

GENERAL GYMNASTICS

1	Course Title:	GENERAL GYMNASTICS	
2	Course Code:	BED1013	
3	Type of Course:	Compulsory	
4	Level of Course:	First Cycle	
5	Year of Study:	1	
6	Semester:	1	
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:	ccakca@hotmail.com	
17	Website:		
18	Objective of the Course:	Self-confidence, recognition, encouragement and assistance in habit, coordination, Development, preparation of individual and group choreography, skill development, development of leadership skills.	
19	Contribution of the Course to Professional Development:		
20	Learning Outcomes:		
		1	Believes that a person associated with an increased self-confidence
		2	Understands that habit Aid.
		3	Understands the need to improve coordination is a feature
		4	Understands the need to develop conditional features
		5	Believes that prepare the individual serial
		6	Believes that prepare group choreography
		7	Become aware of leadership is developing feature
		8	Understands gained habits disciplined work
		9	Believes designing clothing and materials for demonstrations groups
		10	
21	Course Content:		
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Week	Theoretical	Practice	
1	Gymnastics definition, importance and theoretical information about the content.	General gymnastics practice for stamina work	
2	History of Gymnastics	Studies reactionary and relaxing muscles	
3	Edit exercises: Exercises in order the place and importance of physical education classes, the scope of exercises	Application order exercises	

4	Basic postures of gymnastic, still standing and the basic postures, the basic positions on the floor, drawing and expression;	Basic postures of gymnastic practice
5	Basic stance on the theory of the connection moves	Application of the basic stance movements of the relevant connection
6	Explanation of the rules to be followed in preparing the individual serial	Serial study of the rules to be followed in preparing the individual
7	Group series of principles of preparation and stage arrangements	Stage arrangements, choreography work
8	Group series of principles of preparation and stage arrangements	Stage arrangements, choreography work
9	Coordination developer works (music, harmony, unity, fluidity, technique and aesthetics.).	Coordination developer works
10	The theory of the movements made with the medicine ball	Application with the medicine ball movements
11	Movements in gymnastics, respectively, with the jump rope movements	Movements in gymnastics, respectively, with the jump rope movements. application
12	Gymnastics with bat movements, movements in the theory of the railing	Gymnastics club made with the movements, the movements application of the railing
13	Related to basic posture and movement with choreography writing, and drawings.	Movements in the railing. application
14	The theory of open and closed field demonstrations	Group work practice
22	Textbooks, References and/or Other Materials:	<p>1. Ergün ŞENGÜL, Serbest Cimnastik, Sporsal Uygulama Dizisi-5, 1996, ANKARA.</p> <p>2. Erdem ÖZDEMİR, Reyzan ÖZDEMİR, Cimnastikte Duruş Örnekleri Ve Jimnastik Sopası İle Yapılan Hareketler, Hekimler Yayın Birliği, 1998, ANKARA.</p> <p>3. Reyzan ÖZDEMİR, Erdem ÖZDEMİR, Cimnastik Sırası İle Yapılan Hareketler, Hekimler Yayın Birliği, 1998, ANKARA.</p> <p>4. Yaşar SEVİM, Ergün ŞENGÜL, Sağlık Topu İle Güç Geliştirme, Gençlik Ve Spor Genel Md. Spor Eğitimi Daire Bşk., 1994, ANKARA.</p> <p>5. Klaus HERMANN, Lehrplan Deustcher Turner-Bund, Veilseitiges Turnen and Graten, Breitensport, 1985, MÜNCHEN.</p> <p>6. Reyzan ÖZDEMİR, Sportif Performansta Isınmanın Önemi, Çeviri, 1994, BURSA.</p>
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

24	ECTS / WORK LOAD TABLE
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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	2	10.00	20.00
Homeworks	7	1.00	7.00
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			105.00
Total work load/ 30 hr			3.10
ECTS Credit of the Course			3.00

25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
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	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	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	3	0	0
ÖK6	0	0	0	0	0	0	0	0	0	0	0	3	0	0	0	0
ÖK7	0	0	0	0	0	0	0	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	0	3	0	0	0	0	0	0	0	0	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
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