

GYMNASTICS

1	Course Title:	GYMNASTICS
2	Course Code:	AE104
3	Type of Course:	Compulsory
4	Level of Course:	First Cycle
5	Year of Study:	1
6	Semester:	2
7	ECTS Credits Allocated:	5.00
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. CENGİZ AKÇA
15	Course Lecturers:	
16	Contact information of the Course Coordinator:	ccakca@hotmail.com -02242940695
17	Website:	
18	Objective of the Course:	To have knowledge about the history and branches of gymnastics, To gain the ability to teach basic techniques in primary and secondary education and clubs.
19	Contribution of the Course to Professional Development:	To have knowledge in gymnastics which is the basis of all sports, to know basic movement techniques and to be able to teach teaching methods.
20	Learning Outcomes:	
	1	Explain the historical development of Turkey and the world of Artistic Gymnastics
	2	Create a culture of Artistic Gymnastics
	3	Identify the basic skills of artistic gymnastics branch
	4	Artistic gymnastics skills, the ability to apply the teaching methods
	5	In the series branch to apply the basic skills of artistic gymnastics (girls and boys)
	6	Using tools that can help to develop skills in Artistic gymnastics
	7	Implement security measures accurately, in Artistic gymnastics
	8	Recognize male and female tools branch of Artistic Gymnastics
	9	Understand the general characteristics of organizations in Artistic Gymnastics competition
	10	Ability to define the criteria for screening and selection of Artistic Gymnastics by using the appropriate skills
21	Course Content:	
	Course Content:	
Week	Theoretical	Practice

1	History of Gymnastics, Artistic Gymnastics presentation of the instrument (women),	Turning flips: Forward and backward somersault, somersault leg stretched forward and backward, forward and Backward somersault on the leg, flying turning flips.		
2	Presentation of the Artistic Gymnastics (men)	Handstand movement and teaching methods		
3	Security measures to be taken in training and competition in Artistic Gymnastics	Step movement and the teaching methods of the ring and kartvil		
4	The general structure and properties of a fully-equipped Artistic Gymnastics	Movement and access, and teaching methods Überschlag Steps		
5	Artistic gymnastics competition rules	Parallel: Retaining and seating areas, double-arm outputs, Seat kippe deadlines.		
6	Organizations in Artistic Gymnastics men's competition	Bars: holding of the abdominal mihfer to mode, dismount.		
7	Talent selection and principles of Artistic Gymnastics	Ring: holding of, elan, candle stance, L posture, landing		
8	Talent selection and principles of Artistic Gymnastics	Ring: holding of, elan, candle stance, L posture, landing		
9	The theory of jump table	Jumping board:, Running, the final step, the first flight, second flight, finishing circuits,		
10	Development of Artistic gymnastics school, club and family relationships	Jumping board: Off mass, big jumps,		
Activites		Number	Duration (hour)	Total Work Load (hour)
Theoretical Turkey		14	1.00	14.00
Practicals/Labs		14	2.00	28.00
Self study and preparation		6	10.00	60.00
Homeworks		7	3.00	21.00
Projects		0	0.00	0.00
Textbooks, References and/or Other		1	0.00	0.00
Field Studies		0	0.00	0.00
Midterm exams		2	12.00	24.00
Others		0	0.00	0.00
Final Exams		1	15.00	15.00
Total Work Load				150.00
Total work load/ 30 hr		5		5.00
ECTS Credit of the Course				5.00
		1. Salih SUVEREN, Artistic Gymnastik Öğretim Metotları, Kulplu Beygir, Paralel, Barfiks, Tutibay Yayınları, 1999, ANKARA. 8. Murat SANRI, Atlama Beygiri, Baki Kitabevi, 2000, ADANA. 9. Murat SANRI, Yer Aleti, Baki Kitabevi, 2000, ADANA. 10. Salih SUVEREN, Artistik Jimnastik öğretim metotları, k.beygir, paralel, barfiks, 1999, ANKARA		
23	Assesment			
TERM LEARNING ACTIVITIES		NUMBE R	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	Classic 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
ÖK1	4	4	4	5	4	4	4	4	4	5	0	0	0	0	0	0
ÖK2	4	5	4	4	4	4	4	4	4	3	0	0	0	0	0	0
ÖK3	4	4	3	4	5	4	4	4	4	5	0	0	0	0	0	0
ÖK4	3	4	4	4	4	4	5	4	5	4	0	0	0	0	0	0
ÖK5	4	4	5	4	4	4	5	4	4	4	0	0	0	0	0	0
ÖK6	4	4	4	4	5	5	4	4	4	4	0	0	0	0	0	0
ÖK7	4	4	5	4	4	4	3	4	4	4	0	0	0	0	0	0
ÖK8	5	4	4	4	4	4	4	5	4	4	0	0	0	0	0	0
ÖK9	3	4	4	4	5	5	4	4	4	4	0	0	0	0	0	0
ÖK10	4	4	4	4	4	5	4	4	4	3	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							