



AYDIN ADNAN MENDERES UNIVERSITY
GRADUATE SCHOOL OF HEALTH SCIENCES
PHYSICAL EDUCATION AND SPORTS
PHYSICAL EDUCATION AND SPORTS
PHYSICAL EDUCATION AND SPORTS MASTER
COURSE INFORMATION FORM

| | | | | | | | | | |
|--|---|--------------|-------------|--------|--------------------------------|----------|---|------------|---|
| Course Title | Movement Development and Sports in Children | | | | | | | | |
| Course Code | BSÖ579 | Course Level | | | Second Cycle (Master's Degree) | | | | |
| ECTS Credit | 7 | Workload | 176 (Hours) | Theory | 3 | Practice | 0 | Laboratory | 0 |
| Objectives of the Course | To learn general concepts and opinions about children and have knowledge about the sport. To have information on training and planning about children and young people. To learn developmental characteristics of children and to learn basic knowledge about the ability selection of the children | | | | | | | | |
| Course Content | Basic concepts about children and sports. | | | | | | | | |
| Work Placement | N/A | | | | | | | | |
| Planned Learning Activities and Teaching Methods | Explanation (Presentation), Demonstration | | | | | | | | |
| Name of Lecturer(s) | | | | | | | | | |

Assessment Methods and Criteria

| Method | Quantity | Percentage (%) |
|---------------------|----------|----------------|
| Midterm Examination | 1 | 40 |
| Final Examination | 1 | 60 |

Recommended or Required Reading

| | |
|---|---|
| 1 | 1. Acar F.M, Antrenman Bilimi El Kitabı, Meta Basım, İzmir, 2001 |
| 2 | 2. Aydın B, Akbağ M, Tuzcuoğlu S, Yayıcı L, Ağır M, Gelişim ve öğrenme, Nobel Yayın Dağıtım, Ankara, 2005 |
| 3 | 3. Erden M, Akman Y., Eğitim Psikolojisi. Ankara: Arkadaş Yayınevi. 1995 |
| 4 | 4. Muratlı S, Çocuk ve spor, Bağırhan Yayınevi, Ankara 1997 |
| 5 | 5. Özsu N. Oyunlarla Spor Eğitimi, Dumat Ofset, Mersin, 2008 |

| Week | Weekly Detailed Course Contents | |
|------|---------------------------------|---|
| 1 | Theoretical | General information related to kid's and sport |
| 2 | Theoretical | General information related to kid's and sport |
| 3 | Theoretical | Kid s development and stages |
| 4 | Theoretical | Kid s development and stages |
| 5 | Theoretical | Movement training for kids |
| 6 | Practice | Kids training |
| 7 | Practice | The effects of exercise on childhood growth and development |
| 8 | Intermediate Exam | Midterm Exam |
| 9 | Theoretical | Physical and physiological capacity in kids |
| 10 | Theoretical | Coordinative properties |
| 11 | Theoretical | Basic motoric features |
| 12 | Theoretical | Basic motoric features |
| 13 | Practice | Kids training |
| 14 | Practice | Kids training |
| 15 | Practice | Kid s sports selection |
| 16 | Final Exam | Final Exam |

Workload Calculation

| Activity | Quantity | Preparation | Duration | Total Workload |
|---------------------|----------|-------------|----------|----------------|
| Lecture - Theory | 14 | 5 | 5 | 140 |
| Individual Work | 4 | 4 | 4 | 32 |
| Midterm Examination | 1 | 1 | 1 | 2 |



| | | | | |
|---|---|---|---|-----|
| Final Examination | 1 | 1 | 1 | 2 |
| Total Workload (Hours) | | | | 176 |
| [Total Workload (Hours) / 25*] = ECTS | | | | 7 |
| *25 hour workload is accepted as 1 ECTS | | | | |

Learning Outcomes

| | |
|---|---|
| 1 | Learning the scientific bases of kid and sport |
| 2 | Understanding the characteristics of kid's development |
| 3 | Learning the physiological effects of kids training |
| 4 | Learning the properties of kids training |
| 5 | To Make The Sports Selection According To Kid s Ability |

Programme Outcomes (Physical Education and Sports Master)

| | |
|---|---|
| 1 | Uses application and problem solving skills in interdisciplinary studies. |
| 2 | Develops basic scientific knowledge and attitude appropriate to body and sport. |
| 3 | Interpret the results of test development and measurement for the development of individuals in physical education and sport. |
| 4 | Explains the scientific methods in physical education and sports. |
| 5 | o follow national and international developments in the field and maintain professional development. |
| 6 | Beden eğitimi ve spor örgütlerinin örgüt iklimi ve kültürünü tanımlar. |

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

| | L1 | L2 | L3 | L4 | L5 |
|----|----|----|----|----|----|
| P1 | 4 | 5 | 5 | 3 | 5 |
| P2 | 4 | 5 | 5 | 5 | 4 |
| P3 | 5 | 4 | 5 | 4 | 4 |
| P4 | 5 | 3 | 4 | 4 | 4 |
| P5 | 5 | 4 | 5 | 4 | 5 |
| P6 | 4 | 5 | 4 | 5 | 5 |

