

SWIMMING I

1	Course Title:	SWIMMING I
2	Course Code:	AEB3119
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:	None
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Prof. Dr. Şenay ŞAHİN
15	Course Lecturers:	Öğrt gör İsmail B. Yiğitdinç
16	Contact information of the Course Coordinator:	sksahin@uludag.edu.tr , 0 224 294 06 99 Bursa Uludağ Üniversitesi Spor Bilimleri Fakültesi Antrenörlük Eğitimi Bölümü
17	Website:	
18	Objective of the Course:	Basic preparatory work, Definition, history, swimming physiology, swimming races, jumped, and organizational rules. Introduce the four swimming styles technique, learning by teaching skills and knowledge to give swimming instruction. review training programs and systems to swimming pools
19	Contribution of the Course to Professional Development:	Learn the technical and tactical developments of the swimming branch of the students in the specialization phase of swimming. performs technical teaching.
20	Learning Outcomes:	
	1	Having knowledge about basic structure of swimming coaching
	2	Learning the rules of the games in swimming
	3	Learning the material used in swimming
	4	Teaching the basic swimming training steps
	5	Understanding the relationship between physical development and learning in children swimming
	6	Knows swimming and scientific principles
	7	Swimming implements biomechanical principles
	8	Knows the methodical principles used in swimming teaching
	9	Swimming knows how to provide pool rules and life safety
	10	Learns swimming pool usage and training practices
21	Course Content:	
	Course Content:	
Week	Theoretical	Practice
1	Industry in general and specific explanations for swimming. Course goals / objectives, goals and achievements of students. The history of swimming, swimming, the importance of education	Basic freestyle swimming practice

2	Water life saving Techniques	Basic freestyle swimming practice		
3	Swimming competition rules	Basic freestyle swimming practice		
4	General information about the basic features and materials of swimming pools	Basic freestyle swimming practice		
5	Scientific principles of swimming (Archimede law, Dalton Law)	Basic freestyle swimming practice		
6	Age-specific Swimming basic training staging and educational games	Basic freestyle swimming practice		
7	Basic freestyle swimming practice	freestyle swimming practice		
8	Basic freestyle swimming practice	freestyle swimming practice		
9	Basic freestyle swimming practice	freestyle swimming practice		
10	Basic freestyle swimming practice	freestyle swimming practice		
11	Basic freestyle swimming practice	freestyle swimming practice		
12	Basic freestyle swimming practice	freestyle swimming practice		
13	Basic freestyle swimming practice	freestyle swimming practice		
14	Basic freestyle swimming practice	freestyle swimming practice		
22	Textbooks, References and/or Other Materials:	Ana kaynak;Ernest W. Maglischo ` Swimming Fastest ` Fourth edition Human Kinetcs 2010 USA Yrd Kaynaklar; 1.Michaels, R.A.: Swimming Technique, Philosophical considerations on intruotional and competitive swimming program intensity for younger children, Fall, 1979. 2. Özün, H.: Türkiye'de başarılı yaş grubu yüzücülerinin		
Activites		Number	Duration (hour)	Total Work Load (hour)
Theoretical	4	Whitten p. the complete book of swimming 2001	2.00	8.00
Practicals/Labs	14		2.00	28.00
Self study and preperation	3	Yasal Düzenlemeler. GSB Yayınları, Ankara 2001	15.00	45.00
Homeworks	2	Basaran, I.F.: Eğitim Psikolojisi: Modern Eğitimin	20.00	40.00
Projects	7	Eady, R.: Modern swimming and training techniques, Age group swimming	15.00	105.00
Field Studies	0		0.00	0.00
Midterm Exams	1		15.00	15.00
TERM LEARNING ACTIVITIES		NUMBE	WEIGHT	
Others	0		0.00	0.00
Midterm Exam	1	40.00	3.00	3.00
Final Exams	1			
Total Work Load				174.00
Home work project	0	0.00		5.80
Total work load/ 30 hr				
ECTS Credit of the Course				6.00
Total		2	100.00	
Contribution of Term (Year) Learning Activities to Success Grade		40.00		
Contribution of Final Exam to Success Grade		60.00		
Total		100.00		
Measurement and Evaluation Techniques Used in the Course		multiple choice true False gap-filling		
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	4	5	2	5	5	2	3	3	5	3	0	0	0	0	0	0
ÖK2	4	3	2	3	5	2	2	3	5	5	0	0	0	0	0	0
ÖK3	4	2	4	4	5	5	5	2	4	3	0	0	0	0	0	0
ÖK4	4	2	3	5	4	4	3	2	4	2	0	0	0	0	0	0
ÖK5	4	2	5	2	3	4	4	3	4	2	0	0	0	0	0	0
ÖK6	5	3	3	3	5	4	5	2	3	5	0	0	0	0	0	0
ÖK7	4	3	4	3	3	4	4	4	4	3	0	0	0	0	0	0
ÖK8	4	3	3	4	3	3	2	5	4	5	0	0	0	0	0	0
ÖK9	2	5	4	3	4	3	4	4	4	4	0	0	0	0	0	0
ÖK10	4	3	3	3	3	3	5	5	3	5	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			