BODY DEVELOPMENT AND FITNESS SPECIALIZATION I									
1	Course Title:	BODY D	EVELOPMENT 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. Ögr. 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	21 Course Content:								
	Course Content:								
Week	Week Theoretical Practice								

1	Definition and history of body building fittnes.	g and	Body building and fitness equipment to learn and use.						
2	Psychological evaluation of body build fittnes.	ding and	Body building and fitness equipment to learn and use.						
3	Knowing Bodybuilding and Fitness Fe World Federation and Turkey and the activities.	ederation	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 p	oses.	Body building and fitness equipment to learn and use.						
7	Health benefits of Bodybuilding and F	itness.	Body building and fitness equipment to learn and use.						
8	Health benefits of Bodybuilding and F	itness.	Body building and fitnes	ss equipment to lear	n and use.				
9	Health benefits of Bodybuilding and F	itness.	Body building and fitnes	ss equipment to lear	n and use.				
10	The effect of body building on the bas systems of the body.	sic	Body building and fitness equipment to learn and use.						
11	The effect of body building on the bas systems of the body.	sic	Body building and fitness equipment to learn and use.						
12	To learn the principles that must be for while doing bodybuilding and fitness.		Body building and fitness equipment to learn and use.						
13	Bodybuilding AND Fitness To learn the beginning programs of sp (1st program)		Body building and fitness equipment to learn and use.						
Activit			Number	Duration (hour)	Total Work Load (hour)				
Theore	((Zna program) treal		14	2.00	28.00				
Practic	als/Labs		14	2.00	28.00				
Self stu	dy and preperation		<del>PROP.DR. PAŞAR SEV</del> K <b>M</b> OWLEDGE.	50.00 TRA	100.00				
Homew	vorks		1	20.00	20.00				
PERINCE	EARNING ACTIVITIES	NUMBE	w <b></b> lght	0.00	0.00				
Field S			0	0.00	0.00				
Midterr	n exams	1	20,00	2.00	2.00				
Others			0	0.00	0.00				
Final E	work-project xams	1	40,00	2 00	2 00				
Total V	Vork Load				180.00				
Total w	ork load/ 30 hr	3	100.00		6.00				
ECTS	Credit of the Course				6.00				
Contrib	oution of Final Exam to Success Grade		40.00						
Total			100.00						
Measu	•		WRITTEN AND APPLIED EXAM, HOMEWORK AND PRESENTATION.						
24	ECTS / WORK LOAD TABLE	•							
25	25 CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME								

## **QUALIFICATIONS** PQ1 PQ2 PQ3 PQ4 PQ5 PQ6 PQ7 PQ8 PQ9 PQ1 PQ11 PQ12 PQ1 PQ14 PQ15 PQ16 ÖK1

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																
Contrib 1 very low ution Level:			2 low	ow 3 Med			um	ım 4 High			5 Very High					