

## STEP AEROBIC

1	Course Title:	STEP AEROBIC
2	Course Code:	OTPS032
3	Type of Course:	Optional
4	Level of Course:	Short Cycle
5	Year of Study:	0
6	Semester:	0
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:	Öğr. Gör. BENGÜL AYDIN
15	Course Lecturers:	Öğr.Gör. Bengül AYDIN
16	Contact information of the Course Coordinator:	baydin@uludag.edu.tr Telefon: 0 224 294 29 51 Uludağ Üniversitesi Sağlık Hizmetleri Meslek Yüksekokulu, Görükle Kampüsü - Bursa
17	Website:	
18	Objective of the Course:	The aim of this course is to provide basic information on the use and management of step and aerobic exercises for healthy living and physical activity.
19	Contribution of the Course to Professional Development:	Learning to practice aerobic exercise
20	Learning Outcomes:	
	1	Doing Step basic moves
	2	Practice step rules
	3	Doing aerobic basic movements
	4	Practice aerobic rules
	5	Be able to create step and aerobic choreography movements
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21	Course Content:	
	<b>Course Content:</b>	
Week	Theoretical	Practice
1	Step and Aerobics, Definition and Development in the Country	
2	What is the Step Platform? What are the Motor Skills earned in Step / aerobic Exercises?	

3	Exercise Types Used in Step	
4	Step Technique Things to watch out for step exercises	
5	Latin Step Aero Step	
6		
7	Aerobic Technique	
8	Things to watch out for aerobic exercises (+MIDTERM)	
9	Calculation of music, rhythm, step counts	
10	Choreographic step	
11	Choreographic step	
12	Choreographic aerobic	
13	Choreographic aerobic	
14	An overview	

22	Textbooks, References and/or Other Materials:	-Pahmeier, I., Niederbaumer, C., Step Aerobics: The Complete Guide, Meyer & Meyer, 2000. - Spor Genel Müdürlüğü Okul Spor Faaliyetleri Yönetmeliği, Uluslararası Oyun Kuralları ve Yarışma Talimatları
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Activites		Number	Duration (hour)	Total Work Load (hour)
<b>TERM 1 LEARNING ACTIVITIES</b>	<b>NUMBER</b>	<b>WEIGHT</b>	2.00	28.00
Practicals/Labs	0	0.00	0.00	0.00
Self study and preparation	14	2.00	28.00	28.00
Quiz	0	0.00		
Homeworks	1	15.00	15.00	15.00
Projects	0	0.00	0.00	0.00
Final Exam	1	60.00		
Field Studies	0	0.00	0.00	0.00
Midterm exams	1	10.00	10.00	10.00
Contribution of Term (Year) Learning Activities to	40.00			
Others	0	0.00	0.00	0.00
Final Exams	1	10.00	10.00	10.00
Contribution of Final Exam to Success Grade	60.00			
Total Work Load				101.00
Total work load/ 30 hr				3.03
Measurement and Evaluation Techniques Used in the Exam				
ECTS Credit of the Course				3.00

24	<b>ECTS / WORK LOAD TABLE</b>
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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	3	1	2	1	1	1	3	1	2	1	3	1	0	0	0	0
ÖK2	3	1	1	1	3	1	3	2	2	1	1	2	0	0	0	0
ÖK3	4	2	1	2	1	2	3	1	1	1	2	1	0	0	0	0
ÖK4	4	2	3	1	4	1	3	2	2	2	1	1	0	0	0	0

ÖK5	4	2	1	1	2	1	3	1	1	2	1	3	0	0	0	0
LO: Learning Objectives   PQ: Program Qualifications																
Contrib ution Level:	1 very low		2 low		3 Medium		4 High		5 Very High							