PHYSICAL EDUCATION AND BODY BUILDING IV											
1	Course Title:	PHYSIC	AL EDUCATION AND BODY BUILDING IV								
2	Course Code:	İAYZ204									
3	Type of Course:	Compuls	ory								
4	Level of Course:	Short Cy	cle								
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 f	ace								
14	Course Coordinator:	Öğr. Gör	. Bengül AYDIN								
15	Course Lecturers:										
16	Contact information of the Course Coordinator:	Öğr. Gör 0224 249	r. Bengül Aydın 9 29 51								
17	Website:	ite:									
18	Objective of the Course:		ng training in the water to learn life-saving initiatives. conditions, attempts to rescue and first aid to sustain life re.								
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:										
	Theoretical		Practice								
1	Principles of buoyancy, pool and con	fidence.									
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.								

Measure per and Evaluation Techniques Used in the Course   14   14.00     Practicals/Labs   14   1.00   14.00     Self study and preperation   13   3.00   39.00  Homeworks   0   0.00   0.00   0.00     Projects   0   0.00   0.00   0.00     Projects   0   0.00   0.00     Projects   0   0.00   0.00     Midterm exams   1   2.00   2.00     Other S   0   0.00   0.00   0   0   0   0   0   0   0   0   0   0   0   0   0   0   1   2.00   2.00   2.00 <th cols<="" th=""><th>7</th><th colspan="9">Krawl style +Midterm</th><th colspan="10">Jump into the water and swimming coordination studies (+ midterm)</th></th>	<th>7</th> <th colspan="9">Krawl style +Midterm</th> <th colspan="10">Jump into the water and swimming coordination studies (+ midterm)</th>	7	Krawl style +Midterm									Jump into the water and swimming coordination studies (+ midterm)									
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.       21     Assesment         23     Assesment     1     40.00       Quiz     0     0.00        Home work-project     0     0.00        Home work-project     0     0.00        Guiz     0     0.00         Interm Exam     1     60.00         Guiz     0     0.00          Success Grade     40.00           Activites     Number     Duration (hour)     Total Weight and properation     13     3.00     39.00       Belf study and preperation     13 <th>8</th> <th colspan="8">start</th> <th>Ju</th> <th>mp inte</th> <th>o the w</th> <th>vater ar</th> <th>nd swim</th> <th>ming c</th> <th>coordina</th> <th>ation stud</th> <th>lies</th>	8	start								Ju	mp inte	o the w	vater ar	nd swim	ming c	coordina	ation stud	lies			
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, first aid       14     In nature, where human life is at stake     Transport natural conditions, first aid       23     Assessment     Textbooks, References and/or Other       23     Assessment     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     40.00     Activites     Values       Practicals/Labs     14     2.00     28.00     Self study and preperation     13     3.00     39.00       Homeworks     0     0.00     0.00     0.00     0.00     Field Studies     0     0.00     0.00       Self study and preperation     13     3.00     39.00     Homeworks     0     0.00     0.00 <t< th=""><th>9</th><th colspan="8">Backstroke-style analysis.</th><th>Wo</th><th colspan="10"></th></t<>	9	Backstroke-style analysis.								Wo											
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, first aid       14     In nature, where human life is at stake     Transport natural conditions, first aid       22     Textbooks, References and/or Other Materials:     Number     Transport natural conditions, first aid       23     Assessment     Exam     1     40.00       Quiz     0     0.00     First aid     Exam       Midterm Exam     1     40.00     Exam     Exam     Exam       13     0.00     Contribution of Term (Year) Learning Activities to Success Grade     Number     Duration (hour)     Total Wo Load (hour)       Contribution of Term (Year) Learning Activities to Success Grade     14     2.00     28.00       Self study and preperation     13     3.00     39.00     14.00     14.00     14.00     14.00     14.00     14.00     14.00     14.00     14.00     14.00     10.00     0.00     0.00     10.00 <t< th=""><th>10</th><th colspan="8"></th><th>Co</th><th>ordina</th><th>iting ef</th><th>forts or</th><th>your b</th><th>ack te</th><th>chnique</th><th>)</th><th></th></t<>	10									Co	ordina	iting ef	forts or	your b	ack te	chnique	)				
