



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Development of Coordination in Sports							
Course Code		BSÖ586		Course Level		Second Cycle (Master's Degree)			
ECTS Credit	7	Workload	175 ( <i>Hours</i> )	Theory	3	Practice	0	Laboratory	0
Objectives of the Course		The Purpose of this course teaching new method and tactics to students about flexibility, balance ve coordination							
Course Content		be able to learn Postural rehabilitation and exercise be able to desing Condition Programs be able to learn individual tranining program preparation Performance tests, Measurement and Assement							
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	60

### Recommended or Required Reading

1	Strength Training Anatomy, 3rd Edition, Frederic Delavier
2	Training for Speed, Agility, and Quickness: Special Book, Lee E. Brown

Week	Weekly Detailed Course Contents	
1	Theoretical	posture analyse
2	Theoretical	kinetic chain and effect of motor abilities
3	Theoretical	Flexibility and Athletic Performamce
4	Theoretical	Balance and Athletic Performance
5	Theoretical	Coordination and Athletic Performance
6	Theoretical	New Age Training Method
7	Theoretical	Acute and chronic physiological effects of coordination training (Interim Evaluation)
8	Theoretical	Condition Training in Individual Sport
9	Theoretical	Condition Training in Team Sport
10	Theoretical	Flexibility, Balance and Coordination Training in Individual Sport
11	Theoretical	Flexibility, Balance, Coordination Training in Team Sport
12	Practice	Conditioning Training
13	Theoretical	Development Training
14	Theoretical	New approaches to coordination training

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	5	5	140
Assignment	1	0	1	1
Individual Work	4	4	4	32
Final Examination	1	1	1	2
Total Workload (Hours)				175
[Total Workload (Hours) / 25*] = ECTS				7

\*25 hour workload is accepted as 1 ECTS

### Learning Outcomes

1	be able to learn Postural rehabilitation and exercise
2	be able to desing Condition Programs



3	be able to learn individual training program preparation
4	To be able to improve conditional properties
5	To be able to develop coordinative features

**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	to 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	3	5
P2	3	5	4	4	4
P3	5	4	5	5	3
P4	4	4	3	4	3
P5	5	5	5	5	4
P6	3	3	4	4	4

