	PHYSICAL EDUC	ATIO	N AND BODY BUILDING II						
1	Course Title:	PHYSIC	AL EDUCATION AND BODY BUILDING II						
2	Course Code:	İAYZ106							
3	Type of Course:	Compuls	sory						
4	Level of Course:	Short Cy							
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 f	ace						
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:		nfidence, perception, habit of courage and solidarity, the oment 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						
		7							
		8							
		9							
		10							
21	Course Content:								
		Со	ourse Content:						
	Theoretical		Practice						
1	Training of conditional motor features	S	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 structheory of man	lure	Tool-free application of strength exercises						
7	The theory Works of Plates		Force structure of man application package has a workout						

8	Midterm exam		Midterm exam							
9	Flexibility training theory and practic	е	Plates applications							
10	Coordinative properties (coordination	n)	Coordinative properties (coordination) application							
11	Coordinative properties (Balance)		Coordinative properties (Balance)application							
12	Coordinative properties (rhythm)		Coordinative properties (rhythm) application							
13	Coordinative properties of agility		Coordinative properties agility practice							
14	Transfers of moving coordinative p	properties	The features of coord applications	dinative action transfer	s the					
22	Textbooks, References and/or Other Materials:		1.Salem Free Gymnastics, athletic Practice Series-5, 1996, ANKARA. 2.Erdem Ozdemir, Reyzan Ozdemir, Gymnastic Gymnastics Stick with Posture Examples And The Movements Association, 1998, ANKARA. 3.Reyzan Ozdemir, Erdem Ozdemir, respectively, the gymnastic movements, Association, 1998, ANKARA. 4.Health Ball With Power Development, Youth and Sports General Directorate. Head of Sport Education Department., 1994, ANKARA. 5.Klaus HERMANN, lehrplan Deustcher Turner-Bund, Veilseitiges roadwork and Gratin, Breitensport, 1985, Munich. 6.Reyzan Ozdemir, The Importance of Warming sporty in performance, translation, 1994, BURSA.							
Activit	tes		Number	Duration (hour)	Total Work Load (hour)					
17hetere	nidaxam	1	40100	14.00	14.00					
Practic	als/Labs		2	14.00	28.00					
deme	www.kmस्यप्रेंदर्कberation	0	0.00	10.00	20.00					
Homev	vorks		1	14.00	14.00					
<b>₱₱</b>	s	2	100.00	0.00	0.00					
Field S			0	0.00	0.00					
Midterr	n exams		1	14.00	14.00					
Others			0	0.00	0.00					
Frial E	xams		10ρ.00	0.00	0.00					
Total V	Vork Load			104.00						
Course Total W	iork load/ 30 hr				3.00					
	Credit of the Course				3.00					
25	CONTRIBUTION	OF LEA	RNING OUTCOM	ES TO PROGRAM	<b>IME</b>					

25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ1 0	PQ11	PQ12	PQ1 3	PQ14	PQ15	PQ16
ÖK1	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0
ÖK2	0	0	0	0	0	0	0	0	0	4	0	0	0	0	0	0
ÖK3	0	0	0	0	0	0	0	0	0	4	0	0	0	0	0	0
ÖK4	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0

ÖK5	0	0	0	0	0	0	0	0	0	0	0	0	0	4	0	0
ÖΚ6 0 0 0 0 0 0 0 0 0 0 0 4 0 0 0 0  LO: Learning Objectives PQ: Program Qualifications											0					
Contrib 1 very low 2 low ution Level:							3 1	Medi	um	4 High			5 Very High			