



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Training Information							
Course Code		REKB313		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	3	Workload	70 (Hours)	Theory	3	Practice	0	Laboratory	0
Objectives of the Course		To learn the concept of training, aims and periods, to distinguish the basic principles of training within the concept of training, to comprehend biomotor skills and biomotor skills training, to analyze the scientific tests and guiding the training with scientific tests							
Course Content		To learn strength, flexibility, coordination, endurance biomotor properties and to prepare program. Understand training contents of training items. To learn how to prepare weekly, monthly and annual programs							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration					
Name of Lecturer(s)		Lec. Alpay BÜLBÜL							

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	1. T.O.Bompa. Antrenman Kuramı ve yöntemi Ankara 2007
2	2. MATVEYEV, LP. (2004). Antrenman Dönemlemesi. Bağırhan Yayınevi.
3	3. Acıkada & E, Ergen (1990) Bilim ve Spor. Ankara. Büro Teknik Ofset Matbaacılık....

Week	Weekly Detailed Course Contents	
1	Theoretical	Training theory
2	Theoretical	Effect of training on organism
3	Theoretical	Preparation for training
4	Theoretical	Evaluation of anaerobic capacity
5	Theoretical	The Concept of Training and Basic Principles of Training
6	Theoretical	Annual training planning
7	Theoretical	Training items volume intensity frequency
8	Intermediate Exam	midterm
9	Theoretical	Rest and recovery
10	Theoretical	Strength Development and Training
11	Theoretical	Endurance Development and Training
12	Theoretical	Condition Development
13	Theoretical	Preparation for training
14	Final Exam	final

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Lecture - Practice	14	1	1	28
Total Workload (Hours)				70
[Total Workload (Hours) / 25*] = ECTS				3

*25 hour workload is accepted as 1 ECTS



Learning Outcomes

1	will be able to evaluate the concept, goals and periods of training.
2	will be able to analyze the basic principles of training within the concept of training.
3	will be able to explain biomotor skills and training for biomotor skills.
4	will be able to discuss the scientific tests and their analysis with scientific tests.
5	Define coordination development and training

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 fulfill 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 fulfill 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

