

PHYSICAL EDUCATION AND BODY BUILDING IV

1	Course Title:	PHYSICAL EDUCATION AND BODY BUILDING IV	
2	Course Code:	İAYZ204	
3	Type of Course:	Compulsory	
4	Level of Course:	Short Cycle	
5	Year of Study:	2	
6	Semester:	4	
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:	no	
12	Language:	Turkish	
13	Mode of Delivery:	Face to face	
14	Course Coordinator:	Öğr. Gör. Bengül AYDIN	
15	Course Lecturers:		
16	Contact information of the Course Coordinator:	Öğr. Gör. Bengül Aydın 0224 249 29 51	
17	Website:		
18	Objective of the Course:	Swimming training in the water to learn life-saving initiatives. Natural conditions, attempts to rescue and first aid to sustain life and nature.	
19	Contribution of the Course to Professional Development:		
20	Learning Outcomes:		
		1	Confidence in the water to learn the work.
		2	Ensure that the principles of life saving in water and water adaptation.
		3	Swim in water
		4	Life in water rescue and first aid.
		5	Natural conditions sustain life
		6	Life saving and first aid in nature
		7	
		8	
		9	
		10	
21	Course Content:		
		Course Content:	
Week	Theoretical	Practice	
1	Principles of buoyancy, pool and confidence.	Confidence in the water works	
2	Posture analysis.	Correct posture and shift work in water.	
3	Foot impact analysis	Foot strike work	
4	coordination	Fathoms and coordinating efforts	
5	coordination	Fathoms, breathing, coordination studies	
6	Krawl style	Krawl rough form swimming style.	

7	Krawl style +Midterm	Jump into the water and swimming coordination studies (+ midterm)			
8	start	Jump into the water and swimming coordination studies			
9	Backstroke-style analysis.	Work on your back foot and arm			
10	Ensuring the safety of water	Coordinating efforts on your back technique			
11	Ensuring the safety of water	Life Saving Techniques			
12	Life in nature, providing information	Natural conditions, first aid			
13	In nature, where human life is at stake	Natural conditions, first aid			
14	In nature, where human life is at stake	Transport natural conditions.			
22	Textbooks, References and/or Other Materials:				
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		
Activites			Number	Duration (hour)	Total Work Load (hour)
Measurement and Evaluation Techniques Used in the Theoretical Course			14	1.00	14.00
Practicals/Labs			14	2.00	28.00
Self study and preperation			13	3.00	39.00
Homeworks			0	0.00	0.00
Projects			0	0.00	0.00
Field Studies			0	0.00	0.00
Midterm exams			1	2.00	2.00
Others			0	0.00	0.00
Final Exams			1	2.00	2.00
Total Work Load					85.00
Total work load/ 30 hr					2.83
ECTS Credit of the Course					3.00

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	2	0	3	1	0	0	0	0	4	0	0	0	0	0	0	0
ÖK2	2	0	3	1	0	0	0	0	4	0	0	0	0	0	0	0
ÖK3	2	0	3	1	0	0	0	0	0	5	0	0	0	0	0	0
ÖK4	2	0	3	1	0	0	0	0	0	5	0	0	0	0	0	0

ÖK5	2	0	3	1	0	0	0	0	0	0	4	0	0	0	0	0
ÖK6	2	0	3	1	0	0	0	0	0	0	0	3	0	0	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low		2 low		3 Medium		4 High		5 Very High							