



**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	Development of Coordination in Sports								
Course Code	BSÖ586	Course Level			Second Cycle (Master's Degree)				
ECTS Credit	7	Workload	176 (Hours)	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 training program preparation Performance tests, Measurement and Assesment								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation), Demonstration, Individual Study								
Name of Lecturer(s)	Lec. Ali GÜREŞ								

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 Performance
4	Theoretical	Balance and Athletic Performance
5	Theoretical	Coordination and Athletic Performance
6	Theoretical	New Age Training Method
7	Intermediate Exam	Midterm Exam
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	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	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	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	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

