



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Defense Sports							
Course Code		ÖGK104		Couse Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	75 (Hours)	Theory	1	Practice	2	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, Case Study					
Name of Lecturer(s)		Ins. Mert İSTEK							

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	body risk analysis for the use of force
3	Practice	stance and movement Techniques
4	Practice	falling Techniques
5	Practice	defense techniques
6	Practice	Defense Techniques
7	Practice	Hand holding
8	Practice	Hand holding
9	Intermediate Exam	Midterm
10	Practice	Tapping
11	Practice	Hand holding, hand tapping and foot tapping
12	Practice	Defense and attack techniques
13	Practice	Defense and attack techniques
14	Theoretical	Final Examination
15	Theoretical	Defense and attack techniques
16	Final Exam	Final Examination

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	1	14
Lecture - Practice	14	0	2	28
Assignment	1	7	1	8
Midterm Examination	1	10	1	11
Final Examination	1	13	1	14
Total Workload (Hours)				75
[Total Workload (Hours) / 25*] = ECTS				3

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	Know the History of the 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 (Private Security and Protection)

1	Know the powers of private security
2	Know defense and attack techniques
3	To understand the security measures
4	Establishing Organizational Communication
5	To apply the basic principles of first aid
6	To be able to make threat assessment and risk management
7	Learn what the body language is and what needs to be considered to ensure effective communication.
8	Weapon information
9	Knows Environmental Health Management in Disasters
10	Knows the elements of crime
11	Prepare a security plan
12	To have necessary knowledge in the field of criminology
13	To be able to determine employee and employer relations
14	To have information about the types of terrorist attacks and the signs of the attacks
15	Evaluate new approaches in security studies
16	Show effective interventions in social activities
17	Search and rescue in case of emergency, conducting emergency studies, can manage the organization
18	Explain the basic elements of health and the factors affecting it.
19	Know the basic principles of survival

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

	L1	L2	L3	L4	L5
P2	5	5	5	5	5

