C	DEVELOPING EFORCI	E TES	TS AND EXERCISE PROGRAMS							
1	Course Title:	DEVELO	OPING EFORCE TESTS AND EXERCISE PROGRAMS							
2	Course Code:	ANE500	7							
3	Type of Course:	Optional								
4	Level of Course:	Second	Cycle							
5	Year of Study:	1								
6	Semester:	1								
7	ECTS Credits Allocated:	3.00								
8	Theoretical (hour/week):	3.00								
9	Practice (hour/week):	0.00								
10	Laboratory (hour/week):	0								
11	Prerequisites:	must								
12	Language:	Turkish								
13	Mode of Delivery:	Face to	face							
14	Course Coordinator:	Prof. Dr.	Erkut TUTKUN							
15	Course Lecturers:	none								
16	Contact information of the Course Coordinator:	Doç.Dr. Erkut Tutkun erkuttutkun@uludag.edu.tr								
17	Website:									
18	Objective of the Course:	Objective of this course is students to learn and understand the performance components of different sports, especially in relation to hers/his sport, how to evaluate some training, performance test and measurement parameters in order to construct weekly and/or monthly training schedule, taking in to account the individual abilities.								
19	Contribution of the Course to Professional Development:	At the end of this course students are able to ;,Understand the components of individual and team sports, including his/hers sport, - Understand/learn performance tests in individual and team sports, including his/hers sport, - Construct weekly/monthly training schedule, - Follow the training progress and development of athlete								
20	Learning Outcomes:									
		1	Able to transform the concepts and principles in to practice environment, use them when necessary and effectively, and able to explain the relationship between them in the domains of sport Sciences, coaching, fitness, and performance analysis in sport.							
		2	In the process of service provision and its steps has the necessary knowledge in coaching, fitness, and performance analysis in sport.							
		3	Has the knowledge and skills in relation to teacing- coaching processes, teaching-coaching models, methods and techniques, tests and evaluation in preparation of training programmes and performance analysis in sport for differenet age groups, sexes, and training level of individuals.							
		4 Has the knowledge of different developmental and learning-coaching levels of athletes in different ages sexes.								
		5	Has the skill and the ability to reach, search, evaluate, and analyze up to date scientific works, periodicals, and related technology in the field of performance analysis, equipment and devices in the fields of Sport Sciences, Coaching, Fitness, and Performance Analysis in Sport.							

	6	o search and questions the the process of training in different aining levels in the field of Sport ess, and Performance Analysis in								
	7		Has the skill to use effectively the learning-teaching and evaluating processes in different sexes and training levels of athletes in Sport Sciences, Coaching, and Fitness fields.							
	8		Uses appropriate methods and techniques in order to develop critical thinking, creative thinking, problem solving and analytical thinking skills in athletes, and plans and develops talent selection, guidance and development in talent identification models in sport.							
	9		Follows the quality process for continiuos change and progress in the field of Sport Sciences, Coaching, Fitness, and Performance Analysis in Sport.							
	10)	Participates in the development and progress of professional knowledge and skills in the fields of Sport Sciences, Coaching, Fitness, and Performance Analysis in Sport by constant participation in national and international inservice educational programmes, workshops, courses, seminars, meetings and congresses organized by related bodies and institutions.							
21	Course Content:									
		Со	urse Content:							
Week	Theoretical		Practice							
1 Activit	Performance components and analysis es	 	Number Duration (ho			r) Total Work Load (hour)				
Theore	Walables of the game		14		3.00	42.00				
Practic	als/Labs		0		0.00	0.00				
Self stu	Components ^{er} Rinematic variables of the	sport	14		3.00	42.00				
Homew	vorks		0		0.00	0.00				
Project	midterm exam		0		0.00	0.00				
Field S	tudies		0	1	0.00	0.00				
Midtern	Valiables of the game		1		2.00	2.00				
Others			0		0.00	0.00				
Final E	Variables of the game		1		4.00	4.00				
Total W	Vork Load					90.00				
Total w	orking ango ana bo game - Metab	onc				3.00				
ECISO	Credit of the Course	. 1				3.00				
	Kinematic variables of the game -Metables of the game	olic								
10	Basketball analysis and training planning Kinematic variables of the game -Metab variables of the game Seminars: Studen presentations	g - polic nt								
11	Basketball analysis and training planning Kinematic variables of the game -Metab variables of the game Seminars: Studen presentations	g - polic nt								
12	Swimming/Gymnastics analysis and trai planning -Kinematic variables of the gan Metabolic variables of the game Semina Student presentations	ining me - ars:								

13	Swimming/Gymnastics analysis and training planning -Kinematic variables of the game - Metabolic variables of the game Seminars: Student presentations																			
14	FINA	LEX	XAM																	
22	Textbooks, References and/or Other									Bompa, T.O., (1990). Theory and Methodology of Training, Second Edition, Kendall-Hunt Publishing Company. Baechle, T.R., Earle, R.W., Wathen, D., (2000). Resistance Training. Eds: T.R. Baechle, R.W. Earle, Essantials of Strength Training and Conditioning. 395-425, Champaign IL: Human Kinetics. Matveyev, LP. (2004). Antrenman Dönemlemesi. Bağırgan Yayımevi. Schmolinsky, G., (1982). Track & Field, Berlin: Sportverlag Shephard, RJ., Astrand, PO. (1992). Endurance in Sports. Blackwell Scientific Publications. Sleamaker, B., Browning, R. (1996). Serious Training for Endurance Athletes. Human Kinetics.										
23	Asse	sme	ent																	
TERML	LEARNING ACTIVITIES								E WE	WEIGHT										
Midtern	n Exa	m					1		40.	00										
Quiz									0.0	0										
Home V	ne work-project								0.0	0										
Final E	al Exam								60. 10(60.00										
Contribution of Term (Year) Learning Activities to								40.	40.00											
Contrib	Contribution of Final Exam to Success Grade								60.	60.00										
Total	Total								100	100.00										
Measurement and Evaluation Techniques User Course						d in th	ne cla	clasical exam												
24 ECTS / WORK LOAD TABLE																				
25								F LE	ARN QUAI	ing Lific	OUTC ATIO	COME NS	S TO I	PROG	GRAMI	ME				
	PQ1 PQ2 PQ3 PQ4 PQ5 PQ6 PQ7 F								PQ8	PQ9	PQ1 0	PQ11	PQ12	PQ1 3	PQ14	PQ15	PQ16			
ÖK1	5	5	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0			
ÖK2	5	5	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0			
ÖK3	5	5	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0			
ÖK4	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			
ÖK5	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			
ÖK6	4	ŀ	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			
ÖK7	4	ŀ	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			
ÖK8	C)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			
ÖK9	C)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			

ÖK10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contrib 1 very low ution Level:					2 Iow		3	Medi	um		4 Higl	h	5 Very High			