

SWIMMING

1	Course Title:	SWIMMING
2	Course Code:	AE-309
3	Type of Course:	Compulsory
4	Level of Course:	First Cycle
5	Year of Study:	3
6	Semester:	5
7	ECTS Credits Allocated:	3.00
8	Theoretical (hour/week):	1.00
9	Practice (hour/week):	2.00
10	Laboratory (hour/week):	0
11	Prerequisites:	no
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Öğr. Gör. İSMAIL BURAK YİĞİTDİNÇ
15	Course Lecturers:	Yard. Doç. Dr. Şenay Koparan Şahin
16	Contact information of the Course Coordinator:	burakyd@uludag.edu.tr Phone: 0 224 294 06 92 Uludag University Faculty of Education Department of Physical Education and Sports Görükle Campus - Bursa
17	Website:	
18	Objective of the Course:	Description. History. Basic preparatory work, (to remain superior to the water, breathing, leg kick, arm pull, scissor, etc.).. Freestyle, backstroke, breaststroke, butterfly swimming, jumping and rules. Swimming stillerini basamaklamalarıyla learning to learn. Swimming teaching skills and knowledge to win.
19	Contribution of the Course to Professional Development:	Physical Education Increases the teacher's predisposition to water sports.
20	Learning Outcomes:	
	1	Knows the definition of a swim, make statements about the history.
	2	Knows the rules of swimming competition.
	3	Implements the basic technical skills of swimming.
	4	Moments of tactical applications and interpretations of swimming.
	5	Swimming exercises to improve coordination.
	6	Swimming heating and cooling applications knows.
	7	Uses Coaching skills.
	8	Psycho-social development of students' basic knowledge and skills to effectively use the swimming.
	9	Teach swimming techniques.

		10	Pets can teach tactics.	
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Activites		Number	Duration (hour)	Total Work Load (hour)
Theoretical		14	1.00	14.00
Practicals/Labs		14	2.00	28.00
Self study and preperation		42	1.00	42.00
Homeworks		0	0.00	0.00
Projects		0	0.00	0.00
24. Course Content:				
Field Studies		0	0.00	0.00
Midterm exams		1	2.00	2.00
Week: Theoretical				
Others		0	0.00	0.00
Final Exams	General and specific disclosures related to the course. Course goals, objectives and	1	2.00	2.00
Total Work Load				90.00
Total work load/ 30 hr				2.93
2. Sports in swimming pool rules				
ECTS Credit of the Course				3.00
3	Instructions for teachers and coaches.	Swimming physiology: Swimming exercise training effects to the human body		
4	Swimming training work organization.	The pool usage.		
5	auxiliary materials used in Swimming.	The style of free education.		
6	The style of technical analysis of the free.	Swimming lessons security and assistance.		
7	The style's the return of free technical analysis and its applications.	Visual education.		
8	Coordination studies and theoretical free-style visa	Coordination studies and theoretical		
9	The style's the return of free technical analysis and its applications.	Free-style co-ordination work and visa application.		
10	The style's the return of free technical analysis and its applications.	Swimmers, coaches, parents evaluate the relationship.		

11	Training concept and the general classification of a swimming workout. Logic sporty workout.	example of training
12	Technical analysis of style of your back.	Studies in swimming ashore, and warming.
13	Learning style of the steps on your back.	Learning style of the steps on your back. Video of visual education.
14	Learning style of the steps on your back.	Sırtüstü stil öğretim adımları. Sırtüstü yüzme uygulamaları.

22	Textbooks, References and/or Other Materials:	1. AÇIKADA, C. ,ERGEN,E.: “Bilim ve Spor”, Büro-tek Ofset Matbaacılık, Ankara, 1990. 2. Whitten, P.: the complete book of swimming, New York, 1994. 3. Maglisco Ernest.W. Swimming Even Faster, Arizona State University, 1993. 4. Alpar Reha Yüzme ve su topu antrenmanlarının temelleri, 5. Maria Olaru.Sportif yüzme, bağırhan yayınevi , Ankara , 1998 6. Yüzme federasyonu yayınları, 1997, İSTANBUL. 7. Yüzme teknik dergileri, Hacettepe Üniversitesi yayınları, ANKARA. 8. Maria Olaru, Sportif yüzme, 1996, Adana. 9. Swim Technique dergisi, 1998. 10. Swim Word Yüzme Dergileri, 1999 – 2002. 11. Yüzme öğretmen el kitabı, Yüzme atlama sutopu federasyonu, 1992, ANKARA. 12. Urbaniksy Norbert, çev. Dr. Apti Yaltırak Yüzme derslerinin metodu, , 1994, ANKARA. 13. Yüzme Antrenmanı, Seminer notları. 14. D.S.İ. Nilüferspor Doğru yüzme kitabı, 1986, Bursa. 15. YÜZME İnternet çevirileri. 16. 2002 Yılı3. kademe antrenörlük kursu notları. 17. YÜZMEDE FİZYOLOJİ, MEKANİK VE METOT Ahmet Bozdoğan
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23	Assesment
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TERM	LEARNING ACTIVITIES	NUMBER	WEIGHT
	Midterm Exam	1	40.00
	Quiz	0	0.00
	Home work-project	0	0.00
	Final Exam	1	60.00
	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			In this course, question-answer, multiple-choice, true-false and fill-in-the-blanks question methods are evaluated in the form of questions appropriate to the appropriate topic. There is also a practice exam.

24	ECTS / WORK LOAD TABLE
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25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	PQ14	PQ15	PQ16
ÖK10	4	3	3	3	4	4	2	2	2	3	2	2	2	0	0	0

ÖK9	3	3	3	4	4	3	3	2	3	3	3	2	3	0	0	0
ÖK8	3	3	3	4	4	3	3	3	3	2	3	3	2	2	3	3
ÖK7	3	3	2	3	2	4	3	2	4	3	2	2	2	2	1	2
ÖK6	3	4	0	3	3	3	0	0	0	0	0	0	0	0	0	0
ÖK5	3	0	0	2	3	2	3	3	2	3	0	0	0	0	0	0
ÖK4	3	0	0	4	4	4	4	4	4	4	0	0	0	0	0	0
ÖK3	3	0	0	3	4	4	4	4	4	4	0	0	0	0	0	0
ÖK2	3	0	0	2	2	0	0	0	0	0	0	0	0	0	0	2
ÖK1	3	3	0	4	3	0	0	0	2	0	0	2	0	0	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			