



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Basic Swimming Education							
Course Code		SYB211		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		Starting from the basic training steps of swimming to the best teaching of the technique will go through this process, the individual tirelessly and by enjoying this branch-to ensure that he or she sports fondly. In addition, students after graduation, if there is a pool at the school to go to, the students to teach swimming and technical information is transferred to							
Course Content		The history of swimming. Adaptation to water, staying on water, free, back, breaststroke, side scissors, exit and rotation techniques							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Individual Study					
Name of Lecturer(s)		Assoc. Prof. Yasin YILDIZ							

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Dan Cross, Tommaso Bernabei, Paul Cowcher, Nic Newell (2014) Swimming, Akılçelen Books, Istanbul
2	Ana Maria Günsel (2005) Swimming for All, Kare Publications, Istanbul
3	Ian McLeod (2010) Swimming Anatomy, Human Kinetics
4	Susan Meredith, Usborne Books, Carol Hicks, Jackie Stephens, (1988) Teach Your Child to Swim, Usborne Publishing
5	Ruben Guzman (2006) The Swimming Drill Book – 2nd Edition, Human Kinetics
6	Paul Newsome, Adam Young (2012) The New Swim Smooth, Fernhurst Books
7	Don Calame (2011) Swim The Fly, Bonnier Publishing Fiction Ltd.
8	Leanne Shapton (2012) Swimming Studies, Blue Rider Press
9	Michael Phelps (2012) No Limits: The Will to Succeed, Simon and Schuster

Week	Weekly Detailed Course Contents	
1	Theoretical	The definition and history of swimming. Pool measurements and rules.
2	Theoretical	Presentation of swimming styles and basic teaching steps in swimming.
3	Practice	Adapting to water, respiration, eye opening, water retention, water progress exercises.
4	Practice	Adapting to water, respiration, eye opening, water retention, water progress exercises.
5	Practice	Swimming styles (Freestyle)
6	Practice	Swimming styles (Backstroke style)
7	Practice	Swimming styles (Freestyle and Backstroke style exercises)
8	Intermediate Exam	Midterm
9	Practice	Swimming styles (Breaststroke style)
10	Practice	Swimming styles (Butterfly style)
11	Practice	Practicing swimming techniques
12	Practice	Swimming teaching methods applications
13	Theoretical	Examples from exercises to improve swimming fitness training and condition.
14	Theoretical	Structure and working patterns of Turkish Swimming Federation. FINA structure and working patterns.
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	17	2	19
Individual Work	1	15	1	16
Practice Examination	1	11	2	13
Midterm Examination	1	9	1	10
Total Workload (Hours)				100
[Total Workload (Hours) / 25*] = ECTS				4
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Explain the rules of swimming sport
2	Teach 4 swimming styles
3	Know pool measures
4	Explain the biomechanical properties of swimming
5	Can improve the swimming technical condition with four techniques
6	Can organize swimming organizations
7	Explain the structure and working patterns of swimming federation
8	Know the structure and functioning of the International Swimming Federation

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