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:     In nature, where human life is at stake     Transport natural conditions.       23     Assesment     Interval     NUMBE     WEIGHT       Item LEARNING ACTIVITIES     NUMBE     WEIGHT     Interval     Interval       1     40.00     Outo     Interval     Interval     Interval     Interval       1     40.00     Outo     Interval	11	°,								Lif	e Savi	ng Tec	hnique	s							
14     In nature, where human life is at stake     Transport natural conditions.       22     Textbooks, References and/or Other Materials:     In nature, where human life is at stake     Transport natural conditions.       23     Assesment     Image: Condition of Conditions of Contribution of Term (Year) Learning Activities to Success Grade     NUMBE     WeiGHT R       Activites     0     0.00     Interview of Conditions of Contribution of Term (Year) Learning Activities to Success Grade     40.00     Interview of Conditions of Contribution of Term (Year) Learning Activities to Success Grade     Number     Duration (hour)     Total Wo Load (hour condition of Conditions of Condits of Conditions of Conditions	12	Life in	nat	ure, p	orovid	ing in	formati	on		Na	itural c	onditic	ons, firs	t aid							
Instruction     Number     Duration (hour)     Total Voltation (hour)       Contribution of Term (Year) Learning Activities to Success Grade     0     0.00     0.00       Activities     1     60.00     0.00     0.00       Contribution of Term (Year) Learning Activities to Success Grade     40.00     0.00     1.00       Activities     1     60.00     0.00     1.00     1.00       Activities     1     60.00     0.00     1.00     1.00     1.00       Activities     1     60.00     0.00     1.00 <td< th=""><th>13</th><th colspan="9"></th><th>itural c</th><th>onditic</th><th>ons, firs</th><th>t aid</th><th></th><th></th><th></th><th></th></td<>	13										itural c	onditic	ons, firs	t aid							
Materials:     Materials:     NUMBE     WEIGHT       23     Assesment     1     40.00	14	·																			
TERM LEARNING ACTIVITIES     NUMBE     WEIGHT       Midterm Exam     1     40.00																					
R     40.00       Quiz     0     0.00       Home work-project     0     0.00       Total     2     100.00       Contribution of Term (Year) Learning Activities to Success Grade     40.00       Activites     Vumber     Duration (hour)       Activites     Number     Duration (hour)       Activites     14     1.00     14.00       Activites     14     2.00     28.00       Practicals/Labs     14     1.00     14.00       Practicals/Labs     13     3.00     39.00       Homeworks     0     0.00     0.00     0.00       Projects     0     0.00     0.00     0.00       Midterm exams     1     2.00     2.00     2.00       Total Work Load     0     0.00     0.00     0.00       Total Work Load/ 30 hr     1     0     0     0     0     0     0     0     0     0     0     0     0     0     0     0     0     0 <t< th=""><th>23</th><th>Asses</th><th>me</th><th>nt</th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th></t<>	23	Asses	me	nt																	
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   40.00     Activites   Number   Duration (hour)     Total   14   1.00   14.00     Practicals/Labs   14   2.00   28.00     Self study and preparation   13   3.00   39.00     Homeworks   0   0.00   0.00   0.00     Projects   0   0.00   0.00   0.00     Field Studies   0   0.00   0.00   0.00     Midterm exams   1   2.00   2.00   0.00     Final Exams   1   2.00   2.00   0.00     Total Work Load   1   2.00   2.00   2.00     Total Work Load/ 30 hr   1   2   2.83   2.83     ECTS Credit of the Course   3.00   2.83   3.00   2.83     ECTS Credit of the Course   3.00   0 <th>TERM L</th> <th>EARN</th> <th>NG</th> <th>ACTI</th> <th>VITIES</th> <th>;</th> <th></th> <th></th> <th></th> <th>WE</th> <th>EIGHT</th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th>	TERM L	EARN	NG	ACTI	VITIES	;				WE	EIGHT										
