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| **COURSE DESCRIPTION FORM** | |
| **Course Code and Name** | **SYB 235 WRESTLING** |
| **Course Semester** | Fall-Spring |
| **Catalog Content** | To understand basic wrestling techniques and their development, to teach basic techniques, positions, game rules |
| **Textbook** | USA Wrestling American Coaching Effectivenes program.Rookie coaches wrestling guıde 1992  Manuel Tecnico-pratico dı lotto Roma 1996 Petrov,R.Prenciples of free style wrestling for chılderen and adolescent.Spaın 1997 |
| **Supplementary Textbooks** | - |
| **Credit** | 3 |
| **Prerequisites of the Course**  **( Attendance Requirements)** | Attendance Required |
| **Type of the Course** | Elective |
| **Instruction Language** | Turkish |
| **Course Objectives** | Basic Technical-Tactical and Theoretical Information |
| **Course Learning Outcomes** | 1- Learns the history of the field. 2- Apply the game rules of the field. 3-Makes the field refereeing and applications. 4-Learns and applies the special technique of the field. 5-Learns and applies the special technique of the field. |
| **Instruction Methods** | Formal learning |
| **Weekly Schedule** | 1 Rules and History 2. Applying appropriate grip 3. Applied warming and recovery 4. Demonstrating force work 5.Informing of proper nutrition and weight control 6. Basic wrestling techniques-postures 7. Midterm exam 8.The ground techniques 9. Dives - Guidance 10. Dive-offs 11. Standing techniques 12. Defense techniques and techniques 13. Defense techniques and techniques  14. Defense techniques and techniques  15. General Evaluation |
| **Teaching and Learning Methods** | Weekly theoretical course hours  Weekly applied course hours  Reading Activities  Internet browsing, library work  Preparation of Midterm and Midterm Exam  Final Exam and Preparation for 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 | 1 | 14 | | Weekly Tutorial Hours | 14 | 2 | 28 | | Reading Tasks | 6 | 1 | 6 | | Studies | 6 | 1 | 6 | | Material Design and Implementation |  |  |  | | Report Preparing |  |  |  | | 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 |  |  | 75 | | Total Workload / 25 |  |  | 3,00 | | 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 Academic Staff |