ATHLETIC PERFORMANCE AND CONDITIONER TRAINING

1	Course Title:	ATHLETIC PERFORMANCE AND CONDITIONER TRAINING
2	Course Code:	AE013
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	2
6	Semester:	3
7	ECTS Credits Allocated:	4.00
8	Theoretical (hour/week):	2.00
9	Practice (hour/week):	0.00
10	Laboratory (hour/week):	0
11	Prerequisites:	
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Dr. Ögr. Üyesi Hüseyin TOPÇU
15	Course Lecturers:	
16	Contact information of the Course Coordinator:	Adres: Bursa Uludağ Üniversitesi Spor Bilimleri Fakültesi, Beden Eğitimi ve Spor Öğretmenliği Bölümü. Posta Kod: 16059. Görükle/BURSA.
17	Website:	
18	Objective of the Course:	It is aimed that students have theoretical and practical knowledge about current training methods, and that they can program appropriate training for performance sports.
19	Contribution of the Course to Professional Development:	He/she will have the knowledge to be an athletic performance coach in sports clubs.
20	Learning Outcomes:	
	1	Students will have theoretical knowledge about strength training.
	2	Students will have theoretical knowledge about endurance training.
	3	Students will have theoretical knowledge about speed training.
	4	Students will have theoretical knowledge about flexibility training.
	5	Students will have theoretical knowledge about coordination training.
	6	Students will have theoretical knowledge about performance measurement methods.
	7	Students will have theoretical knowledge about training load.
	8	Students gain the ability to program athletic performance training in individual and team sports.
	9	Students make training plans for different motoric features.
	10	Students gain knowledge about macro-micro periodization.

21	Course Content:	
	Course Content:	
Week	Theoretical	Practice
1	Athletic Performance and Identification of Headlines Affecting Performance	

2	Current Approaches to Strength Training: Velocity Based Strength Training	
3	Current Approaches in Strength Training: Contrast Training	
4	Current Approaches in Strength Training: Complex Training	
5	Current Approaches in Strength Training: Cluster Training	
6	Plyometric Workouts: Reactive Strength Index	
7	Warm-up Applications: Post Activation Potentiation	
8	Current Approaches in Strength Training: French Contrast Training	
9	Current Approaches to Endurance Training: HIIT	
10	Current Approaches in Speed, Quickness, Agility Training	
11	Current Approaches in Flexibility, Coordination Training	
12	Performance Tests	
13	Training Load Calculations	
14	Periodization	

22	Textbooks, References and/or Other	Buchheit, M., & Laursen, P. (2019). Science and

Activites	Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	2.00	28.00
Practicals/Labs	0	0.00	0.00
Self study and preperation	10	5.00	50.00
Homeworks	2	10.00	20.00
Projects	2	6.00	12.00
Field Studies	0	0.00	0.00
Midterm exams	1	2.00	2.00
Others	0	0.00	0.00
Final Exams	1	2.00	2.00
Total Work Load			116.00
Total work load/ 30 hr			3.80
ECTS Credit of the Course			4.00

TERM LEARNING ACTIVITIES	NUMBE	WEIGHT
Midterm Exam	1	40.00
Home work-project	0	0.00
Total	2	100.00
Contribution of Final Exam to Success Grade		60.00
Total		100.00
Course		

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	4	4	3	4	2	3	3	2	5	2	4	3	4	4	3
ÖK2	3	4	5	5	3	4	3	4	3	5	3	3	1	4	2	3
ÖK3	4	3	3	3	4	3	3	4	5	3	4	3	4	3	3	4
ÖK4	2	3	2	3	4	4	3	2	4	3	4	4	3	2	4	4

ÖK5	4	2	4	5	3	4	4	2	3	4	5	3	3	3	4	3
ÖK6	4	3	4	4	3	3	3	3	5	3	4	3	3	4	3	2
ÖK7	4	3	4	3	3	3	4	2	4	3	4	2	4	2	1	0
ÖK8	5	4	4	2	3	4	3	3	4	2	2	3	3	4	3	4
ÖK9	3	4	4	3	3	3	3	4	4	4	2	1	2	3	3	1
ÖK10	3	3	5	3	4	3	4	4	3	4	3	4	4	3	3	2

LO: Learning Objectives PQ: Program Qualifications

Contribution Level:	**1 very low**	**2 low**	**3 Medium**	**4 High**	**5 Very High**