	POW	ER DE	EVELOMENT II						
1	Course Title:	POWER	DEVELOMENT II						
2	Course Code:	BEB4002	2(1)						
3	Type of Course:	Optional							
4	Level of Course:	First Cyc	ele						
5	Year of Study:	1							
6	Semester:	2							
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:								
12	Language:	Turkish							
13	Mode of Delivery:	Face to f	ace						
14	Course Coordinator:	Öğr.Gör.	Tıp Fakültesi Öğrenci İşleri						
15	Course Lecturers:	Okutmar	n ZİYA SUVAR						
16	Contact information of the Course Coordinator:	0 224294	ar@uludag.edu.tr						
17	Website:								
18	Objective of the Course:	Applicati	on of body exercises related with healty life.						
19	Contribution of the Course to Professional Development:								
20	Learning Outcomes:								
		1	Be able to know the description of fitness and explain the history of it.						
		2	Be able to apply the basic technical skills.						
		3	Be able to apply warming up before starting the fitness						
		4	Increasing power, balance individual qualities						
		5	Learn breathing exercises						
		6	increase their collective harmony and acting abilities						
		7	Body coordination develops						
		8	Be able to criticism positively as a good fitness spectator.						
		9							
_		10							
21	Course Content:								
\A/ I		Со	purse Content:						
	Theoretical		Practice						
2	History of Fitness								
3	Basics of fitnessTechniques Abdominal exercises								
4	Abdominal exercises								
5	Arm and shoulder muscle exercises	per							
6	Wing is breast exercises	POI							
0	Traing is preast exercises								

7	Preparation for the general assessment																	
8	General Assessment (Midterm exam)																	
9	Back muscle exercises																	
10	Hip muscle exercises																	
11	Leg muscle exercises																	
12	Side leg muscle exercises																	
13	Exercises for arms sagging																	
14	Repetition of lectures in the semester																	
22	Textbooks, References and/or Other Materials:							küı	rper Ti	aining	Manfre	d Grobe	er – Er	zeiche	n und			
23	Assesn	-																
_								WE	WEIGHT									
Midterr	m Exam					1		40.	40.00									
Quiz						0		0.0	00									
Home	work-project 0							0.0	00									
Final E	' '							60.	60.00									
Total						2		10	0.00									
	oution of		Year)	Learn	ing Act	tivities	to	40.	.00									
			•	- 0					00									
	Contribution of Final Exam to Success Grade Activites								Number				Duration (hour)			Total Work Load (hour)		
ଦ୍ୟନ୍ତ	tical							1	14			2.00			28.00			
Practic	als/Labs							()			0.00			0.00			
			ation										5.00			35.00		
Homev	tudy and preperation								0				0.00			0.00		
Project									0			0.00			0.00			
Field S									1			5.00			20.00			
	rm exams								1 1.00						1.00			
Others									0 0.00					0.00				
Final E									1 1.00						1.00			
	I Work Load														85.00			
	al work load/ 30 hr														2.83			
	ECTS Credit of the Course								3.00									
25			CON	TRIF	BUTIC	N O	FIF	4RN	ING	OUTC	COMF	S TO I	PROC	RAM	IMF			
25 CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS																		
	PQ	1 PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ1 0	PQ11	PQ12	PQ1	PQ14	PQ15	PQ16		
ÖK1	0	0	4	0	0	0	0	0	0	0	0	0	0	0	0	0		
ÖK2	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
ÖK3	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0		
			1															

ÖK4

Contrib 1 very low ution Level:			2	2 low		3 Medium			4 High			5 Very High				
LO: Learning Objectives PQ: Program Qualifications																
ÖK8	0	0	0	0	0	0	4	0	0	0	0	0	0	0	0	0
ÖK7	0	0	0	0	0	0	0	5	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
ÖK5	0	0	0	0	0	5	0	0	0	0	0	0	0	0	0	0