

UNDERGRADUATE COURSES OF TRAINER EDUCATION DEPARTMENT

1th Semester	2th Semester
Human Anatomy and Kinesiology I	Introduction to Coaching
Basic Gymnastics	Human Anatomy and Kinesiology II
Introduction to Sports Sciences	Athletics
Turkish (Written Expression) I	Turkish (Oral Expression) II
Foreign Language I	Basic Concepts of Law
Basic Knowledge and Technology Use	Basic Computer Sciences
Basic Mathematics	Foreign Language I
	Specialization-Basic Education I

3th Semester	4th Semester
Physiology	Sports Physiology I
Introduction to Biomechanics	Life Saving and First Aid
Biochemistry and Exercise Biochemistry	Sports Injuries and Rehabilitation
Rhythm Training and Dance	Atatürk's Principles and History of Revolution II
Psychomotor Development	Swimming I
Atatürk's Principles and History of Revolution I	Skill Learning in Sports
Specialization-Basic Education II	Biomechanics
Theoretical Elective Course I	Specialization-Basic Education III
	Theoretical Elective Course II
	Practical Common Elective Course I

5th Semester	6th Semester
Sports Physiology II	Science of Training II
Sports Nutrition	Pediatric Exercise Science
Science of Training I	Research methods in Sports Sciences
Sports Psychology	Specific Teaching Methods I
Specialization Education I	Communication Skills
Theoretical Elective Course III	Specialization Education II
Practical Common Elective Course II	Practical Common Elective Course III

7th Semester	8th Semester
Physical Fitness	Practice of Sportive Massage
Science of Specific Training I	Management and Organization in Physical Education and Sports
Field Study I	Sports and Media
Coaching Practices I	Theoretical Elective Course V
Practices of Expertise Teaching	Science of Specific Training II
Sports Sociology	Field Study II
Theoretical Elective Course IV	Coaching Practices II
Specialization Education III	Specialization Education IV
Practical Common Elective Course IV	

DEPARTMENT OF TRAINER TEACHING COURSE CONTENTS

1st GRADE 1st SEMESTER (AUTUMN)

Human Anatomy and Kinesiology I

Functions of the cells, organs and structures of the systems that make up the human body. Functions of the planes, joints, and muscles during contraction and joint actions they generate, movements in head and trunk, joints and muscles.

Basic Gymnastics

Motoric development of the basic features with the arrival of various gymnastics equipment, sportive warm-up specific to gymnastics, basic working forms, development of conditional and coordinative properties.

Introduction to Sports Sciences

Basic concepts in sports; function, purpose and philosophy, relationship with other sciences; the future of career areas in sports; the place and the function of it in the Turkish Education and Sports Institutions.

Turkish (Written Expression) I

Speaking-writing skills and skills to improve them; planning, organization, creative writing, narration, description, discussion, writing various types of letters, writing reports.

Foreign Language I

Reading and writing exercises on appropriate texts, grammar exercises, improving vocabulary storage, speaking exercises.

Basic Knowledge and Technology Use

Basic keyboard skills, working with word processing, graphics, spreadsheet, database programs, simple programming practices within the framework of elementary education system, review of educational software, working with computers in the class.

Basic Mathematics

Mathematics, its nature and structure, sets and intervals, numbers, numerative systems, coordinate system, operations in numbers, functions, basic geometry concepts and formulas.

1st GRADE 2nd SEMESTER (SPRING)

Introduction to Coaching

Description of coaching, principles of coaching, philosophy of coaching, trainer as a teacher and competitor, duties of trainer.

Human Anatomy and Kinesiology II

Functions of the cells, organs and structures of the systems that make up the human body. Functions of the planes, joints, and muscles during contraction and joint actions they generate, movements in head and trunk, joints and muscles.

Athletics

Definition, history, classification, speed, middle and long-distance runs, relay runs and their rules, jumps, throws, and their rules.

Turkish (Oral Expression) II

Reading and listening skills, reading and listening comprehension, reading and listening for specific purposes, critical reading, note-taking, summarizing, revising, scanning, and making an outline, using the library and multi-media resources.

Basic Concepts of Law

Concept of law, necessity, the differences between the rules regulating the social life and rules of law, branches and resources of law, information about the law, statute and regulations and analysis of Sports Legislation within this framework.

Basic Computer Sciences

This lesson includes operating system and its structure, computer literacy, parts of a computer, input and output units, using the appropriate operating system “Windows 9” and their functions.

