

# ARTISTIC GYMNASTICS

<b>1</b>	Course Title:	ARTISTIC GYMNASTICS	
<b>2</b>	Course Code:	AEB1056	
<b>3</b>	Type of Course:	Optional	
<b>4</b>	Level of Course:	First Cycle	
<b>5</b>	Year of Study:	1	
<b>6</b>	Semester:	2	
<b>7</b>	ECTS Credits Allocated:	5.00	
<b>8</b>	Theoretical (hour/week):	1.00	
<b>9</b>	Practice (hour/week):	2.00	
<b>10</b>	Laboratory (hour/week):	0	
<b>11</b>	Prerequisites:	no	
<b>12</b>	Language:	Turkish	
<b>13</b>	Mode of Delivery:	Face to face	
<b>14</b>	Course Coordinator:	Öğr.Gör. CENGİZ AKÇA	
<b>15</b>	Course Lecturers:		
<b>16</b>	Contact information of the Course Coordinator:	ccakca@hotmail.com -02242940695	
<b>17</b>	Website:		
<b>18</b>	Objective of the Course:	Self confidence, courage and solidarity, and taking artistic gymnastics competition rules for the granting of the application skills along with introducing instruments	
<b>19</b>	Contribution of the Course to Professional Development:		
<b>20</b>	Learning Outcomes:		
		<b>1</b>	Explain the historical development of Turkey and the world of Artistic Gymnastics
		<b>2</b>	Create a culture of Artistic Gymnastics
		<b>3</b>	Identify the basic skills of artistic gymnastics branch
		<b>4</b>	Artistic gymnastics skills, the ability to apply the teaching methods
		<b>5</b>	In the series branch to apply the basic skills of artistic gymnastics (girls and boys)
		<b>6</b>	Using tools that can help to develop skills in Artistic gymnastics
		<b>7</b>	Implement security measures accurately, in Artistic gymnastics
		<b>8</b>	Recognize male and female tools branch of Artistic Gymnastics
		<b>9</b>	Understand the general characteristics of organizations in Artistic Gymnastics competition
		<b>10</b>	Ability to define the criteria for screening and selection of Artistic Gymnastics by using the appropriate skills
<b>21</b>	Course Content:		
		<b>Course Content:</b>	
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
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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,
11	Educational value in terms of child development Gymnastics	Skip desk: open leg jump
12	Historical development of artistic gymnastics in Turkey	Jumping board: Überschlag
13	The organizational structure of Turkey Gymnastics Federation	Pommel horse: Pommel horse theory. Applications to basic techniques
14	Measures to be taken for disseminating the culture of Artistic Gymnastics	Feedback
22	Textbooks, References and/or Other Materials:	<ol style="list-style-type: none"> <li>1. Cumhuriyet SALTUKLAR, Okullar Ve Kulüpler İçin Aletli Cimnastik, 1986, İSTANBUL.</li> <li>2. Llyod READHEAD, Men's Gymnastics Coaching Manual, 1987, ENGLAND.</li> <li>3. Uluslar Arası Cimnastik Federasyonu (F.İ.G.), Erkekler Teknik Komitesi değerlendirme Kuralları, Düzenleyen Ve Çeviren: Metin SAYIN, 2001, ANKARA.</li> <li>4. Ergün ŞENGÜL, Okullar Ve Kulüpler İçin Aletli Cimnastik, 1997, ANKARA.</li> <li>5. Turn Und Gymnastikgeröte İn Spieth- Katalog.</li> <li>6. Erhard Sport- Katalog.</li> <li>7. salih SUVEREN, Artistik Cimnastik Öğretim Metodları, Kulplu Beygir, Paralel, Barfiks, Tutibay Yayınları, 1999, ANKARA.</li> <li>8. Murat SANRI, Atlama Beygiri, Baki Kitabevi, 2000, ADANA.</li> <li>9. Murat SANRI, Yer Aleti, Baki Kitabevi, 2000, ADANA.</li> <li>10. Salih SUVEREN, Artistik Jimnastik öğretim metotları, k.beygir, paralel, barfiks, 1999, ANKARA</li> </ol>
23	Assesment	
<b>TERM LEARNING ACTIVITIES</b>		<b>NUMBE R</b>
Midterm Exam		1
Quiz		0
Home work-project		0
		<b>WEIGHT</b>
Midterm Exam		40.00
Quiz		0.00
Home work-project		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		
<b>24</b>	<b>ECTS / WORK LOAD TABLE</b>	

Activites	Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	1.00	14.00
Practicals/Labs	14	2.00	28.00
Self study and preperation	4	10.00	40.00
Homeworks	7	2.00	14.00
Projects	0	0.00	0.00
Field Studies	0	0.00	0.00
Midterm exams	1	12.00	12.00
Others	0	0.00	0.00
Final Exams	1	12.00	12.00
Total Work Load			120.00
Total work load/ 30 hr			4.00
ECTS Credit of the Course			5.00

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	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK2	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0
ÖK3	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK4	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK5	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0
ÖK6	0	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK7	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0
ÖK8	0	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK9	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK10	0	0	0	0	0	0	0	0	0	0	0	0	0	4	0	0
<b>LO: Learning Objectives    PQ: Program Qualifications</b>																

<b>Contribution Level:</b>	<b>1 very low</b>	<b>2 low</b>	<b>3 Medium</b>	<b>4 High</b>	<b>5 Very High</b>
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