



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Football							
Course Code		SYB151		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	101 ( <i>Hours</i> )	Theory	1	Practice	2	Laboratory	0
Objectives of the Course		History of football, game rules, basic technical and tactical knowledge and skills.							
Course Content		Developing basic technical skills in age groups, individual and group tactics;in game form,to reinforce the principles of Defense and offense.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Discussion					
Name of Lecturer(s)		Ins. Necmettin PARLAK							

### Assessment Methods and Criteria

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

### Recommended or Required Reading

1	Topkaya İ., Atatekin T., (1998) Football Training, İzmir
2	Adam Owen (2016) Football Conditioning: A Modern Scientific Approach – Periodization/Seasonal Training,
3	Abdul Foster (2017) Next Generation Football Training: Off-Season Workouts Used by Today's NFL Stars to Build Pro Athlete Strength and Give Your Team the Competitive Edge, Page Street Publishing

Week	Weekly Detailed Course Contents	
1	Theoretical	General and special education methods
2	Theoretical	Date of World Football and Date of Turkish Football
3	Theoretical	Football game rules dribbling, Football game rules instep kick
4	Theoretical	Football game rules
5	Practice	Match and training analysis techniques
6	Practice	Repeat of football techniques
7	Practice	Repeat of football techniques
8	Intermediate Exam	Midterm
9	Practice	Football condition training
10	Practice	Field layouts, player positions and applications.
11	Practice	Repeat of football techniques
12	Practice	Repeat of football techniques
13	Practice	Repeat of football techniques
14	Practice	Repeat of football techniques
15	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	1	5	1	6
Individual Work	10	2	1	30
Practice Examination	1	11	2	13
Midterm Examination	1	9	1	10
Total Workload (Hours)				101
[Total Workload (Hours) / 25*] = ECTS				4

\*25 hour workload is accepted as 1 ECTS



**Learning Outcomes**

1	To be able to understand the development of the Turkish Football History and the History of World Soccer
2	To be able to use different teaching methods related with the basic technical training of football
3	To be able to Understand and teach the rules of football game
4	Explain the field and material knowledge of football sports
5	Applies the basic skills in football sports

**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