Foreign Language II

Reading and writing exercises on appropriate texts, grammar exercises, improving vocabulary storage, writing letters, telling natural and social events.

Specialization-Basic Education I

Teaching the basic techniques of selected branches.

2nd GRADE 3rd SEMESTER (AUTUMN)

Physiology

Structures of cells, tissues, organs and systems that compose human body.

Introduction to Biomechanics

Basic principles and concepts related to biomechanics in sports, examining basic movement types and their kinetics, static weight, internal and external forces and their effects.

Biochemistry and Exercise Biochemistry

Structure and classification of enzymes, hormones, and vitamins. Carbohydrate, protein and lipid metabolisms and their change during the exercise. Enzymatic activity changes with exercise, biochemical effect as a result of hormonal stability, the role of vitamins and minerals on exercise.

Rhythm Training and Dance

General concepts related to rhythm and dance, music and movement alignment, posture exercises, different walking, running, jumping, tabs, jumping, turns, music selection, waltz, tango, jazz, steps related to dance and compositions, modern dances.

Psychomotor Development

Age related changes in psychomotor behavior, similarities and differences between individuals, concepts, principles, factors affecting psychomotor development, theoretical approaches, physical development, psychomotor development phases, psychomotor development and physical fitness, the relationship between receptive motor skills and self-concept, evaluating psychomotor behavior in children.

Atatürk's Principles and History of Revolution I

Notions, definitions, methods and definition of source, Industrial Revolution and French Revolution, Decline of Ottoman Empire (19th century), Declarations of Tanzimat and Reform, 1st and 2nd Constitutions, Tripoli and Balkan Wars, World War I, Mondros Cease-fire Treaty, Wilson's Principle, Paris Conference, Mustafa Kemal's arrival in Samsun and conditions of Anatolia, Amasya Memorandum, National Congresses, opening the House of Representatives, Foundation of the Turkish House of Representatives and internal rebels, Teşkilat-ı Esasiye Law, Foundation of the first Orderly Army, İnönü I, İnönü II, Kütahya-Eskişehir, Sakarya and Büyük Taarruz Wars, Treaties of Turkish War of Independence, Lozano Treaty, Abolishment of Sovereignty.

Specialization-Basic Education II

Teaching the basic techniques of selected branches. (continued)

Theoretical Elective Course I

2nd GRADE 4th SEMESTER (SPRING)

Sports Physiology

Short and long-term adaptation of the human organism to physical efforts, energy sources, exhaustion, recovery, doping, nutrition, assessing performance in different circumstances.

Life Saving and First Aid

First aid, its definition, objectives, injury, freezing, burns, heatstroke, poisoning, drowning, broken and fractured bones, Cerebro Pulmoner Cardiac Resuscitation

Sports Injuries and Rehabilitation

Factors causing sports injuries, injury mechanisms, guidelines to prevent sports injuries, warm-up/cool-down, treatment principles and types in sports injuries, bandaging techniques.

Atatürk's Principles and History of Revolution II

Revolutions in political field, political parties and transition to multi-political party system, revolutions in law, organization of social life, revolution in economics. The Turkish policy of the International affairs between 1923 and 1938, The Turkish policy of the International affairs after Atatürk, the principles of the Turkish Revolution (Republicanism, Populism, Secularism, Perpetual Motion, Nationalism). Supplementary principles.

Swimming I

Teaching the techniques in free style, back stroke, breast stroke, butterfly.

Skill Learning in Sports

Learning based on movement, description, process, and models of factors such as genetic, natural, psychological, sociological, biological, neurological, kinematical, methodical, etc. affecting performance, skill learning stages, skill types and their assessment.

Biomechanics

Biomechanics and mechanics of body motion system performance, prevention anthropometric and biomechanics analysis methods, models and applications, jump, bounce and swivel principles, act in various fields development methods, motion analysis and its applications.

Specialization-Basic Education III

Teaching the basic techniques of selected branches. (continued)

Theoretical Elective Course II

Practical Common Elective Course I

3rd GRADE 5th SEMESTER (AUTUMN)

Sports Physiology II

Cellular mechanisms of exhaustion, women and sports, hormonal regulation in exercise, physical bases of power-strength, speed and endurance training, laboratory methods.

Sports Nutrition

Basic nutrition principles, functions of carbohydrates, fats, proteins, minerals, vitamins, and water in human body, their effect on physical performance, nutrition principles before and after the competition, nutrition specific to age, gender, and illnesses, weight control in sports.

Science of Training I

Definition of training, its functions, gains of training applications and its practical observation.

