

AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title Training Information								
Course Code REKB313		Couse 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 train concept of training, to completes and guiding the training to concept of training to complete the concept of training to concept of training to concept of training			rehend bio	motor skills				
							I to prepare progra ly, monthly and an	
Work Placement	N/A							
Planned Learning Activities and Teaching Methods Exp			Explanation	n (Presenta	ition), Demonst	ration		
Name of Lecturer(s) Lec. Alpay BÜLBÜL		LBÜL						

Prerequisites & Co-requisities

ECTS Requisite 45

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. Bağırgan Yayımevi.
- 3 3. Acıkada & E, Ergen (1990) Bilim ve Spor. Ankara. Büro Teknik Ofset Matbaacılık....

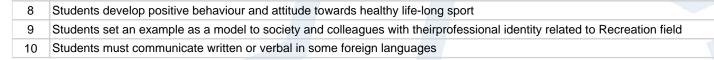
Week	Weekly Detailed Course Contents			
1	Theoretical	Training theory		
2	Theoretical	Effect of training on organism		
3	Theoretical	Preparation for training		
4	Theoretical	Evaluation of anaerobic capacity		
5	Theoretical	The Concept of Training and Basic Principles of Training		
6	Theoretical	Annual 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			

Progra	amme 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 fullfil 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



Students fullfil scientific information responsibility related to Recreation and research



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