



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Athleticism							
Course Code		REKB104		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	94 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		To know and apply athletics, to gain knowledge and skills to teach to someone else							
Course Content		Teaching the basic techniques, competition rules and skills of running, throwing and jumping, and knowledge of rules of multiple competitions such as decathlon, heptathlon and pentathlon							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Discussion, Individual Study					
Name of Lecturer(s)									

Prerequisites & Co-requisites

Equivalent Course	REKB105
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Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

Recommended or Required Reading

1	Carr G.A. (1991) "Fundamentals of Track and Field" Leisure Press
2	Bernhard G., (1979) "Sprungtrainig", Verlag Hofmann Schorndorf
3	IAAF (2010) "Atletizm Yarışma Kuralları", Atletizm Federasyonu
4	İşler M, (1985) "Okullarda Atletizm", Milli Eğitim Basımevi

Week	Weekly Detailed Course Contents	
1	Theoretical	History of athletics, equipment information, field sizes and competition rules
2	Theoretical	Info about short distance runs and teaching of the starts
3	Theoretical	Track and info about starts
4	Theoretical	Road and gray runs
5	Theoretical	Disabled basics of technical education in sprint running
6	Theoretical	Basics of technical education in the long jump
7	Theoretical	Basics of technical education in triple jump
8	Intermediate Exam	Midterm exam
9	Theoretical	General information about high jumping
10	Theoretical	Pole vaulter technical foundations of education
11	Theoretical	Basics of technical education in Shot put
12	Theoretical	Basics of technical education in Javelin throw
13	Theoretical	Basics of technical education in discus throwing
14	Theoretical	Basics of technical education in
15	Final Exam	Final exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	2	1	42
Lecture - Practice	14	2	1	42
Midterm Examination	1	3	1	4



Final Examination	1	5	1	6
Total Workload (Hours)				94
[Total Workload (Hours) / 25*] = ECTS				4
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	to be able to define the fundamental branches of athleticism
2	to be able to gain knowledge of the athleticism field size and competition rules
3	to be able to prepare training program about Athletics.
4	explain basic techniques
5	Being able to prepare for athletics competitions

Programme Outcomes (Recreation)

1	Students have comprehensive and systematic information about concepts, principles, theories, facts in disciplines related to Recreation in Recreation field and use and interpret these information in workplace
2	By specialising in certain studies of profession related to Recreation, students carry out planning and control functions in the field.
3	By using the knowledge about Recreation, students fulfil responsibilities in league with other occupational groups
4	Students carry out the recommendation and coordination functions, and plan activities related to Recreation
5	Students behave in accordance with the codes of ethics and laws and regulations related to right and liability of Recreation field.
6	Students analyse by using the known techniques related to Recreation
7	Students fulfil scientific information responsibility related to Recreation and research
8	Students develop positive behaviour and attitude towards healthy life-long sport
9	Students set an example as a model to society and colleagues with their professional identity related to Recreation field
10	Students must communicate written or verbal in some foreign languages

Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3
P1	5	5	5
P2	5	5	4
P3	5	4	4
P4	4	4	3
P5	4	4	3
P6	4	5	3
P7	5	4	4
P8	4	5	5
P9	3	3	3
P10	2	2	

