

FITNESS,WEIGHT CONTROL AND VE PERSANAL TRAINING

1	Course Title:	FITNESS,WEIGHT CONTROL AND VE PERSANAL TRAINING	
2	Course Code:	AEB3005	
3	Type of Course:	Compulsory	
4	Level of Course:	First Cycle	
5	Year of Study:	3	
6	Semester:	5	
7	ECTS Credits Allocated:	4.00	
8	Theoretical (hour/week):	3.00	
9	Practice (hour/week):	0.00	
10	Laboratory (hour/week):	0	
11	Prerequisites:	None	
12	Language:	Turkish	
13	Mode of Delivery:	Face to face	
14	Course Coordinator:	Prof. Dr. Şerife VATANSEVER	
15	Course Lecturers:	Prof. Dr. Şerife VATANSEVER	
16	Contact information of the Course Coordinator:	Prof. Dr. Şerife VATANSEVER serife@uludag.edu.tr	
17	Website:		
18	Objective of the Course:	The aim of this course is to gain necessary knowledge and skills to become an personal trainer.	
19	Contribution of the Course to Professional Development:	Knowledge and skill development required to become an personal trainer	
20	Learning Outcomes:		
		1	Knowledge of important mathematical formulas related to fitness
		2	Knowledge of the RDA's and basic functions of the macronutrients
		3	Identifying the bones in the human skeleton
		4	Identifying the major muscles on the human body
		5	Knowing common anatomical and fitness terms
		6	Knowledge of the components and principles of fitness
		7	Knowledge of the "Beginner Workout"
		8	To present a sample guideline as to how to sell oneself as a personal trainer Knowledge of various ways to market oneself General knowledge on the business of personal training – including the rate of pay, general insurance overview, pros and cons of being an employee vs an independent contractor, and how to price one's services

		9	Knowledge of the types of human movements and the planes of movement		
		10	Knowledge of muscle fiber types and types of contractions personal trainer Knowledge of various ways to market oneself General knowledge on the business of personal training – including the rate of pay, general insurance overview, pros and cons of being an employee vs an independent contractor, and how to price one's services		
21	Course Content:				
	Course Content:				
Week	Theoretical		Practice		
1	Introduction to personal trainer training				
2	Fitness training models				
3	Fitness training models				
4	Functional evaluation and motion analysis				
5	Postural assessment and postural analysis				
6	Mobilization development and training programming				
7	Stabilization development and training programming				
Activites			Number	Duration (hour)	Total Work Load (hour)
10	Theoretical	Programming strength development	14	3.00	42.00
Practicals/Labs			0	3.00	0.00
Self-study and preparation					
12	Core exercises and workout programming		14	2.00	28.00
Homeworks			14	2.00	28.00
Projects					
14	Exercise programming in obese		1	20.00	20.00
Field Studies			0	0.00	0.00
22	Textbooks, References and/or Other Materials		Powers, S.K., and E. I. Howley (2006) Exercise Physiology: Theory and Application to Fitness and Performance, 4th Edition, Human Kinetics Publishers, Champaign, IL		
Others			0	0.00	0.00
Final Exams			1	1.00	1.00
			Jonathan Goodman (2015) Ignite the Fire: The Secrets to		
Total Work Load					121.00
Total work load/ 30 hr			Kevin Mullins (2018) Day by Day: The Personal Trainer's		
ECTS Credit of the Course					4.00
23	Assesment				
TERM LEARNING ACTIVITIES		NUMBER	WEIGHT		
Midterm Exam		1	10.00		
Quiz		0	0.00		
Home work-project		1	60.00		
Final Exam		1	30.00		
Total		3	100.00		
Contribution of Term (Year) Learning Activities to Success Grade			70.00		
Contribution of Final Exam to Success Grade			30.00		
Total			100.00		

Measurement and Evaluation Techniques Used in the Course									Multiple choice and / or 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	3	4	0	3	0	3	0	4	0	0	0	0	0	0	0	0
ÖK2	3	0	2	4	4	0	4	0	4	0	0	0	0	0	0	0
ÖK3	4	4	5	3	0	4	0	0	0	4	0	0	0	0	0	0
ÖK4	4	0	4	0	3	0	3	0	0	0	0	0	0	0	0	0
ÖK5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK6	0	0	0	0	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	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			