



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Hemsball							
Course Code		SYB300		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		The aim of this course is to teach the development of Hemsball game, game rules and pitching techniques and to develop coordination, balance and reaction skills based on hemsball game.							
Course Content		Hemsbol, a Turkish sport, is becoming more and more common by the day. In a hemsball game where two people can play in a 6 square meter area, it is to score by preventing the ball from being caught by the opponent by hitting it into the center circle. This game aims to improve motivation, attention, balance and coordination ability.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Individual Study, Problem Solving					
Name of Lecturer(s)									

Prerequisites & Co-requisites

Equivalent Course	AEB451
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Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

Recommended or Required Reading

1	Sports hemsball for all ages (Editors: Prof. Dr. Erdal Zorba, Dr. Lecturer Süleyman Gönülateş)
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Week	Weekly Detailed Course Contents	
1	Theoretical	Meeting with students, introduction of the course content
2	Theoretical	Knowledge of game rules and history of the game
3	Theoretical	Explanation of shooting techniques and video demonstration
4	Practice	Individual exercises with the hemsball ball. Demonstration and practice of zigzag and palm shot techniques
5	Practice	Individual wall exercises with Hemsball ball. Demonstration and practice of fireball, claw, reverse wrist shooting techniques
6	Practice	Individual and paired exercises with the Hemsball ball. Repetition and practice of zigzag, palm shot, fireball, claw, reverse wrist shot techniques in the game
7	Practice	Individual and paired exercises with the Hemsball ball. Demonstration and practice of low, cut, hose throwing techniques, general repetition
8	Intermediate Exam	Midterm
9	Practice	Individual and paired exercises with the Hemsball ball. Use of shooting techniques in the game, demonstration and practice of hole punch and dodgeball shooting techniques
10	Practice	Individual and paired exercises with the Hemsball ball. Repetition of all given shooting techniques. Demonstration and application of Altinay, ball throwing technique
11	Practice	Individual and paired exercises with the Hemsball ball. Demonstration and practice of drop, nail, flexible wrist shooting technique
12	Practice	Individual and paired exercises with the Hemsball ball. Repetition of all given shooting techniques and match.
13	Practice	Individual and paired exercises with the Hemsball ball. Repetition of all given shooting techniques and match.
14	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	10	2	24
Individual Work	2	5	1	12
Midterm Examination	1	9	1	10
Final Examination	1	11	1	12
Total Workload (Hours)				100
[Total Workload (Hours) / 25*] = ECTS				4
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Rules of the Hemsbol game are learned.
2	The shooting techniques used in the Hemsbol game are learned and applied.
3	It is learned to be balanced during the hamsbol game and to coordinate its movements.
4	It is learned to be respectful to the opponent in the game.
5	Based on the game symbol, coordination, balance, reaction skills

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

