



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Fitness and Healthy Life							
Course Code		ÖGK180		Course 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
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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** (*Garment Manufacturing Technology*)

1	To be able to use theoretical and practical knowledge related to Garment Manufacturing Technology
2	To carry out brand management, marketing and promotional activities related to Garment Manufacturing Technology
3	Having the skills of data collection, research report preparation and presentation for the research, preparing the project
4	Being able to plan the processes / processes related to Garment Manufacturing Technology to meet the expectations of the sector, to be able to make business organization, production plan and control, prepare working instructions
5	To be able to determine textile raw materials and surface properties, to choose garment auxiliary materials, to be able to control materials
6	To be able to carry out steps of pattern preparation, grading, pattern layout preparation
7	To be able to use necessary equipments and machines for applications related to Garment Manufacturing Technology and to make adjustments and maintenance
8	To be able to use computer aided pattern and design programs, production applications in Garment Manufacturing Technology
9	Having the ability to manage and organize business by creating the idea of establishing a business in the field
10	To be able to create a model by applying technical drawings of clothing and basic arts education
11	To be able to realize basic sewing techniques, production stages of women's, men's and children's wear

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

	L3
P9	1