Sports Psychology

Definition, historical development, and functions of sports psychology; the secrets of its research areas, the relationship between the general sportive movements and general psychology, psychological problems during the learning of movements and their solutions, and motivation.

Specialization Education I

Group tactic training in the selected branches.

Theoretical Elective Course III

Practical Common Elective Course II

3rd GRADE 6th SEMESTER (SPRING)

Science of Training II

Definition of talent, analyzing and practicing the sportive talent causing sportive efficiency in the individual.

Pediatric Exercise Science

Ability selection in sports. Handling the physical activities and exercise programs with social, psychological and with physiological extent of the developing child.

Research methods in Sports Sciences

Concepts of science, scientific research, scientific method, concept of variable in scientific research, data collection techniques, data analyses. Experimental designs in sports sciences, taking samples, data writing and reporting.

Specific Teaching Methods I

Concepts specific to the field and their relationship with the field teaching methods, constitutional bases of the field, general objectives of field teaching, methods, techniques, materials used. Analyzing related teaching programs (objectives, gains, themes, units, activities, etc.) analyzing and evaluating the samples of student and teacher course books.

Communication Skills

Examining the interaction process among people by using verbal and non-verbal communication ways. The role of communication in human life and its role in the field of physical education and sports, teaching the students effective ways of communication.

Specialization Education II

Match tactic training in the selected branches.

Practical Common Elective Course III

4th GRADE 7th SEMESTER (AUTUMN)

Physical Fitness

Definition, components, importance of physical fitness, concepts related to physical fitness, measurements and evaluation of physical fitness, methods for determining ideal weight, exercises to improve and maintain physical fitness at any age, and physical level, design, management and organization of exercise fields.

Science of Specific Training I

Determining field-skills effective on the field efficacy and planning of these skills on micro-mezzo level.

Field Study I

Preparing and presenting a seminar on a selected topic by using various literature.

Coaching Practices I

Juxtaposing the knowledge of the candidate coach in a youth setup of a club which functions in the future field of the candidate.

Practices of Expertise Teaching**Sports Sociology**

Definition, basic concepts, objectives, development, relation with the other sciences, game, sports and intercultural relations, social background in the participation of a sports, sociological functions of sports, social and economical events encouraging sports, social movements, amateurism and professionalism, sports in the process of industrialization, social problems.

Theoretical Elective Course IV**Specialization Education III**

Training applications of physical and motoric features in the selected branches.

Practical Common Elective Course IV**4th GRADE 8th SEMESTER (SPRING)****Practice of Sportive Massage**

Teaching the massage principles and techniques before, during, between, and after the competition

Management and Organization in Physical Education and Sports

Management, organization, concepts related to sports management, sports management and organization in the light of the basic principles, technique and methods of the science of management; international sports institutions. Institutional structure and functioning of the Turkish Physical Education and Sports system.

Sports and Media

Explaining sports and media concepts, social analysis of sports and media. Importance of sports in terms of individual and society, the role of mass media (TV, press, radio, magazines, etc) in the introduction and spread of sports, analyzing the sports media in Turkey.

Theoretical Elective Course V

Science of Specific Training II

Field Study II

The research topic which was made into a project is put into practice and the results are presented as a report.

Coaching Practices II

Juxtaposing the knowledge of the candidate coach in a club which functions in the future field of the candidate.

Specialization Education IV

Training applications of physical and motoric features in the selected branches.

THEORETICAL ELECTIVE COURSES

Development and Learning

Human development from various perspectives (cognitive, social, psychological, moral, physical, etc.), learning approaches, processes, and methods, individual differences in learning.

Foreign Language III

Reading and writing practices on the texts appropriate to the learners' levels, grammar and punctuation exercise, improving vocabulary storage, speaking exercises.

Second Foreign Language

Comprehending simple pictures, telling a witnessed or watched event using simple sentences, using simple phrases, telling and summarizing a story, learning and using punctuation marks, structural analysis, singular and plural nouns, adjectives, personal pronouns and possessive adjectives, auxiliary verbs, speech practices, telling daily events.

Leadership

Human behavior and the need for leadership, characteristics and behavior and attitude of a leader, advantages and disadvantages of various leader types (autocratic, democratic, participant, etc).

Sports Philosophy and Ethics

Contents of sports philosophy, various philosophic attitudes and approaches. What is ethics in sports philosophy? Determining its objectives and functions.

Sports History

Historical development of sports. Physical activities and their application reasons in the world history. Olympic movement and its development. Physical activities in the Central Asian Turkish States. Physical Education and Sports during Seljuk and Ottoman Empires. Sports in the Turkish Republic. Olympic movement in Turkey.

