



**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 Strength and Power in Sport								
Course Code	BSÖ584	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 study development of strength training								
Course Content	be able to learn individual training program preparation Performance tests, Measurement and Assessment								
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	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 performance
3	Theoretical	Strength and Athletic Performance
4	Theoretical	Strength Training Program
5	Theoretical	Strength Training Program
6	Theoretical	New Age Strength Training
7	Intermediate Exam	Midterm
8	Theoretical	Strength Training in Individual Sport
9	Theoretical	Strength Training in Team Sport
10	Theoretical	Conditioning Training
11	Practice	Training
12	Practice	Conditioning Training
13	Practice	Conditioning 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 design Condition Programs
3	be able to learn individual training program preparation
4	Ability to improve motoric properties



5	Develop coornative properties
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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	3	2	4
P2	3	4	5	3	5
P3	5	4	4	5	3
P4	5	5	5	4	5
P5	4	3	4	5	4
P6	3	3	3	3	2

