



**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	Neurolinguistic Programming in Sport								
Course Code	BSÖ551	Course Level		Second Cycle (Master's Degree)					
ECTS Credit	7	Workload	176 (Hours)	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

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	to 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

