



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Gymnastics							
Course Code		SYB111		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	100 (<i>Hours</i>)	Theory	1	Practice	2	Laboratory	0
Objectives of the Course		To gain the ability to apply the basic techniques of gymnastics.							
Course Content		Definition of the terms specific to the branch of gymnastics, historical development process, introduction of gymnastic instruments, basic posture, walking and flexibility exercises.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Individual Study, Problem Solving					
Name of Lecturer(s)									

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Şengül, E. Free Gymnastics, that sportive Practice Series 5, 2 edition, 1996, Ankara
2	. Sevim Y-Şengül E. Medicine ball training with the power development department of Youth Sports başkanlığı. 1989 Ankara, Turkey.

Week	Weekly Detailed Course Contents	
1	Theoretical	Course Introduction: Importance of course, rules
2	Theoretical & Practice	Coordination exercises and positioning. Group exercises in gymnastics.
3	Theoretical & Practice	Sportive warm-up and its' styles. Contract between Rhythm and movement in sport.
4	Theoretical & Practice	Using skipping-rope in flexibility, coordination and endurance exercises. The importance of gym stick in motor skills development.
5	Theoretical & Practice	Basic fundamentals with gym banks. Basic fundamentals with gym equipments.
6	Theoretical & Practice	Teaching rolling exercises on floor mat. Basic fundamentals in mini trampoline.
7	Theoretical & Practice	Basic points in instrumental, artistic and rhythmic gymnastics exercises.
8	Intermediate Exam	Midterm exam
9	Theoretical & Practice	Basic fundamentals in synchronized gymnastics. Criteria's for preparing competition.
10	Theoretical & Practice	Introduction of the pommel horse, cork revolutions, leg swing and demonstration of basic techniques.
11	Theoretical & Practice	Introduction of jumping table equipment, trampoline pressing, cartwheel and demonstration of basic techniques.
12	Theoretical & Practice	Introduction of the ring instrument, demonstration of swing, candle pose, lower L pose and other basic techniques.
13	Theoretical & Practice	Introduction of the parallel bar apparatus, demonstration of the lower swing, kipe, L-grip, leap sideways from resistance and other basic techniques.
14	Theoretical & Practice	Introduction of the pull-up machine, demonstration of front exit, kipe, abdominal rotation, swing and other basic techniques.
15	Theoretical & Practice	General review of course contents.
16	Final Exam	Final exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	1	14
Lecture - Practice	14	0	2	28
Assignment	2	15	2	34
Midterm Examination	1	9	1	10



Final Examination	1	11	3	14
Total Workload (Hours)				100
[Total Workload (Hours) / 25*] = ECTS				4
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Be able to explain conceptual knowledge related with basic gymnastics
2	Be able to show how to teach basic skills and techniques
3	Be able to implement basic skills of gymnastics
4	Demonstrate techniques of flexibility and balance movements.
5	Will be able to associate general gymnastics with warm-up exercises.

Programme Outcomes (Sports Management)

1	1. To be able to explain the elements of management and organization and to apply the functions of management in sports organizations
2	2. To be able to understand the interdisciplinary and the multidisciplinary nature of the field of sport management.
3	3. To be able to comprehend the knowledge, skills and values related to the management of the general business areas in addition to sports industry at the top-level.
4	4. To be able to define and explain internal and external factors that shape and influence the sports in our country and the World.
5	5. To be able to comprehend and interpret the technical strategies and the managerial skills of the branch of sports chosen.
6	The skill of creating, applying and interpreting the plans of project and program
7	7. To be able to develop strategies financially for the sports organizations, to evaluate the budgets, the sources of income and the expenses
8	8. To be able to comprehend and interpret how the ethical principles influence the process of financial, marketing and administrative decision-making at the sports organizations
9	9. To be able to know the basic principles and methods of the sports marketing at the national and international level
10	10. To be able to understand the qualitative and quantitative analysis and be able to use them effectively

Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3
P1	4	2	1
P2	5	2	1
P3	3	2	1
P4	3	3	1
P5	4	5	5
P6	5	3	4
P7	2	2	1
P8	1	2	1
P9	2	1	1
P10	4	3	3

