



**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	Training Planning and Perioding								
Course Code	BSÖ536	Course Level		Second Cycle (Master's Degree)					
ECTS Credit	7	Workload	176 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course	introduce and explain the general concepts of science, and special training, Energy metabolism in Sports, overloading methods and introduction biomotor abilities.								
Course Content	Training science of general and specific concepts, Energy metabolism in Sports,								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation), 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	Ders Kitabı: Vladimir Issurin (2008), "Principles and Basics of Advanced Athletic Training", published by UAC, Michigan USA, Yardımcı Kitaplar: Tudor O. Bompa (2007), "Antrenman Kuramı ve Yöntemi-Dönemleme", Spor Yayınevi ve Kitapevi, Ankara Sedat Muratlı, Gülşah Şahin, Osman Kalyoncu (2005), "Antrenman ve Müsabaka", Yayılım Yayıncılık, İstanbul

Week	Weekly Detailed Course Contents	
1	Theoretical	The definition of over training and the mistakes which causes over training
2	Theoretical	The structure of altitude trainings and the importance of it in annual plan
3	Theoretical	The basic structure of microcycle and messocycle
4	Theoretical	The basic structure of annual plan and configuration of biomotoric abilities from weekly planning to monthly plan through the season
5	Theoretical	The examination of biomotoric ability distribution through the annual plan. The annual planning of strength trainings
6	Theoretical	The examination of biomotoric ability distribution through the annual plan. The annual planning of strength trainings
7	Theoretical	Student's presentation homework subject distribution according to different sport branches.
8	Intermediate Exam	Midterm Examination
9	Theoretical	Basic concepts planning of unit training
10	Theoretical	Basic concepts planning of unit training
11	Theoretical	Discussion of annual plan examples in terms of different sport branch, age and performance levels
12	Theoretical	Discussion of annual plan examples in terms of different sport branch, age and performance levels
13	Theoretical	Discussion of annual plan examples in terms of different sport branch, age and performance levels
14	Theoretical	Discussion of annual plan examples in terms of different sport branch, age and performance levels
15	Theoretical	Discussion of annual plan examples in terms of different sport branch, age and performance levels
16	Final Exam	Final Examination

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 understand the principals of microcycle, messocycle, macrocycle, olympic cyclus planning
2	To be able to make a presentation on "all the details of preparing an annual plan for different age, performance level, branch groups"subject
3	Learning basic concepts in unit training
4	To be able learn over training concept
5	To prepare training programs for children

### 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	4	4
P2	4	5	4	4	4
P3	5	2	5	3	2
P4	3	1	4	5	5
P5	5	4	5	2	3
P6	2	5	4	4	4

