		WRE	STLING I							
1	Course Title:	WRESTI	LING I							
2	Course Code:	AEB3117	7							
3	Type of Course:	Optional								
4	Level of Course:	First Cyc	ele							
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 f	ace							
14	Course Coordinator:	Prof. Dr.	Cemali Çankaya							
15	Course Lecturers:		Ramiz ARABACI ya 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.							
		7								
		8								
		9								
		10								
21	Course Content:									
	Course Content:									
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. TWIESSELMANN, F., 1969., Biometrigue								
Activit		Number Duration (hour) Total Work Load (hour)								
Theore	tical	Development of Research on Growth. History and Geography Faculty of Ahkara University Journal, Pg :1-								
Practica	als/Labs									
Self stu	dy and preperation	3 TAŞKINALP, O., Massoud, R., 1991., Turkish men and women compete in Axial Length of Relationship Between								
Homew	vorks									
Project	8	June 27 to 30, Bursa, Turkey. 4. Gur. H., Akca, C., CANKAYA, C., BRAVE, A., Demirci.								
Field S	tudies									
Midtern	n exams	Relation of Anthropometric Characteristics and Their								
Others		INalional Congress, Ankara.								
Final E		5. CHUMLEA, WC, Baumgartner, RN, 1989., Status of								
	/ork Load	Subjests Eldeny Nutt, 50, 1130-1100.								
	ork load/ 30 hr	6 TAŞKINALP, O. Et al., 1998, wrestler Kırpınar some of								
ECIS	Credit of the Course	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.								

	13 - Petkov, K., Angelov, G., (1978) "po Rıkovodstvo Metodiçesko Borba (Güreşin Methodical Guide)" Meditsina i fizkultura, Sofia. S. 5. 14 - PETROFF, R., D. Dobrev, BERBEROV N., O. MAKAVEEV; (1977), "i klasiçeska Svobodna Borba (Freestyle and Greco-Roman wrestling)," Meditsina i fizkultura, Sofia. P.10. 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. 16 - O Gürses., Mature P. Sporting Talent Research Method (Application to Turkey). Turkish Sports Foundation Publications, Istanbul, p. 33-35, Istanbul, 1980. 17 - Agaoglu Sa. 11-15 Age wrestlers in Turkey, Talent Selection, Marmara University Institute of Health Sciences, PhD Thesis, p.25, Istanbul, 1994. 18 - Petrov, R. Freestyle and Greco-Roman Wrestling. Published by FILA, Lausanne, 1987, p.100. 19 - Mihailova, V., et al., Early Orientation Toward Sport of Children. Turkish Journal of Sports Medicine, Vol: 16, NBO: 3, p.65-72, 1981. 20 - Wrestling training centers. Istanbul Foundation for the Preservation wrestling club specialized broadcast: s, 25 Istanbul 1993. 21 - BAŞARAN M. Freestyle and Greco-Roman Wrestling, TURKEY, And the General Directorate of Youth, Publication No. 84, Specialist Printing, 1, Ankara, 1989. 22 - GÜREŞİMİZ. 2002 (Monthly Magazine) "FILA weight training again played" Milsan Inc. Istanbul. S. 54.
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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		60.00									
Total	2	100.00									
Contribution of Term (Year) Learning Activities Success Grade	es to	40.00									
Contribution of Final Exam to Success Grade)	60.00									
Total		100.00									
Measurement and Evaluation Techniques Us Course	sed in the										

24 ECTS / WORK LOAD TABLE

25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ1 0	PQ11	PQ12	PQ1 3	PQ14	PQ15	PQ16
ÖK1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

ÖK6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Contrib ution Level:	1 '	very		1	ning C	bjec		s P Medi			m Qu 4 Higl	alifica	tions		y High	