|  |  |
| --- | --- |
| **COURSE DESCRIPTION FORM** | |
| **Course Code and Name** | **SYB 215 SWIMMING** |
| **Course Semester** | Fall-Spring |
| **Catalog Content** | Definition of swimming, history, physiological effects, scientific principles, race and security rules, preparation drills for swimming (staying on the water and move forward), foot movements, arm pull, breathing, coordination, turn and dive and its instruction methods in free style, backstroke and breaststroke techniques |
| **Textbook** | Cross D, Bernabei T, Cowcher P, Newell N;Yüzme, Teknik, Taktik, Program, Akılçelen Kitaplar, 2014 |
| **Supplementary Textbooks** |  |
| **Credit** | 3 |
| **Prerequisites of the Course**  **(Attendance Requirements)** | Attendance Required |
| **Type of the Course** | Elective |
| **Instruction Language** | Turkish |
| **Course Objectives** | Aim of this course is to get the knowledge of fundamentals, skills and instruction methods in swimming |
| **Course Learning Outcomes** | 1. Getting the basic knowledge of swimming, learn and perform free style, backstroke and breaststroke techniques  2. Analyze turn and start related to swimming techniques |
| **Instruction Methods** | Formal learning |
| **Weekly Schedule** | 1. First meeting 2. Basics of security in the water and first aid 3. Buoyancy 4. Moving forward on water: streamlining 5. Kicks: Front crawl, back stroke and breast stroke 6. Kicks: Front crawl, back stroke and breast stroke 7. Kicks: Front crawl, back stroke and breast stroke 8. Mid-term 9. Arm stroke: Front crawl, back stroke and breast stroke 10. Arm stroke: Front crawl, back stroke and breast stroke 11. Arm stroke: Front crawl, back stroke and breast stroke 12. Coordination: Front crawl, back stroke and breast stroke 13. Coordination: Front crawl, back stroke and breast stroke 14. Dives and turns 15. Dives and turns |
| **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** | Prof. Dr. Zafer ÇİMEN zcimen@gazi.edu.tr |