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| **COURSE DESCRIPTION FORM** | |
| **Course Code and Name** | **ANT 208 TRAINING THEORY** |
| **Course Semester** | 4th Semester |
| **Catalog Content** | Fundamentals of training science, training concept, definiton of basic motoric characteristics and training, planning training, prinnciples and resting, strength, endurance, speed, mobility and coordination, warm up & cool down in sport and its principles |
| **Textbook** | Tudor O. Bompa,G. Gregory Haff ,Periodization: Theory and Methodology of Training,USA,2009. |
| **Supplementary Textbooks** | Muratlı, S., Çocuk ve Spor. Bağırgan yayın evi, Ankara.1997.  Fox EL, Bowers RW, Foss ML. The Physiological Basis For Exercise And Sport.Fifth Ed.Brown & Benchmark Pub. USA. 1993.  Mc Ardle WD, Katch FI, Katch VL.Essentials Of Exercise Physiology, Lea And Febiger, Philadelphia, 351–66,1994. |
| **Credit** | 3 |
| **Prerequisites of the Course**  **( Attendance Requirements)** | Prerequisite with SYB 211 Exercise Physiology.  Attendance Required |
| **Type of the Course** | Compulsory |
| **Instruction Language** | Turkish |
| **Course Objectives** | The aim of this course is to provide the students with the theoretical knowledge about the training knowledge and the ability to teach the theoretical and practical effects of conditional education on performance. Basic condition training knowledge and teaching competence to be applied to sedentary and athletes are among the main objectives of this course. |
| **Course Learning Outcomes** | 1. Learns and teaches the definition, importance and methods of training information.  2.They are capable of teaching and applying information about training.  3. Learn the training methods developed for motoric features in training information and how to use these methods.  4.Knows the application, implementation and management of the training program of the basic motoric features in the training information.  5. Explains the calculation of nutritional, weight control and energy consumption.  6.Knows the timing and training planning in individual and team sports. |
| **Instruction Methods** | Formal learning |
| **Weekly Schedule** | Week 1. Definition of training knowledge, importance and related concepts  Week 2. The effect of training on the organism,  Week 3. Definition and training of basic motor properties.  Week 4. Strength, endurance, speed, mobility and coordination.  Week 5. Force, durability and speed training examples.  Week 6. Mobility and coordination training examples.  Week 7. Determination of body composition and measurement methods.  Week 8. Mid-term exam  Week 9. Loading and basic principles.  Week 10. Warming and principles in sports.  Week 11. Training planning.  Week 12. Training periodization.  Week 13. Physical training principles in different groups (men, women, elderly and children).  Week 14. Fitness tests in sport.  Week 15. Ability selection in sport. |
|  | Weekly theoretical hours  Weekly practical lesson  Application  Mid-term exam and mid-term exam  Preparation for final exam and final exam |
| **Assessment Criteria** | |  |  |  | | --- | --- | --- | |  | **Numbers** | **Total Contribution (%)** | | Midterm Exams | 1 | 50 | | Assignment |  |  | | Application |  |  | | Projects |  |  | | Practice |  |  | | Quiz |  |  | | Percent of In-term Studies (%) | 1 | 50 | | Percentage of Final Exam to Total Score (%) | 1 | 50 | | Attendance |  |  | |
| **Workload** | |  |  |  |  | | --- | --- | --- | --- | | **Activity** | **Total Number of Weeks** | **Duration (weekly hour)** | **Total Period Work Load** | | Weekly Theoretical Course Hours | 14 | 2 | 28 | | Weekly Tutorial Hours |  |  |  | | Reading Tasks | 14 | 1 | 14 | | Studies | 14 | 1 | 14 | | Material Design and Implementation |  |  |  | | Report Preparing | 4 | 2 | 8 | | Preparing a Presentation |  |  |  | | Presentations |  |  |  | | Midterm Exam and Preparation for Midterm Exam | 3 | 3 | 9 | | Final Exam and Preparation for Final Exam | 4 | 3 | 12 | | Other ( should be emphasized) |  |  |  | | Total Workload |  |  | 85 | | Total Workload / 25 |  |  | 3,40 | | Course Credit (ECTS) |  |  | **3** | |
| **Contribution Level Between Course Learning Outcomes and Program Outcomes** | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | No | Program Outcomes | 1 | 2 | 3 | 4 | 5 | | 1 | CO 1 | X |  |  |  |  | | 2 | CO 2 | X |  |  |  |  | | 3 | CO 3 | X |  |  |  |  | | 4 | CO 4 |  | X |  |  |  | | 5 | CO 5 |  | X |  |  |  | | 6 | CO 6 | X |  |  |  |  | | 7 | CO 7 |  | X |  |  |  | | 8 | CO 8 |  |  | X |  |  | | 9 | CO 9 | X |  |  |  |  | | 10 | CO 10 | X |  |  |  |  | | 11 | CO 11 |  |  |  | X |  | | 12 | CO 12 |  | X |  |  |  | | 13 | CO 13 |  |  | X |  |  | | 14 | CO 14 | X |  |  |  |  | | 15 | CO 15 |  |  |  |  | X | | 16 | CO 16 |  | X |  |  |  | | 17 | CO17 | X |  |  |  |  | | 18 | CO18 |  | X |  |  |  | | 19 | CO19 |  |  | X |  |  | | 20 | CO20 |  | X |  |  |  | | 21 | CO 21 |  |  | X |  |  | | 22 | CO 22 |  |  | X |  |  | |
| **The Course’s Lecturer(s) and Contact Informations** | Faculty Members |