



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Swimming							
Course Code		ÖGK216		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	75 (Hours)	Theory	1	Practice	1	Laboratory	0
Objectives of the Course		Learning and teaching of basic swimming techniques and skills The aim of this course is; 4 swimming techniques, to learn the developer exercises.							
Course Content		Learning and teaching of basic swimming techniques and skills, life-saving in water, giving theoretical information about survival and first aid Swimming plant usage culture, Swimming branch land heating, Learning of swimming 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	30
Final Examination	1	70

### Recommended or Required Reading

1	Barth / Dietze Translated by Hüseyin Coşkun
2	Ana Maria Gürsel Swimming Techniques and Teaching Methods Book

Week	Weekly Detailed Course Contents	
1	Theoretical	Explanation of the usage of facility parts according to the rules. Explanation of the rules of pool deck behavior. Explanation of water dress code and rules.
2	Theoretical	Explanation and practice of swimming warm-up exercises to increase the mobility of muscles and joints before entering the water.
3	Theoretical	Introduction to water. Clinging to the edge of the pool, eye opening under water, exhale and free foot stroke exercises.
4	Theoretical	Free breathing-arm-foot coordination and strengthening exercises
5	Theoretical	Breathing-arm-foot coordination of footboard-free and supine techniques strengthening exercises
6	Theoretical	Breathing-arm-foot coordination and strengthening exercises for free and supine techniques
7	Theoretical	Breathing-arm-foot coordination and strengthening exercises for free and supine techniques
8	Theoretical	Breathing-arm-foot coordination and strengthening exercises for free and supine techniques
9	Intermediate Exam	Midterm
10	Theoretical	Breathing-arm-foot coordination and strengthening exercises of the breaststroke technique
11	Theoretical	Breathing-arm-foot coordination and strengthening exercises of the footboard breaststroke technique
12	Theoretical	Breathing-arm-foot coordination and strengthening exercises with butterfly technique
13	Theoretical	Breathing-arm-foot coordination and strengthening exercises with footboard breaststroke and butterfly technique
14	Theoretical	Breathing-arm-foot coordination and strengthening exercises with footboard breaststroke and butterfly technique
15	Theoretical	Breathing-arm-foot coordination and strengthening exercises with footboard breaststroke and butterfly technique
16	Final Exam	Final examinations

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	1	14
Lecture - Practice	14	0	1	14
Assignment	2	10	2	24
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	Will be able to apply basic learning and teaching steps in swimming.
2	To be able to show the body position on the water and apply breathing, arm and foot movements in a coordinated manner
3	To be able to show the body position of the supine swimming technique on the water and to be able to apply breathing, arm and foot movements
4	To be able to show the body position of the butterfly swimming technique on the water and to be able to apply breathing, arm, foot movements in a coordinated manner.
5	To be able to show the body position of the breaststroke swimming technique on the water and to apply the breathing, arm and foot movements in a coordinated manner.

### 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
P5	5	5
P9	5	5
P17	5	5

