

## POWER DEVELOPMENT II

1	Course Title:	POWER DEVELOPMENT II	
2	Course Code:	BEB4002(1)	
3	Type of Course:	Optional	
4	Level of Course:	First Cycle	
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 face	
14	Course Coordinator:	Öğr.Gör. Tıp Fakültesi Öğrenci İşleri	
15	Course Lecturers:	Okutman ZİYA SUVAR	
16	Contact information of the Course Coordinator:	Ziya Suvar ziyasuvar@uludag.edu.tr 0 2242940240 Rektörlük Beden Eğitimi Bölüm Başkanlığı	
17	Website:		
18	Objective of the Course:	Application of body exercises related with healthy 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:		
		<b>Course Content:</b>	
Week	Theoretical	Practice	
1	History of Fitness		
2	Basics of fitnessTechniques		
3	Abdominal exercises		
4	Abdominal exercises		
5	Arm and shoulder muscle exercises per		
6	Wing is breast exercises		

<b>7</b>	Preparation for the general assessment	
<b>8</b>	General Assessment (Midterm exam)	
<b>9</b>	Back muscle exercises	
<b>10</b>	Hip muscle exercises	
<b>11</b>	Leg muscle exercises	
<b>12</b>	Side leg muscle exercises	
<b>13</b>	Exercises for arms sagging	
<b>14</b>	Repetition of lectures in the semester	

TERM LEARNING ACTIVITIES	NUMBER	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

[illegible]

ÖK5	0	0	0	0	0	5	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	0	5	0	0	0	0	0	0	0	0
ÖK8	0	0	0	0	0	0	4	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			