

## PHYSICAL EDUCATION AND BODY BUILDING II

1	Course Title:	PHYSICAL EDUCATION AND BODY BUILDING II	
2	Course Code:	İAYZ106	
3	Type of Course:	Compulsory	
4	Level of Course:	Short Cycle	
5	Year of Study:	1	
6	Semester:	2	
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:	None	
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:	Öğr.Gör.cengiz AKÇA TEL:05324901158	
17	Website:		
18	Objective of the Course:	Self-confidence, perception, habit of courage and solidarity, the development of conditional and coordinative motor features	
19	Contribution of the Course to Professional Development:		
20	Learning Outcomes:		
		1	Person believes the self-confidence
		2	Understands the habit Assistance
		3	Understands the need to improve coordination
		4	Understands the need to develop conditional features
		5	Become aware of leadership is developing feature
		6	Understands to gain disciplined work habits
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		10	
21	Course Content:		
		<b>Course Content:</b>	
Week	Theoretical	Practice	
1	Training of conditional motor features	Maximum force applications	
2	Strength training theory	Quick-force applications	
3	Strength training theory	Strength, continuity practices	
4	Speed (quickness) training theory	Middle-distance running	
5	Tool-free theory of strength exercises	Short-distance running	
6	Instrument training would force structure theory of man	Tool-free application of strength exercises	
7	The theory Works of Plates	Force structure of man application package has a workout	



ÖK5	0	0	0	0	0	0	0	0	0	0	0	0	0	4	0	0
ÖK6	0	0	0	0	0	0	0	0	0	0	0	4	0	0	0	0
LO: Learning Objectives    PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			