



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Condition Studies in Security							
Course Code		ÖGK112		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	75 (Hours)	Theory	1	Practice	2	Laboratory	0
Objectives of the Course		Students' ability to program their aerobic and / or weight training intended to have							
Course Content		General training knowledge, weight training principles and weight training, endurance training working principles and endurance training, own weight training how to do the program application studies							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Problem Solving					
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	Book Men and Fit Life Author Mesut Cerit Yayınevi Sports Publishing
2	Book Training Science Author Caner Açıkada Publisher Sports Publishing
3	Publisher: Nobel Academic Publishing Authors: Uğur Dündar
4	Contemporary Approach High Intensity Training Aurélien Broussal – Derval, Stephane Ganneau

Week	Weekly Detailed Course Contents	
1	Theoretical	General training knowledge
2	Theoretical	Definition of training and performance, Factors affecting performance
3	Theoretical	Physiological and anatomical effects of exercise
4	Theoretical	Force types and force development methods
5	Theoretical	General strength training
6	Theoretical	Quick strength training -
7	Practice	Maximal strength training
8	Theoretical	Endurance improvement methods
9	Intermediate Exam	Midterm
10	Theoretical	Endurance training
11	Practice	Flexibility and balance development methods
12	Practice	Exercise program planning and periodization
13	Practice	Exercise program planning and periodization
14	Theoretical	Strength training practice
15	Theoretical	Strength training practice
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	9	1	10
Midterm Examination	1	10	1	11
Final Examination	1	11	1	12
Total Workload (Hours)				75
[Total Workload (Hours) / 25*] = ECTS				3

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	Performansı etkileyen faktörleri açıklayabilir
2	Knows the issues to be considered in the condition work
3	Knows the effects of strength training.
4	Knows the benefits of training / fitness exercises.
5	Knows the concepts of flexibility and force

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
P18	5
P19	4

