



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 (<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

1	Defense arts, Furkan Caliskan
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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 (*Office Management and Executive Assistantship*)

1	The ability of using information and communication tools and the other vocational tools and techniques.
2	The ability of planning and applying vocational process.
3	The ability of communicating in foreign language.
4	The ability of vocational self-confidence.
5	The ability of entrepreneurship.
6	The ability of using theoretical field information at the practice.
7	The ability of managing a process that provides the needs.
8	The ability of working in groups including interdisciplinary.
9	The ability of defining problems and solving them in vocational practice.
10	The awareness of vocational ethic and responsibility.
11	The awareness of necessity of life-long learning and the ability to make come true this.
12	The ability of having information about sectoral problems.
13	The ability of understanding vocational legal regulation and applying.
14	The ability of having an effective communication.
15	Social, cultural and social responsibilities of the grip, and the ability to apply to adopt.

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

	L1	L2	L3	L4	L5
P6	4	4	4	4	4

