



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Developing Performance in Sports							
Course Code		BSÖ571		Course Level		Second Cycle (Master's Degree)			
ECTS Credit	7	Workload	176 (Hours)	Theory	3	Practice	0	Laboratory	0
Objectives of the Course		to able to manage and evaluate the both field and laboratory performance tests							
Course Content		to able to evaluate the results of performance tests to get knowledge about the periodization of performance tests							
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	Australian Sports Commission. Physiological Tests For Elite Athletes. 1. baskı, ABD, 2000.
2	Mackenzie B. 101 Performance Evaluation Tests. 1. Baskı, ABD, 2005

Week	Weekly Detailed Course Contents	
1	Theoretical	The components of physical performance
2	Theoretical	Why we measure the physical performance
3	Theoretical	Validity and reliability of performance tests
4	Theoretical	Aerobic performance tests in laboratory
5	Theoretical	Aerobic performance tests in field
6	Theoretical	Evaluation of aerobic performance test results
7	Theoretical	Speed tests and evaluation of results
8	Intermediate Exam	midterm
9	Theoretical	Evaluation of anaerobic performance test results
10	Theoretical	Measurement and evaluation of muscle strength
11	Theoretical	Agility tests
12	Theoretical	Flexibility tests
13	Theoretical	Anaerobic performance tests
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	Thinking about the foundations of physical activity
2	Enhancing quality of life, creating a healthy emotional/physical environment
3	To know motoric properties



4	Ability to improve motoric properties
5	To know 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	4	4
P2	4	4	4	4	4
P3	5	5	5	5	5
P4	5	5	3	5	5
P5	4	5	5	4	4
P6	4	4	4	5	4

