

OUTDOOR SPORTS

1	Course Title:	OUTDOOR SPORTS
2	Course Code:	AE-308
3	Type of Course:	Compulsory
4	Level of Course:	First Cycle
5	Year of Study:	3
6	Semester:	6
7	ECTS Credits Allocated:	3.00
8	Theoretical (hour/week):	1.00
9	Practice (hour/week):	2.00
10	Laboratory (hour/week):	0
11	Prerequisites:	unavailable
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Öğr. Gör. FARUK KORKMAZ
15	Course Lecturers:	Nimet Haşıl Korkmaz Okan Gültekin İ.Burak Yiğitdinç H.Hüseyin Oruç
16	Contact information of the Course Coordinator:	Faruk KORKMAZ fkorkmaz@uludag.edu.tr
17	Website:	
18	Objective of the Course:	Introduction to nature sports and definitions, concept of natural life and its features, trekking, determining the location and direction in nature, event planning and organization knowledge, adaptation to life in nature environment, safe movement knowledge and skills. Application of these knowledge and skills in a selected nature sport (trekking, orienteering, mountaineering, caving, canoeing, rafting, scouting, ski, sailing, etc.)
19	Contribution of the Course to Professional Development:	To gain knowledge, skills and experience in sports branches related to nature. Learns leadership, group dynamics, and teaching methods of the branches.
20	Learning Outcomes:	
	1	Becomes able to follow the developments in outdoor sports and do them.
	2	Have general material knowledge and can use it in the right and appropriate time.
	3	Have the ability to apply the technical skills of the relevant branch.
	4	Becomes skilled in teaching and transferring the techniques learned in the relevant branch to their students.
	5	Knows warming up, energy conservation, leadership ability and necessary preparations before outdoor sports.
	6	Knows first aid techniques in nature. Learns emergencies that may arise and understands to take precautions.
	7	Safety in extreme sports. Knows prevention and healthy sports methods and knows the necessary precautions.
	8	Gains knowledge of the mental and physical health of nature and nature sports.
	9	Knows the measurement techniques for determining the students' skills in the field of nature sports and interprets the results.

		10	Gains leadership and communication skills in the field of outdoor sports.
21	Course Content:		
	Course Content:		
Week	Theoretical	Practice	
1	Knowledge of nature, nature conservation, nature, sports, general knowledge		
2	What is treaking, walking techniques		
3	Navigation techniques	branch applications	
4	Materials	branch applications	
5	Teaching and methods of basic techniques	branch applications	
6	Teaching and methods of basic techniques	branch applications	
7	Teaching and methods of basic techniques	branch applications	
8	Teaching and methods of basic techniques	branch applications	
9	Teaching and methods of basic techniques	branch applications	
10	What is the environment and environmental protection awareness? Creating environmental protection awareness.	branch applications	
11	Group walking organizations tecnick	branch applications	
12	Teaching and methods of basic techniques	branch applications	
13	Teaching and methods of basic techniques	branch applications	
14	Skill development technicks	branch applications	
22	Textbooks, References and/or Other Materials:	DOĞA SPORLARı.Dostum Doğa Sporları ve Turizm.Öykü Kitabevi Türk Yelken Spor Tarihi.Cem Atabeyoğlu HAYATTA KALMA KILAVUZU-Yayınevi: Bilge Kültür Sanat, 2003 Doğada Yaşam Ve Gezi Notları.Haldun Aydıngün.Yayınevi Yayıncılık, 1992. Kürekten Yelkene: Kaybolan Miras.Koç Üniversitesi, 2020 DAĞCILIK.DR. BOZKURT ERGÖR DOĞA YÜRÜYÜŞÜ VE LİDERLİĞİ. Alpaslan Koç.Türkiye Dağcılık Federasyonu, 2018 Dağcılıkta Arama Ve Kurtarma.Gıyasettin Demirhan KAYAK ALP DİSİPLİNİ YAVUZ TANYERİ DOĞADA YAPILAN YÜRÜYÜŞLER Trekking & Hiking-Genişletilmiş 2. Baskı (2021) Kutsal Zafer Şahin	
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		Question-answer-test-application	
24	ECTS / WORK LOAD TABLE		

Activites	Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	1.00	14.00
Practicals/Labs	14	2.00	28.00
Self study and preperation	0	0.00	0.00
Homeworks	10	2.00	20.00
Projects	0	0.00	0.00
Field Studies	2	10.00	20.00
Midterm exams	1	2.00	2.00
Others	0	0.00	0.00
Final Exams	1	2.00	2.00
Total Work Load			88.00
Total work load/ 30 hr			2.87
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	5	2	4	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK3	0	0	0	5	5	0	0	0	0	0	0	0	0	0	0	0
ÖK4	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0
ÖK5	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0
ÖK6	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	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	0
ÖK10	5	0	0	5	0	0	0	0	0	0	0	5	0	5	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			