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	Fundamentals of Training Science								
Course Code	BSÖ526		Couse Level		Second Cycle (Master's Degree)				
ECTS Credit	7	Workload	176 *(Hours)*	Theory	3	Practice	0	Laboratory	0
Objectives of the Course	To learn the concept of training, its aims and periods, to distinguish the basic principles of training in the framework of training concept, to understand the exercises for biomotor skills and biomotor skills.								
Course Content	Training items understand training contents. To learn the strength, flexibility, coordination, endurance biomotor properties and to prepare the program.								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation), Discussion, Project Based Study, Individual Study								
Name of Lecturer(s)	Assoc. Prof. Reşat KARTAL								

Assessment Methods and Criteria		
Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

Recommended or Required Reading	
1	T.O.Bompa. Antrenman Kuramı ve yöntemi Ankara 2007
2	MATVEYEV, LP. (2004). Antrenman Dönemlemesi. Bağırgan Yayımevi
3	Acıkada & E, Ergen (1990) Bilim ve Spor. Ankara. Büro Teknik Ofset Matbaacılık.

Week	Weekly Detailed Course Contents	
1	Theoretical	Training theory
2	Theoretical	Training Concepts and Principles of training
3	Theoretical	Training Concept and goals of training
4	Theoretical	The concept of training and criterias of training
5	Theoretical	The effect of training on organism (circulatory)
6	Theoretical	The effect of training on organism (respiratory, cardiac)
7	Theoretical	energy systems
8	Intermediate Exam	midterm
9	Theoretical	energy systems
10	Theoretical	Speed development and training
11	Theoretical	power development and training
12	Theoretical	Strength development and training
13	Theoretical	Mobility development and training
14	Theoretical	Skills development and training
15	Theoretical	Skills development and training
16	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	To be able to define the development of co-ordination and trainings.
2	To be able to describe Strength development and traning.
3	To be able to evaluate training concept, objectives and all stages.
4	Explain the effect of training on organism.
5	Explain coordinative features and how to develop them.

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	4	3	2	3
P2	5	5	4	4	4
P3	4	2	5	5	4
P4	2	4	4	3	5
P5	4	4	5	4	2
P6	5	3	4	5	4