



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Wrestling							
Course Code		REKB220		Couse Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	98 (<i>Hours</i>)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		Giving basic technical-tactical skills							
Course Content		The course is designed to teach basic wrestling techniques and developments and coaching principles.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration					
Name of Lecturer(s)									

Assessment Methods and Criteria

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

Recommended or Required Reading

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Week	Weekly Detailed Course Contents	
1	Theoretical	Rules and History
2	Practice	Applied warming and recovery
3	Practice	Practicing force exercises
4	Practice	Nutrition and weight controls information
5	Practice	Basic wrestling techniques and strokes
6	Theoretical	dips
7	Practice	Ground techniques
8	Intermediate Exam	midterm
9	Practice	Dives - Defense
10	Practice	Dives - counterattack
11	Practice	Standing techniques
12	Practice	Defense and counterattacks of standing techniques
13	Practice	Defense and counterattacks of ground techniques
14	Final Exam	final

Workload Calculation

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

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	Have knowledge about rules and history
2	Will be able to keep warming and recovery in wrestling
3	Will be able to work on the force-specific wrestling and feeding
4	Make basic wrestling techniques and postures
5	Be able to defend and contradict the standing techniques



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

