|  |  |
| --- | --- |
| **COURSE DESCRIPTION FORM** | |
| **Course Code and Name** | **SYB 221 BODYBUILDING AND FITNESS** |
| **Course Semester** | Fall-Spring |
| **Catalog Content** | Teaching the changes occurred from the starting of the sport up to now in details and also applied. Teaching basic techniques, positions, game rules. |
| **Textbook** | Federation game rules. |
| **Supplementary Textbooks** | - |
| **Credit** | 3 |
| **Prerequisites of the Course**  **( Attendance Requirements)** | Attendance Required |
| **Type of the Course** | Elective |
| **Instruction Language** | Turkish |
| **Course Objectives** | Aim of the course is to make students like the course and transfer how to apply and teach the course with various methods. |
| **Course Learning Outcomes** | 1-The students learn history of Fitness.  2-They apply game rules of Fitness.  3-They perform Fitness refereeing and applications.  4-They learn and apply special techniques of Fitness.  5-They do the sport as convenient to the game rules and techniques. |
| **Instruction Methods** | Formal learning |
| **Weekly Schedule** | 1 Historical progress of sport both in Turkey and the world  2 Teaching the techniques of sport  3 Teaching the techniques of sport  4 Game rules  5 Teaching the techniques of sport  6 Teaching the techniques of sport  7 Teaching the techniques of sport  8 Midterm Exam  9 Teaching the techniques of sport  10 Teaching the techniques of sport  11 Teaching the techniques of sport  12 Teaching the techniques of sport  13 Teaching the techniques of sport  14 Teaching the techniques of sport  15 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 |