



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Basic Swimming							
Course Code		REKB210		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	97 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		Swimming branch, introducing the rules of the pool, to stand on the water, free swimming, breaststroke swimming to gain the basic techniques and skills.							
Course Content		Recognition of swimming branch, to know the rules of the pool, to stand on the water, free skiing in water, free swimming basic technical training, breaststroke swimming basic technical training.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Individual Study					
Name of Lecturer(s)		Ins. Gülen VURAL							

Prerequisites & Co-requisites

ECTS Requisite	45
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Assessment Methods and Criteria

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

Recommended or Required Reading

1	Swimming Fastest Ernest Maglischo (Çeviri) Ekin Grubu 2011
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Week	Weekly Detailed Course Contents	
1	Theoretical	Industry in general and specific explanations for swimming. Course goals / objectives, goals and achievements of students. The history of swimming, swimming, the importance of education
2	Theoretical	Swimming rules
3	Theoretical	Basic swimming practice
4	Theoretical	Basic swimming practice
5	Theoretical	Basic swimming practice
6	Theoretical	Basic swimming practice
7	Theoretical	Basic Freestyle technique practice
8	Intermediate Exam	Midterm exam
9	Theoretical	Basic Freestyle technique practice
10	Theoretical	Basic Freestyle technique practice
11	Theoretical	Basic breaststroke technique practice
12	Theoretical	Basic breaststroke technique practice
13	Theoretical	Basic breaststroke technique practice
14	Theoretical	Evaluation
15	Theoretical	Evaluation
16	Final Exam	Final exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	2	0	3	6
Lecture - Practice	14	0	3	42
Individual Work	1	0	14	14
Practice Examination	1	10	14	24



Midterm Examination	1	10	1	11
Total Workload (Hours)				97
[Total Workload (Hours) / 25*] = ECTS				4
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Gaining basic swimming skills
2	Learning basic swimming steps
3	Learning free technique
4	Learning breaststroke technique
5	Learning the rules of swimming competition

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

