



**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 Speed in Sports								
Course Code	BSÖ585	Course Level			Second Cycle (Master's Degree)				
ECTS Credit	7	Workload	176 (Hours)	Theory	3	Practice	0	Laboratory	0
Objectives of the Course	Learning of training methods to improve speed, agility and speed, which is one or more elements of physical fitness								
Course Content	Learning of training methods for developing coordinative abilities as well as motoric features such as training norms, loading methods, endurance, strength, speed								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation), Discussion, 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	Antrenman Kuramı ve Yöntemi B.O. Bompa
2	Antrenman Bilgisi Yaşar Sevim
3	Dönemleme Antrenman Kuramı ve Yöntemi Tudor O. Bompa / G. Gregory Haff
4	Antrenman Teorisi Uğur Dündar

Week	Weekly Detailed Course Contents	
1	Theoretical	Normative of training (items-criteria)
2	Theoretical	General loading policies
3	Theoretical	Methods of loading
4	Theoretical	Relationship between loading and rest
5	Theoretical	Effect of training on organism
6	Theoretical	Speed training theory and practice
7	Theoretical	Agility training theory and practice
8	Theoretical	Midterm Exam
9	Theoretical	Theory and application of rapidity education
10	Theoretical	Coordination training theory and practice
11	Theoretical	Mobility (flexibility) training theory and practice
12	Theoretical	Development of coordinative skills
13	Theoretical	Warming and cool down
14	Theoretical	Warming and cool down
15	Theoretical	general evaluation
16	Theoretical	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	The student knows the norms of loading (items-criteria), principles and methods.
2	The student knows the training methods to improve the speed-agility-quickness properties.
3	The student knows the training methods to develop coordinative skills
4	The student knows to develop conditional properties.
5	Student knows the 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	3	2	4	3	5
P2	5	4	3	5	5
P3	4	2	3	5	4
P4	4	3	5	4	5
P5	5	5	4	4	3
P6	5	3	2	3	5

