



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Gymnastics							
Course Code		REKB107		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	98 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		General Gymnastics to learn the basic posture and walking exercises, to become aware of flexibility and balance skills							
Course Content		Definition of General Gymnastics, Basic Gymnastics movements (Roll-back, handstand, somersault, hoop, cartil, bridge, etc.), General Gymnastics tools, jump rope applications, scenario Gymnastic choreography preparation, pyramid							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Individual Study					
Name of Lecturer(s)		Ins. Elçin SAVAŞ							

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading

1	Artistic Gymnastics Teaching Methods Dr. Salih SUVEREN
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Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction to the course: Scope, reason, importance and requirements
2	Theoretical	Introducing gymnastics, teaching successful Turkish gymnasts.
3	Practice	Sportive warm-up
4	Practice	Elements related to gymnastics and gymnastics standing
5	Practice	Gymnastics skills with apparatus
6	Practice	Basic gymnastics skills (balances, rotations, jumps)
7	Practice	Roll types
8	Intermediate Exam	Mid-term
9	Theoretical	Carthwell, hand standings applications
10	Practice	Carthwheel exercises
11	Practice	Carthwheel and hand standing exercises
12	Practice	Hand and head-hand standing exercises
13	Practice	Repetitions
14	Final Exam	Finals

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	2	1	42
Lecture - Practice	14	2	2	56
Total Workload (Hours)				98
[Total Workload (Hours) / 25*] = ECTS				4

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	To be able to explain theoretical information about general gymnastics
2	Ability to demonstrate and teach basic skills and techniques.
3	To be able to apply basic skills related to gymnastics.
4	apply instrument movements



5	apply basic gymnastics skills
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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	2	2	4
P4	2	2	4
P5	2	2	3
P6	2	2	4
P7	5	5	3
P8	5	5	5
P9	2	2	5
P10	2	2	4

