

DEVELOPING EFORCE TESTS AND EXERCISE PROGRAMS

1	Course Title:	DEVELOPING EFORCE TESTS AND EXERCISE PROGRAMS
2	Course Code:	ANE5007
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 and 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	Has the ability and skills to search and questions the encountered problems in the process of training in different age groups, sexes, and training levels in the field of Sport Sciences, Coaching, Fitness, and Performance Analysis in Sport.
	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 continuous 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:				
	Course Content:				
Week	Theoretical		Practice		
1	Performance components and analysis				
Activites			Number	Duration (hour)	Total Work Load (hour)
Theoretical	Kinematic variables of the game -Metabolic variables of the game		14	3.00	42.00
Practicals/Labs			0	0.00	0.00
Self study and preparation	training planning- 100m/100H -Performance components -Kinematic variables of the sport		14	3.00	42.00
Homeworks			0	0.00	0.00
5	midterm exam		0	0.00	0.00
Field Studies			0	0.00	0.00
Midterm exams	Kinematic variables of the game -Metabolic variables of the game		1	2.00	2.00
Others			0	0.00	0.00
Final Exams	Kinematic variables of the game -Metabolic variables of the game		1	4.00	4.00
Total Work Load					90.00
Total work load/ 90 hr					3.00
ECTS Credit of the Course					3.00
6	Basketball analysis and training planning -Kinematic variables of the game -Metabolic variables of the game				
10	Basketball analysis and training planning - Kinematic variables of the game -Metabolic variables of the game Seminars: Student presentations				
11	Basketball analysis and training planning - Kinematic variables of the game -Metabolic variables of the game Seminars: Student presentations				
12	Swimming/Gymnastics analysis and training planning -Kinematic variables of the game - Metabolic variables of the game Seminars: Student presentations				

[illegible]

ÖK10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contrib ution Level:	1 very low		2 low		3 Medium		4 High		5 Very High							