AYDIN ADNAN MENDERES UNIVERSITY
COURSE INFORMATION FORM

Course Title	Swimming Techniques						
Course Code	TRY252		Couse Level	Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	50 *(Hours)*	Theory	2	Practice	0	Laboratory	0
Objectives of the Course							
	To gain the basic swimming skill at the level that can save itself in the water, to be in sports activities which will contribute to physical development.						
Course Content							
	• Adapt to water • Stand still in a comfortable position in the water • Relocate in a comfortable position in the water and in the desired direction • Water breathing habit • Basic swimming footstep motion • Footstep in the side position • Foot stroke and breath coordination • Basic crawl arm traction and thrust motion • Breath-arm-foot coordination • Basic water jump techniques /						
Work Placement	N/A						
Planned Learning Activities and Teaching Methods			Explanation (Presentation), Demonstration				
Name of Lecturer(s)							

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading

1	MAGLISCHO, EW (2003) Swimming Fastest, Human Kinetics [GV 838.67 T73 M34]

Week	Weekly Detailed Course Contents	
1	Practice	Water adaptation study, breathing study
2	Practice	Water adaptation study, breathing exercises, foot kick, scissors movement
3	Practice	Breath work, foot kick, scissor action, side foot kick
4	Practice	Breath work, foot kick, scissor action, side foot kick
5	Practice	Breathing on the side
6	Practice	Foot breath coordination by breathing from the side
7	Practice	Crawl stiff arm pull technique
8	Practice	Midterm Exam
9	Practice	Breathing, arm pull
10	Practice	Crawl arm pull, foot kick
11	Practice	Crawl stiff arm pull, foot kick, side foot
12	Practice	Crawl arm pulling, side breathing
13	Practice	Crawl swimming on the stil, jump jerk
14	Practice	Final

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Practice	14	0	2	28
Midterm Examination	1	8	1	9
Final Examination	1	12	1	13
			Total Workload (Hours)	50
			[Total Workload (Hours) / 25*] = **ECTS**	2

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	Students will be able to practice the skills of standing and jumping on water

2	Make basic swimming methods
3	Breath exercise, foot stroke, scissor movement, side foot stroke
4	Crawl style arm traction, foot stroke, side foot movements can do
5	Know the importance of exercise before swimming

Programme Outcomes *(Emergency and Disaster Management)*

1	Improving the ability to cope with life-threatening emergencies
2	The awareness of the necessity of lifelong learning and the ability to do so
3	To be able to use basic science (Mathematics, Chemistry, Physiology, Anatomy etc.) in the field of Emergency Aid and Disaster Management
4	Ability to analyze and interpret hazards and risks
5	Sensitivity to global and local disasters
6	Effective communication skills and foreign language knowledge
7	Skills and creativity in interdisciplinary teams
8	Providing physical and mental stability
9	To be able to organize, search and rescue search and rescue operations
10	To reach sufficient education level to understand the effects of disasters in universal and social dimensions
11	To recognize the cooperation between actors and their actors in Emergency Aid and Disaster Management
12	Emergency Aid and Disaster Management vocational, ethical and social responsibility awareness
13	Ability to assume an educational role in Emergency Aid and Disaster Management
14	To be able to use technology effectively in the field of Emergency Aid and Disaster Management
15	Emergency Aid, Search-Rescue and Disaster Management as a whole and manage emergency situations and responsibility awareness

Contribution of Learning Outcomes to Programme Outcomes *1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High*

	L1	L2
P1	1	1
P2	1	1
P3	1	1
P4	1	1
P5	1	1
P6	1	1
P7	1	1
P8	5	5
P9	1	1
P10	1	1
P11	1	1
P12	1	1
P13	1	1
P14	1	
P15	1	