AYDIN ADNAN MENDERES UNIVERSITY
COURSE INFORMATION FORM

Course Title		Fitness and Healthy Life						
Course Code		ÖGK180		Couse Level		Short Cycle (Associate's Degree)		
ECTS Credit	2	Workload	50 *(Hours)*	Theory	1	Practice	1	Laboratory	0
Objectives of the Course		Disarm the attacker without harming others						
Course Content		Historical Development of Defense Sports, Definitions, Technical Skills and Individual Defense methods, force use, stop and control, fall techniques						
Work Placement		N/A						
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Individual Study				
Name of Lecturer(s)								

Assessment Methods and Criteria

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

Recommended or Required Reading

1	Defense arts, Furkan Caliskan

Week	Weekly Detailed Course Contents	
1	Theoretical	Philosophy of Close Defense
2	Practice	Decline Techniques
3	Practice	Decline Techniques
4	Practice	Defense Techniques
5	Practice	Defense Techniques
6	Practice	Defense Techniques
7	Practice	Hand Hold
8	Practice	Tapping
9	Intermediate Exam	Midterm
10	Practice	Ayakla vurma
11	Practice	Tapping
12	Practice	Hand holding, hand tapping and foot tapping
13	Practice	Hand holding, hand tapping and foot tapping
14	Practice	Defense and attack techniques
15	Practice	Defense and attack techniques
16	Final Exam	Final Examination

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Midterm Examination	1	9	1	10
Final Examination	1	11	1	12
			Total Workload (Hours)	50
			[Total Workload (Hours) / 25*] = **ECTS**	2

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	Knows the History of Near Defense
2	Know the techniques of fighting
3	Know Defense Techniques
4	Knows the techniques of holding and shooting
5	Know defense and attack techniques

Programme Outcomes *(Computer Programming)*

1	Having knowledge and skills in web project preparation and publishing
2	Having the knowledge and skills necessary for proper use management of database applications
3	Having knowledge and skills for software development, testing and installation
4	Be able to use the hardware necessary for computer programming and solve the basic problems they have with hardware
5	To be able to use information and communication technologies at the level required by computer programming
6	To be able to produce solutions to problems encountered in the field
7	Having the competencies to make job planning in the profession
8	Communicating with colleagues and clients based on knowledge and skills
9	Be able to take responsibility as an individual or as a team member and to fulfill the responsibility
10	To be able to express written and oral expressions related to the study topic
11	Be able to adapt the winning information to new situations

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

	L1	L2	L3	L4	L5
P1	1	1	1	1	1
P2	1	1	1	1	1
P3	1	1	1	1	1
P4	1	1	1	1	1
P5	1	1	1	1	1
P6	1	1	1	1	1
P7	1	1	1	1	2
P8	2	1	2	1	1
P9	2	1	1	2	2
P10	1	1	1	1	2
P11	2	1	1	2	1