



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

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|--|---|--|---------------------|---|---|----------------------------------|---|------------|---|
| Course Title | | Fitness and Healthy Life | | | | | | | |
| Course Code | | ÖGK180 | | Couse Level | | Short Cycle (Associate's Degree) | | | |
| ECTS Credit | 2 | Workload | 50 (<i>Hours</i>) | 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

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| 1 | Defense arts, Furkan Caliskan |
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| Week | Weekly Detailed Course Contents | |
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| 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

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| 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 (Marketing)

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| 1 | To develop capabilities of using IT instruments, |
| 2 | To plan process of occupation and application of this capabilities. |
| 3 | To develop communicating in a foreign language. |
| 4 | To develop product decisions |
| 5 | To reflect the personality of customer oriented personality in every aspect of life. |
| 6 | To develop abilities in international marketing. |
| 7 | To develop active and entrepreneur spirit. |
| 8 | To define pitfalls on the way in occupational path. |
| 9 | To develop occupational ethical philosophy. |
| 10 | To develop life time learning capabilities. |
| 11 | To develop understanding of industrial problems. |
| 12 | To understand legal process. |
| 13 | To develop active communication skills. |
| 14 | To develop marketing and sales communication skills. |

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

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| | L1 |
| P10 | 5 |

