

# WRESTLING I

1	Course Title:	WRESTLING I
2	Course Code:	AEB3117
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	3
6	Semester:	5
7	ECTS Credits Allocated:	6.00
8	Theoretical (hour/week):	2.00
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:	Prof. Dr. Cemali Çankaya
15	Course Lecturers:	Prof. Dr. Ramiz ARABACI Okt. Yahya YILDIRIM
16	Contact information of the Course Coordinator:	cemali@uludag.edu.tr. Tel(Sabit): 0224 2940690. Cep: 0532 2631774. Adres: Uludağ Üniversitesi Spor Bilimleri Fakültesi, Antrenörlük Eğitimi Bölümü. Posta Kod: 16059. Görükle/BURSA.
17	Website:	
18	Objective of the Course:	Industry applications and for the sport of wrestling skills training for use in teaching and counseling to gain knowledge and skills. In addition, to gain knowledge and skills of coaching wrestling and conditioning.
19	Contribution of the Course to Professional Development:	
20	Learning Outcomes:	
	1	Having knowledge about the history and rules of wrestling.
	2	Basic wrestling stance, grip and wrestling techniques and teaching ability.
	3	Sports performance enhancement, and skills to have a follow-up.
	4	Develop tactical information in wrestling.
	5	Accordance with the technical and tactical issues of wrestling teaching methods / colorimetric methods.
	6	Positive reviews, do a good follower of wrestling.
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21	Course Content:	
	<b>Course Content:</b>	
Week	Theoretical	Practice

1	Wrestling history and rules.	Practical expression of the wrestling rules.
2	Preparative fighting games for wrestling.	Implementation of educational games including fighting for wrestling.
3	Applied warm-up and recovery applications.	General and specific heating and cooling applications.
4	Basic gymnastic movements and rolls.	Somersaults, fall and bridge work.
5	The basic holding and stance in wrestling.	The implementation of the basic stance and holding .
6	Basic techniques in wrestling (foot wrestling ).	Exercise of wrestling techniques in foot.
7	Basic techniques in wrestling (foot wrestling ).	Exercise of wrestling techniques in foot.
8	Basic techniques in wrestling (Place wrestling).	Exercise of wrestling techniques in foot.
9	Basic techniques in wrestling (Place wrestling).	Exercise of wrestling techniques in foot.
10	Foot diving techniques.	Exercises of foot diving types.
11	Throwing techniques.	Exercise of throwing techniques.
12	Tactical operation in wrestling.	Defense work.
13	Tactical operation in wrestling.	Offence work.
14	Repetition of the final.	Wrestling Match.

22	Textbooks, References and/or Other	1. TWIESELDMANN, F., 1969., Biometrigue		
Activites		Number	Duration (hour)	Total Work Load (hour)
Theoretical	Development of Research on Growth. History and Geography Faculty of Ankara University . Journal . Pg :1-	4	2.00	28.00
Practicals/Labs		14	2.00	28.00
Self study and preperation	3. TAŞKINALP, O., Massoud, R., 1991., Turkish men and women compete in Axial Length of Relationship Between	3		
Homeworks		0		
Projects	June 27 to 30, Bursa, Turkey.			
Field Studies	4. Gur. H., Akca. C., CANKAYA. C., BRAVE. A., Demirci.			
Midterm exams	Championships, the first four wrestlers Entered the Relation of Anthropometric Characteristics and Their			
Others				
Final Exams	National Congress, Ankara.			
Total Work Load	5. CHUMLEA, WC, Baumgartner, RN, 1989., Status of			
Total work load/ 30 hr	Subjects Elderly Nutr, 30, 1158-1166.			
ECTS Credit of the Course	6. TAŞKINALP, O. Et al., 1998, wrestler Kırpınar some of			6.00
	Congress on Sport Sciences, Ankara.			
	7 - Akgun, N., (1994)"" Ege University Press Exercise and Sports Physiology, Bornova-Izmir. S.197.			
	8 - WASTE, M., (1973) "Free wrestling Complete Technical-Tactical" Amal Printing San. Ltd. Sti. Ankara. S. 4.			
	9 - BAŞARAN, M., (1989) "Free and Greco-Roman wrestling" TC And the General Directorate of Youth, Publication No. 84, Specialist Printing, ANKARA. S.1.			
	10 - globalization, expectation, G., (1996) "The Turkish and the World Wrestling from 1896 to 1996 the" Turkish Wrestling Society Press, Ankara. Q.15.			
	11 - İĞREK, M.. M. Karatas, A., (2000) "In recent years the Turkish Wrestling" Step Printing Advertising agency services, Istanbul. P.52.			
	12 - PEHLİVAN, D. Ali.; (1984)" Modern" BT Freestyle Wrestling Techniques Directorate General of Press, Ankara. S.1.			

	<p>13 - Petkov, K., Angelov, G., (1978) "po Rikovodstvo Metodicesko Borba (Güreşin Methodical Guide)" Meditsina i fizkultura, Sofia. S. 5.</p> <p>14 - PETROFF, R., D. Dobrev, BERBEROV N., O. MAKAVEEV; (1977), "i klasičeska Svobodna Borba (Freestyle and Greco-Roman wrestling)," Meditsina i fizkultura, Sofia. P.10.</p> <p>15 - Astrand Po., Rodahl K. Textbook of Work Physiology: physiological Bases of Exercise, Third Edition, Mc Craw-Hill Book Company, New York, p.296, 1986.</p> <p>16 - O Gürses., Mature P. Sporting Talent Research Method (Application to Turkey). Turkish Sports Foundation Publications, Istanbul, p. 33-35, Istanbul, 1980.</p> <p>17 - Agaoglu Sa. 11-15 Age wrestlers in Turkey, Talent Selection, Marmara University Institute of Health Sciences, PhD Thesis, p.25, Istanbul, 1994.</p> <p>18 - Petrov, R. Freestyle and Greco-Roman Wrestling. Published by FILA, Lausanne, 1987, p.100.</p> <p>19 - Mihailova, V., et al., Early Orientation Toward Sport of Children. Turkish Journal of Sports Medicine, Vol: 16, NBO: 3, p.65-72, 1981.</p> <p>20 - Wrestling training centers. Istanbul Foundation for the Preservation wrestling club specialized broadcast: s, 25 Istanbul 1993.</p> <p>21 - BAŞARAN M. Freestyle and Greco-Roman Wrestling, TURKEY, And the General Directorate of Youth, Publication No. 84, Specialist Printing, 1, Ankara, 1989.</p> <p>22 - GÜREŞİMİZ. 2002 (Monthly Magazine) "FILA weight training again played" Milsan Inc. Istanbul. S. 54.</p>
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23	Assesment		
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
Total			100.00
Measurement and Evaluation Techniques Used in the Course			

24	ECTS / WORK LOAD TABLE
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ÖK6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
LO: Learning Objectives   PQ: Program Qualifications																
Contrib ution Level:	1 very low		2 low		3 Medium		4 High		5 Very High							