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| **COURSE DESCRIPTION FORM** | |
| **Course Code and Name** | **SYB 216**  **TRACK AND FIELD** |
| **Course Semester** | Fall-Spring |
| **Catalog Content** | History of athletics information about short, medium, long distance running and rules |
| **Textbook** | Carr, G.A. (1991). Fundamentals of Track and Field. Illinois: Leisure Press.  Ballesteros, J.M., Alvarez J., (1997). Atletizm Temel Antrenörlük Bilgileri. Çeviren: G. Güngör. Ankara: Bağırgan Yayımevi.  Candan. N., Dündar U. (1996). Atletizm Teorisi. Ankara: Bağırgan Yayımevi. |
| **Supplementary Textbooks** | Işler, M. (1985). Okullarda Atletizm, Istanbul: Eğitim Basımevi. |
| **Credit** | 3 |
| **Prerequisites of the Course**  **( Attendance Requirements)** | Attendance Required |
| **Type of the Course** | Elective |
| **Instruction Language** | Turkish |
| **Course Objectives** | History of athletics short, medium, long distance running, rules of athletics |
| **Course Learning Outcomes** | 1- Understand and demonstrate the importance of basic movement skills in athletics. 2) Understands and applies the mechanics of jumps such as high jump, long jump and three-step jump. 3) Disc, roses, javelin and throwing hammer throws as well as understand and apply the mechanics. 4) Understand and apply the mechanics related to short distance, medium and long distance. |
| **Instruction Methods** | Formal learning |
| **Weekly Schedule** | 1. Preparation for the course 2. Output technique 3. Short distance runs 4. Handicap conditions 5. Handicap conditions 6. Midterm Exam 7. Long jump 8. Mid-term exam 9. 3 step jump 10. High jump 11. Throwing Rose and Javelin 12. Disc and hammer throwing 13. Medium and long distance running 14. Flag runs 15. Fun athletic activities |
| **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 Applied Course 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 |