



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Fitness and Healthy Life							
Course Code		ÖGK180		Couse Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	50 (<i>Hours</i>)	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 (*Fashion Design*)

1	Be able to use the theoretical and practical knowledge related to fashion design
2	Fashion marketing and promotional activities should be carried out in matters related to fashion design
3	Must be able to collect data for research, prepare and present research report, prepare project
4	Designing personal clothing to meet the expectations of the sector and preparing the creations on the computer
5	Should be able to recognize the fabric surfaces, select auxiliary materials, control materials.
6	It should be able to carry out steps of mold preparation, spreading, laying plan preparation.
7	Must be able to use the necessary equipment, equipment and machines for the applications related to fashion design, and make adjustments and maintenance.
8	Must be able to use computerized mold and design programs in the field of fashion design.
9	Must have the ability to manage and organize business by creating the idea of establishing a business in the field.
10	Can create a model she designs in her mind by applying the technical drawings of the clothes and fashion formal training.
11	Basic sewing techniques should be able to realize the 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

	L1
P1	1

