labs	14	2.00	28.00
Self study and preperation	3	6.00	18.00
Homeworks	0	0.00	0.00
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			100.00
Total work load/ 30 hr			3.07
ECTS Credit of the Course			3.00

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	5	4	4	3	4	5	4	4	3	4	4	5
ÖK2	4	4	5	5	4	4	3	4	4	4	5	5	4	4	3	4
ÖK3	5	4	4	4	3	4	4	5	5	4	4	3	4	4	4	5
ÖK4	4	4	4	5	5	4	4	5	4	3	4	4	4	5	4	4
ÖK5	5	5	4	4	4	4	4	3	4	4	4	4	5	4	5	4
ÖK6	5	4	4	4	4	4	4	5	4	4	4	3	4	4	4	5
ÖK7	4	4	4	4	4	3	4	4	4	4	4	5	5	4	5	5
ÖK8	4	4	3	4	3	4	4	5	5	4	4	4	4	4	5	4
ÖK9	4	4	4	4	4	5	4	4	4	4	4	4	3	4	4	4
ÖK10	5	4	4	5	4	4	4	5	4	4	4	4	3	4	4	4
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			