



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 (Machinery)

1	To be able to know general properties and usage areas of industrial materials and make selection.
2	Design of machine elements.
3	To be able to make production using machining and welding machines without machining.
4	To be able to make measurement and quality control processes with machine tools for measuring and control equipment.
5	To be able to make necessary corrections in order to determine the mistakes by using the necessary non-destructive test methods in welded parts and to eliminate these mistakes.
6	Preventive measures to prevent the occurrence of these faults by preliminarily determining the faults that will occur in the machines as statistical data and to make necessary interventions in case of breakdown.
7	They can make drawings of work pieces on CAD station and apply them on CNC looms. Ability to operate and use CAD / CAM and AUTOCAD package programs.
8	To be able to transfer engineering science and technology to practice by making calculations in the direction of scientific principles.
9	It can repair the elements in pneumatic and hydraulic systems which are indispensable elements of automatic control systems and can regulate their work.
10	The student who is trained as a machine technician during the whole program knows that industrial task definition in the field of work is error finding, problem solving, decision making, planning of functions and activities and they can be achieved by aiming to acquire these characteristics.

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

	L1	L2	L3	L4	L5
P10	1	1	1	1	1