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   40.00     Activites   Number   Duration (hour)   Total Work Load (hour)     Measure upnt and Evaluation Techniques Used in the Orderse   14   1.00   14.00     Practicals/Labs   14   2.00   28.00   39.00     Homeworks   0   0.00   0.00   39.00     Homeworks   0   0.00   0.00   0.00     Practicals/Labs   1   3.00   39.00   40.00     Homeworks   0   0.00   0.00   0.00     Projects   0   0.00   0.00   0.00     Midterm exams   1   2.00   2.00   2.00     Total Work Load   1   2.00   2.00   2.00     Total Work Load/30 hr   1   2.00   2.83   2.83     ECTS Credit of the Course   3.00   2.83   3.00   2.83     ÉK1   2 <th>Midtern</th> <td>n Exan</td> <td>n</td> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td></td> <td>40</td> <td>.00</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Midtern	n Exan	n					1		40	.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 Wo Load (hours)     Activites   Number   Duration (hour)   Total Wo Load (hours)     Practicals/Labs   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     Midterm exams   1   2.00   2.00     Others   0   0.00   0.00   0.00     Final Exams   1   2.00   2.00   2.00     Total Work Load   1   2.00   2.00   2.00     Total Work Load/ 30 hr   1   2.00   2.00   2.00     COST Credit of the Course   1   2.00   2.83   2.00     ZetS   CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME   3.00   3.00   3.00     Zetal <td< th=""><th>Quiz</th><th></th><th></th><th></th><th></th><th></th><th></th><th>0</th><th></th><th>0.0</th><th>00</th><th></th><th></th><th></th><th></th><th></th><th></th><th></th></td<>	Quiz							0		0.0	00										
Total   2   100.00     Contribution of Term (Year) Learning Activities to Success Grade   40.00     Activites   Number   Duration (hour) Total Work Load (hour) Course     Activites   Number   Duration (hour) 14.00     Practicals/Labs   14   1.00   14.00     Self study and preperation   13   3.00   39.00     Homeworks   0   0.00   0.00   0.00     Projects   0   0.00   0.00   0.00     Midterm exams   1   2.00   2.00   2.00     Midterm exams   1   2.00   2.00   2.00     Other Load/ 30 hr   1   2.00   2.83   2.00     Cotal Work Load/ 30 hr   1   2.00   2.83   3.00     Zotal Work load/ 30 hr   2   2   2.83   3.00   3.00     Zotal Work load/ 30 hr   2   2   2.83   3.00   3.00   3.00     Zotal Work load/ 30 hr   2   0   0   0   0   0   0   0   0   0   0   0   0     Zo	Home v	work-p	roje	ct				0		0.0	00										
Contribution of Term (Year) Learning Activities to Success Grade     40.00       Activities     Number     Duration (hour) Load (hour)     Total Wor Load (hour)       Activities     Number     Duration (hour)     Total Wor Load (hour)       Practicals/Labs     14     1.00     14.00     28.00       Self study and preperation     13     3.00     29.00     28.00       Homeworks     0     0.00	Final E	xam						1		60	.00										
Success Grade   Number   Duration (hour)   Total Work Load (hour)     Practicals/Labs   14   1.00   14.00     Practicals/Labs   14   1.00   14.00     Self study and preperation   14   1.00   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   0.00     Field Studies   0   0.00   0.00   0.00     Midterm exams   1   2.00   2.00   0.00     Field Studies   0   0.00   0.00   2.00     Total Work Load   1   2.00   2.00   2.00     Total Work load/ 30 hr   1   2.00   2.83   2.00     ZCTS Credit of the Course   1   2.00   2.83   3.00     SUPRIMIENTION OF LEARNING OUTCOMES TO PROGRAMME     QUALIFICATIONS	Total							2		10	0.00										
Market pertained Evaluation Techniques Used in the Course   14   1.00   14.00   14.00     Practicals/Labs   14   2.00   28.00   28.00   39.00   30.00   50.00	Success Grade																				
Course Practicals/Labs   14   2.00   28.00     Self study and preperation   13   3.00   39.00     Homeworks   0   0.00   0.00   0.00     Projects   0   0.00   0.00   0.00     Field Studies   0   0.00   0.00   0.00     Midterm exams   1   2.00   2.00   2.00     Others   0   0.00   0.00   0.00     Final Exams   1   2.00   2.00   2.00     Total Work Load/ 30 hr   1   2.00   2.00   2.00     Total work load/ 30 hr   ECTS Credit of the Course   1   2.00   2.83     CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME     QUALIFICATIONS     CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME     QUALIFICATIONS     ÖK1   2   0   3   1   0											Nume			Dure			Load (hour)				
14   2.00   28.00     Self study and preperation   3.00   39.00     Noneworks   0   0.00   0.00     Projects   0.00   0.00   0.00     Projects   0.00   0.00   0.00     Midterm exams   0   0.00   0.00     OI   0.00   0.00   0.00     OI   0.00   0.00   0.00   0.00     OI   0.00   0.00   0.00   0.00     OI   0.00   0.00   0.00   0.00   0.00   0.00<	Heasurement and Evaluation Techniques Used in the							e l	14			1.00	1.00			14.00					
