

BODY DEVELOPMENT AND FITNESS SPECIALIZATION I

1	Course Title:	BODY DEVELOPMENT AND FITNESS SPECIALIZATION I
2	Course Code:	AEB3127
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	3
6	Semester:	5
7	ECTS Credits Allocated:	6.00
8	Theoretical (hour/week):	2.00
9	Practice (hour/week):	2.00
10	Laboratory (hour/week):	0
11	Prerequisites:	AEB0032 BODY BUILDING AND FITNESS HAVE TAKEN THE ELECTIVE COURSE.
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Dr. Öğr. Üyesi Tonguç VARDAR
15	Course Lecturers:	Dr.Öğretim Üyesi Tonguç VARDAR
16	Contact information of the Course Coordinator:	tongucvardar@uludag.edu.tr
17	Website:	
18	Objective of the Course:	Recognition of bodybuilding and fitness sports. Learning to recognize and use the equipment in the fitness room.1 and2. To be able to learn and apply basic adaptation programs.
19	Contribution of the Course to Professional Development:	ENSURING THE DEVELOPMENT OF THE TRAINER'S PROFESSIONAL KNOWLEDGE, SKILLS AND ATTITUDES.
20	Learning Outcomes:	
	1	To learn the history of Bodybuilding and Fitness.
	2	Learning the philosophy of Bodybuilding and Fitness.
	3	Learning concepts about bodybuilding and fitness.
	4	To know the federations and their activities in the world.
	5	Turkey recognize the bodybuilding and fitness federation and activities.
	6	Bodybuilding and Fitness related competitions recognition.
	7	Recognition and use of bodybuilding and fitness equipment
	8	Learning the rules to be observed while doing the free development and fitness sport.
	9	To learn the basic training programs of bodybuilding and fitness (1st basic program).
	10	Vücut geliştirme ve Fitness sporunun temel antrenman programlarını öğrenmek(2. temel program).
21	Course Content:	
	Course Content:	
Week	Theoretical	Practice

1	Definition and history of body building and fitness.	Body building and fitness equipment to learn and use.
2	Psychological evaluation of body building and fitness.	Body building and fitness equipment to learn and use.
3	Knowing Bodybuilding and Fitness Federation World Federation and Turkey and their activities.	Body building and fitness equipment to learn and use.
4	Bodybuilding trainer's pedagogy and duties	Body building and fitness equipment to learn and use.
5	Gadgets and forced poses	Body building and fitness equipment to learn and use.
6	Assessment of aerobics and forced poses.	Body building and fitness equipment to learn and use.
7	Health benefits of Bodybuilding and Fitness.	Body building and fitness equipment to learn and use.
8	Health benefits of Bodybuilding and Fitness.	Body building and fitness equipment to learn and use.
9	Health benefits of Bodybuilding and Fitness.	Body building and fitness equipment to learn and use.
10	The effect of body building on the basic systems of the body.	Body building and fitness equipment to learn and use.
11	The effect of body building on the basic systems of the body.	Body building and fitness equipment to learn and use.
12	To learn the principles that must be followed while doing bodybuilding and fitness.	Body building and fitness equipment to learn and use.
13	Bodybuilding AND Fitness To learn the beginning programs of sports. (1st program)	Body building and fitness equipment to learn and use.

24	ECTS / WORK LOAD TABLE
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[illegible]

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