

CONDITION TRAINING AND METHODS

1	Course Title:	CONDITION TRAINING AND METHODS
2	Course Code:	BED6110
3	Type of Course:	Optional
4	Level of Course:	Third Cycle
5	Year of Study:	1
6	Semester:	2
7	ECTS Credits Allocated:	4.00
8	Theoretical (hour/week):	2.00
9	Practice (hour/week):	0.00
10	Laboratory (hour/week):	0
11	Prerequisites:	
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, tlf: 02242940685 cep:05332494471 Bursa Uludağ Üniversitesi, Spor Bilimleri Fakültesi, Beden Eğitimi ve Spor Öğretmenliği Bölümü, Bursa/GÖRÜKLE
17	Website:	http://bilgipaketi.uludag.edu.tr/Ders/Index/1129732
18	Objective of the Course:	Describe the underlying scientific foundations of physical activity. Evaluate information about physical activity from scientific basis. Describe the relationship between physical activity participation and health, wellness, and quality of life. Demonstrate knowledge of current physical activity guidelines and recommendations. Design and evaluate physical activity programs that promote health and improve quality of life.
19	Contribution of the Course to Professional Development:	Students improve themselves in conditioning in sports.
20	Learning Outcomes:	
	1	Able to understand and explain the elements of strength and condition
	2	Apply scientific knowledge to train athletes and clients for the primary goals of improving athletic performance and fitness.
	3	Conduct sport-specific testing sessions.
	4	Demonstrate and teach proper exercise techniques.
	5	Design and implement safe and effective strength training and conditioning and personal training programs
	6	Apply exercise prescription principles for training variation, injury prevention, and reconditioning.
	7	Apply the guidelines for facility design, layout, organization, policies and procedures.
	8	To be able to prepare general conditioning programs.
	9	To be able to prepare conditioning programs for elite athletes.
	10	To be able to prepare conditioning programs for special populations.

21	Course Content:			
	Course Content:			
Week	Theoretical	Practice		
1	Structure and Function of Body Systems			
2	Biomechanics of Resistance Training Bioenergetics of Exercise and Training			
3	Endocrine Responses to Resistance Exercise Adaptations to Anaerobic & Aerobic Training Programs			
4	Age- and Sex-Related Differences/Adaptations to RT Periodization			
5	Principles of Test Selection, Administration, Scoring and Interpretation			
6	Warm-Up and Flexibility Training			
7	Program Design and Technique for Resistance Training			
8	Program Design and Technique for Resistance Training			
9	Program Design and Technique for Aerobic Training			
10	Program Design and Technique for			
Activites		Number	Duration (hour)	Total Work Load (hour)
12	Rehabilitation and Reconditioning	14	2.00	28.00
Practicals/Labs		0	0.00	0.00
14	Facility Policies, Procedures and Legal Issues	14	3.00	42.00
Homeworks		4	12.00	48.00
Projects	Materials:	Training and Conditioning, 4th Edition By National Strength and Conditioning Association	0.00	0.00
Field Studies		0	0.00	0.00
Midterm exams		(NSCA), Basics of Strength and Conditioning Manual, 2012	0.00	0.00
Others		0	0.00	0.00
Final Exams		2002	2.00	2.00
Total Work Load		4		120.00
Total work load/ 30 hr		5	Bompa, IO, Antrenman kuramı ve yöntemleri, 1998	4.00
ECTS Credit of the Course		6	Hewward, V.H. Advanced fitness assessment and	4.00
		7	Morrow, J.R., Jackson, A.W., Disch, J.G., Mood, D.P. Measurement and evaluation in human performance. 2000	
23	Assesment			
TERM LEARNING ACTIVITIES		NUMBE R	WEIGHT	
Midterm Exam		0	0.00	
Quiz		0	0.00	
Home work-project		0	0.00	
Final Exam		1	100.00	
Total		1	100.00	
Contribution of Term (Year) Learning Activities to Success Grade		0.00		

Contribution of Final Exam to Success Grade	100.00
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	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3
ÖK2	0	5	0	0	0	5	0	0	0	0	0	0	0	0	0	0
ÖK3	0	0	3	0	0	0	0	0	0	4	0	0	0	0	0	0
ÖK4	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0
ÖK5	0	0	0	0	4	0	0	0	0	0	0	0	0	4	0	0
ÖK6	0	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0
ÖK7	0	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0
ÖK8	0	0	0	0	0	0	0	4	0	0	5	0	0	0	0	0
ÖK9	0	0	0	0	0	0	0	0	0	0	0	4	0	0	0	0
ÖK10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			