Homeworks   0   0.00   0.00     Projects   0   0.00   0.00   0.00     Field Studies   0   0.00   0.00   0.00     Midterm exams   1   2.00   2.00   0.00     Others   0   0.00   0.00   0.00     Final Exams   1   2.00   2.00   2.00     Total Work Load   1   2.00   2.00   2.00     Total work load/ 30 hr   2.83   2.83   2.83   2.83     ECTS Credit of the Course   1   2.00   3.00   3.00 <b>CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS O</b> 0   0   0   0   0 <b>O</b> 0   0			)S							ŕ	14			2.00		28.00					
Projects   0.00   0.00   0.00     Field Studies   0.00   0.00     Midterm exams   1   2.00   0.00     Others   0.00   0.00     Total Work Load   1   2.00   2.00     Total Work Load/ 30 hr   I   2.00   2.83     ECTS Credit of the Course   I   I   I   I   I   I   I   2.00     Total Work Load   I   I   I   I   I   I   I   I<	Self stu	idy and	d pre	epera	tion					Í	13			3.00		39.00					
Note: State in the second state in the seco	Homew	vorks								(	C			0.00		0.00					
Midterm exams     2.00     2.00       Others     0     0.00     0.00       Final Exams     1     2.00     2.00       Final Exams     1     2.00     2.00       Total Work Load/ 30 hr      2.00     2.00       Total work Joad/ 30 hr      2.00     2.00       Total Work Load/ 30 hr      2.00     2.00       Total work Joad/ 30 hr      2.00     2.83       ECTS Credit of the Course     FONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME       OK     Other Course     2.83       OK     PQ1     PQ2     PQ3     PQ6     PQ8     PQ9     PQ1     PQ1     PQ1     PQ1     PQ1     PQ1     PQ1	Project	S								(	)			0.00		0.00					
Others   0   0.00   0.00     Final Exams   1   2.00   2.00     Total Work Load/   30 hr   2.83     ECTS Credit of the Course   TOTAL REVISION OF LEARNING OUTCOMES TO PROGRAMME     Z   O   0 <th colspan="9">Field Studies</th> <th>(</th> <th colspan="6">0 0.00 0.</th> <th colspan="3">0.00</th>	Field Studies									(	0 0.00 0.						0.00				
	Midtern	n exan	าร							ŕ	1 2.00 2.00						2.00				
Total Work Load   85.00     Total work load/ 30 hr   2.83     ECTS Credit of the Course   2.83     Z5   CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME     QVA PQ2 PQ3 PQ4 PQ5   PQ6 PQ7 PQ8 PQ9 PQ1   PQ1 PQ1 PQ1 PQ1 PQ1 PQ1 PQ14   PQ14 PQ15 P   P     ÖK1   2   0   3   1   0   0   0   4   0	Others									(	0 0.00						0.00				
Total work load/ 30 hr   2.83     ECTS Credit of the Course   2.83     25   CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS     PQ1   PQ2   PQ3   PQ4   PQ5   PQ6   PQ7   PQ8   PQ9   PQ1   PQ11   PQ12   PQ1   PQ14   PQ14   PQ15   F     ÖK1   2   0   3   1   0   0   0   4   0	Final E:	xams								ŕ	1 2.00 2						2.00				
ECTS Credit of the Course   3.00     CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS     PQ1   PQ2   PQ3   PQ4   PQ5   PQ6   PQ7   PQ8   PQ9   PQ1   PQ1 <t< th=""><th>Total W</th><th>Vork Lo</th><th>ad</th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th>85.00</th><th></th></t<>	Total W	Vork Lo	ad														85.00				
25   CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS     PQ1   PQ2   PQ3   PQ4   PQ5   PQ6   PQ7   PQ8   PQ9   PQ1   PQ11   PQ12   PQ1   PQ14   PQ14   PQ15   F     ÖK1   2   0   3   1   0   0   0   4   0	Total w	ork loa	nd/ 3	30 hr													2.83				
PQ1     PQ2     PQ3     PQ4     PQ5     PQ6     PQ7     PQ8     PQ9     PQ1     PQ11     PQ12     PQ1     PQ14     PQ14     PQ15     P       ÖK1     2     0     3     1     0     0     0     4     0	ECTS Credit of the Course																3.00				
ÖK1   2   0   3   1   0   0   0   4   0	25																				
ÖK1   2   0   3   1   0   0   0   4   0		P	Q1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9		PQ11	PQ12		PQ14	PQ15	PQ16			
ÖK3   2   0   3   1   0   0   0   0   5   0   0   0   0   0	ÖK1	2		0	3	1	0	0	0	0	4	-	0	0	-	0	0	0			
	ÖK2	2	-	0	3	1	0	0	0	0	4	0	0	0	0	0	0	0			
	Ölf0		-+	0	0													<u> </u>			
	OK3	2		U	3	1	0	U	0	U	0	5	0	0	0	0	0	0			
	ÖK4	2	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				_		-	0	0	-		0	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contrib 1 very low ution Level:			2 Iow		3 Medium			4 High			5 Very High					