

ANTHROPOMETRY

1	Course Title:	ANTHROPOMETRY	
2	Course Code:	GK022	
3	Type of Course:	Optional	
4	Level of Course:	First Cycle	
5	Year of Study:	2	
6	Semester:	3	
7	ECTS Credits Allocated:	3.00	
8	Theoretical (hour/week):	2.00	
9	Practice (hour/week):	0.00	
10	Laboratory (hour/week):	0	
11	Prerequisites:	None	
12	Language:	Turkish	
13	Mode of Delivery:	Face to face	
14	Course Coordinator:	Dr. Öğr. Üyesi Hüseyin TOPÇU	
15	Course Lecturers:		
16	Contact information of the Course Coordinator:	Dr. Öğr. Üye Zaim Alparslan ACAR zaim@uludag.edu.tr 02242940688	
17	Website:		
18	Objective of the Course:	Introduction about anthropometric measurements and teaching of these measurements methods and effects of sports science.	
19	Contribution of the Course to Professional Development:	They will have proficiency in anthropometric concepts and measurements in sports.	
20	Learning Outcomes:		
		1	Explaining and interpretation Anthropometric measurements
		2	Determine somatotype.
		3	Explaining Anthropometric measurements its connection with the exercise.
		4	According to the results of the measurement; Organize training programs.
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21	Course Content:		
		Course Content:	
Week	Theoretical	Practice	
1	Anatomical position		
2	Anatomical points.		
3	Growth and development		
4	Measurement techniques.		
5	Length measurements		

6	Measurements of body size, structure, and composition.	
7	Skinfold measurements.	
8	Somatotype measurement.	
9	Methods of body composition measurements	
10	Evaluation of body composition.	
11	Evaluation of body composition.	
12	Body structure.	
13	Interpretation of the measurements.	
14	Interpretation of the measurements.	

22	Textbooks, References and/or Other Materials:	Zorba E., Ziyagil M.A.: Vücut Kompozisyonları ve Ölçüm Metotları. Gen Matbaacılık, Trabzon, 1995. Roger Eston, Thomas Reilly, Kinanthropometry and Exercise Physiology Laboratory Manual, E&FN SPON, London, 1996.
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23	Assesment	
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TERM LEARNING ACTIVITIES	NUMBER	WEIGHT
Midterm Exam	1	20.00
Quiz	0	0.00
Home work-project	1	20.00
Final Exam	1	60.00
Total	3	100.00

Activites	Number	Duration (hour)	Total Work Load (hour)
Contribution of Final Exam to Success Grade	60.00	2.00	28.00
Practicals/Labs	0	0.00	0.00
Measurement and Evaluation Techniques Used in the homework and midterm exams	42.00	42.00	42.00
Homeworks	1	6.00	6.00
Projects	1	10.00	10.00

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24 ECTS / WORK LOAD TABLE			
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			92.00
Total work load/ 30 hr			3.00
ECTS Credit of the Course			3.00

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	5	5	0	0	0	0	0	0	0	0	0	0	3	4	0	0
ÖK2	0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK3	0	0	0	0	0	0	0	0	3	0	0	0	0	0	0	0
ÖK4	3	0	0	0	0	3	0	0	0	4	0	0	0	2	0	0

LO: Learning Objectives PQ: Program Qualifications

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