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	Developing Endurance in Sports										
Course Code	BSÖ583			Couse Level		Second Cycle (Master's Degree)					
ECTS Credit	7	Workload	176 *(Hours)*	Theory	3	Practice	0	Laboratory	0		
Objectives of the Course	Purpose of this lecture to consolidate informations about '' Training Science" lesson that will seen in 4th semester and training types of biomotor skills training system by practicing										
Course Content	Learning biomotor skills and relation between them. Assesments of relation between loading methods and energy systems in training. Describing speed, endurance and strength training basics and investigating sample trainings. Describing coordination basics and investigating sample trainings. Planning to improve biomotor skills and coordination in macro cycles										
Work Placement	N/A										
Planned Learning Activities and Teaching Methods	Explanation (Presentation), Individual Study										
Name of Lecturer(s)											

Assessment Methods and Criteria		
Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

Recommended or Required Reading	
1	Vladimir Issurin (2008), "Principles and Basics of Advanced Athletic Training", published by UAC, Michigan USA, Yardımcı Kitaplar: Tudor O. Bompa (2007), "Antrenman Kuramı ve Yöntemi-Dönemleme", Spor Yayınevi ve Kitapevi, Ankara Sedat Muratlı, Gülşah Şahin, Osman Kalyoncu (2005), "Antrenman ve Müsabaka", Yaylım Yayıncılık, İstanbul

Week	Weekly Detailed Course Contents	
1	Theoretical	Describing biomotor skills and investigating relation of skills' for sportive performance
2	Theoretical	Loading methods and energy systems for biomotor skills and relations
3	Theoretical	Practising to develop reaction speed and acceleration
4	Theoretical	Practising to develop maximum speed and speed endurance
5	Practice	Practicing speed for team sports
6	Theoretical	Training types for endurance
7	Theoretical	Developing endurance for personal training of athletes
8	Intermediate Exam	Midterm
9	Theoretical	Practising endurance for team sports
10	Theoretical	Practising to develop strength
11	Theoretical	Developing strength for personal training of athletes
12	Theoretical	Practising strength for team sports
13	Theoretical	Coordination skills and training
14	Theoretical	Periodization of speed and strength
15	Theoretical	Periodization of endurance
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 physiological and mechanical basics of biomotor skills
2	Learning relation between loading methods and energy systems on developing biomotor skills
3	Using true methods of biomotor skills' training system age by age
4	Designating true loading methods of biomotor skills' training
5	To be able to explain loading methods

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	3	4	5	4
P2	3	4	3	4	5
P3	5	4	5	3	5
P4	5	5	5	5	5
P5	4	4	4	4	4
P6	2	3	3	4	3