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| **COURSE DESCRIPTION FORM** | | | |
| **Course Code and Name** | **SYB 236 - KICK BOXING** | | |
| **Course Semester** | Fall and Spring | | |
| **Catalog Content** | Definition of Kick Boxing Sports, History, Training and Trainer Information, Competition Information and Rules, Basic Techniques and Tactics. | | |
| **Textbook** | 1 Complete Kickboxing: The Fighter's Ultimate Guide to Techniques, Concepts, and Strategy for Sparring and Competition; Martina Sprague & Keith Livingston, 2004.  2 -100 Essential Pad Drills For Kickboxing & MMA; Matthew Chapman; 2012  3 Information bank of Kickboxing federation | | |
| **Supplementary Textbooks** | - | | |
| **Credit** | 3 | | |
| **Prerequisites of the Course**  **( Attendance Requirements)** | Attendance Required | | |
| **Type of the Course** | Elective | | |
| **Instruction Language** | Turkish | | |
| **Course Objectives** | Teaching basic information and rules about kickboxing, teaching and practicing with steps of basic techniques and tactics, 1st Level Kickboxing Trainer education. | | |
| **Course Learning Outcomes** | 1. Learn basic information and rules about kickboxing,  2. Learning and applying basic technical-tactics,  3.Teaching basic technical tactics with steps,  4. 1st Level Kickboxing Trainer. | | |
| **Instruction Methods** | Formal learning | | |
| **Weekly Schedule** | Week | **Theoretical** | **Practice** |
| 1 | Definition and history of kick boxing, Basic Information, Game Rules By Categories | Guard stance and walking - Basic boxing techniques |
| 2 | Sport Anatomy | Guard stance and walking - Basic boxing techniques |
| 3 | Sportsman Nutrition | Basic kicking techniques |
| 4 | Teaching Methods in Sports | Basic kicking techniques |
| 5 | Skill Learning in Sports | Basic integrated boxing and kicking techniques |
| 6 | Psychomotor Development | Basic integrated boxing and kicking techniques |
| 7 | Measurement and Evaluation in Sports | Basic integrated boxing and kicking techniques |
| 8 | **Midterm Exam** | |
| 9 | Talent Selection and Principles in sports | Basic defense exercises |
| 10 | Kickboxing Training Information | Basic tactics exercises |
| 11 | Kickboxing Training Information | Basic tactics exercises |
| 12 | Kickboxing Training Information | Boxing and kicking pad exercises |
| 13 | Psychological and Mental Training | Boxing and kicking pad exercises |
| 14 | General Repetition | Sparring exercises |
| 15 | **Final Exam** | |
| **Teaching and Learning Methods** | Weekly theoretical course hours  Weekly applied course hours  Reading Activities  Internet browsing, library work  Designing and implementing materials  Report preparing  Preparing a Presentation  Presentations  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 | - | - | - | | Internet Browsing, Library Work | 14 | 1 | 14 | | Material Design and Implementation | - | - | - | | Report Preparing | - | - | - | | Preparing a Presentation | - | - | - | | Presentations | - | - | - | | Midterm Exam and Preparation for Midterm Exam | 4 | 3 | 12 | | Final Exam and Preparation for Final Exam | 4 | 3 | 12 | | Other ( should be emphasized) |  |  | - | | Total Workload |  |  | 80 | | Total Workload / 25 |  |  | 3,02 | | 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 | CO 17 |  | X |  |  |  | | 18 | CO 18 | X |  |  |  |  | | 19 | CO 19 | X |  |  |  |  | | 20 | CO 20 | X |  |  |  |  | | 21 | CO 21 |  |  |  | X |  | | 22 | CO 22 |  |  | X |  |  | | | |
| **The Course’s Lecturer(s) and Contact Informations** | Ph.D. Murat KALFA, mkalfa@gazi.edu.tr | | |