



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Neurolinguistic Programming in Sport							
Course Code		BSÖ551		Couse Level		Second Cycle (Master's Degree)			
ECTS Credit	7	Workload	176 ( <i>Hours</i> )	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		Providing the use of NLP techniques in Physical Education and Sports							
Course Content		Theoretical and practical presentation of standard NLP knowledge and techniques							
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	NLP Mind Guide (Nil Gün) Kuraldışı Publications
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Week	Weekly Detailed Course Contents	
1	Theoretical	Perception
2	Theoretical	Pacing and Leading
3	Theoretical	Ressources
4	Theoretical	NLP Anchoring
5	Theoretical	NLP Representational Systems
6	Theoretical	NLP Perceptual positions
7	Theoretical	Target studies
8	Theoretical	Midterm exam
9	Theoretical	Metamodel
10	Theoretical	Hypnotic language patterns
11	Theoretical	Reframing
12	Theoretical	Submodalities
13	Theoretical	Strategies and Timeline
14	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	Students will be able to understand the interaction of new knowledge with the existing knowledge.
2	Many effective learning and teaching strategies can be developed by the physical education teacher or coach.
3	Students or athletes can achieve more successful results.



4	The physical success of physical education teachers and coaches increases.
5	Students or athletes may think more creative.

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