Sports Industry

Analyzing sports sector. Analyzing concepts, events and phenomena taking place in sports industry.

Organizational Behavior

Definition, contents, historical development, structure and functions of organizations, internal functions and behaviors of the organizations, origins, rules.

Women and Sports

How to structure training programs for female athletes considering their anatomic, psychological and physiological differences.

Educational Games

Definition, history, importance of games for children, their role on child development, game atmosphere and equipment, teaching basic movements by means of games, game selection, individual and group games, games specific to sports branches.

Motoric Tests

Application and evaluation of motoric characteristics in the laboratory and fields.

Statistical Match Analysis

Basic statistical concepts, collection, classification and evaluation of data. Central tendency and distribution measures, correlation, probability, normal distribution curves, statistical match analysis techniques, statistical operations, computer practices.

Management of Human Resources

Definition, importance, contents, functions, objectives and determining its study fields. Analyzing the processes from staff management to human resources.

Movement Analysis in Sports

Teaching the biomechanical analysis methods of sportive movements.

Exercise in special environments

Language for Specific Purposes I

Learning translation methods of some texts from sports literature from English into Turkish.

Language for Specific Purposes II

Learning translation methods of some texts from sports literature from Turkish into English.

Strength Development in Sports

the systems and methods of strength training in different sports branches; parameters of loading; the program design of strength trainings.

Specific Teaching Methods

Teaching methods for physical education and sports, teaching-learning processes, teaching general teaching principles to teaching physical education and sports, evaluating course books in the field and relating them to specific teaching methods and strategies. Types of annual, unit and daily plans, skills and practices in micro teaching, evaluating teaching.

Olympics and Olympic Games

Olympic games, Olympic movement, meaning of Olympic games as a philosophy, analyzing concepts in the Olympic teaching.

Sports Law

Analysis and practices of the laws in the Turkish Sports Organization related to the sports.

Ergogenic aids

Club Management and Difficulties

Examining the management structure and characteristics of different sports clubs in Turkey, describing and solving the problems.

Team Management and Leadership

Basic factors and effects of being a successful team manager, development of technical, conceptual, individual skills. Analysis of planning, organizing, control and orientation functions of management.

Sports Marketing

Definition of general marketing factors in sports marketing, using sports in sports marketing, discussing advertisement and promotion methods which support sports marketing

Public Relations

Historical development, relationship with other social sciences, instruments of public relations, the role of public relations in education.

Facility Management in Sports

Definition of the sport facilities, basic concepts; general knowledge related to design of facilities, productive and effective techniques in facility use.

Statistics

Collecting and reporting data, graphics, series, means, variability, possibility distributions, indexes, variance analysis, Chi- Square test, regression and correlation analyses.

PRACTICAL COMMON ELECTIVE COURSES

Modern Dances I

Basic techniques in modern dancing, arrangement of music and movement techniques on stage.

Folk Dances

Basic techniques of local folk dances, arrangement of movement techniques for performance.

Saloon Dances I

Basic techniques of saloon dances, arrangements for performance.

Step Aerobic

Basic techniques of step aerobic dances, arrangements for performance.

Arrangement of the Scene

Arrangement techniques of the harmony of the music and movement of folk or modern dances for performance.

Movement Education and Drama

Combining basic movement patterns with rhythm and music to express in the form of dramatization.

Basketball I

Definition, history, basic techniques and tactic skills, competition rules.

Volleyball I

Definition, history, basic techniques and tactic skills, competition rules.

Handball I

Definition, history, basic techniques and tactic skills, competition rules.

Football I

Definition, history, basic techniques and tactic skills, competition rules.

Korfball I

Definition, history, basic techniques and tactic skills, competition rules.

Badminton I

Definition, history, basic techniques and tactic skills, competition rules.

Tennis I

Definition, history, basic techniques and tactic skills, competition rules.

Camping and Tracking I

Definition, history, basic techniques and tactic skills, competition rules.

Diving I

Definition, history, basic techniques and tactic skills, competition rules.

Taekwondo I

Definition, history, basic techniques and tactic skills, competition rules.

Wrestling I

Definition, history, basic techniques and tactic skills, competition rules.

Table Tennis I

Definition, history, basic techniques and tactic skills, competition rules.

Trampoline I

Definition, history, basic techniques and tactic skills, competition rules.

Archery I

Definition, history, basic techniques and tactic skills, competition rules.

Cycling I

Definition, history, basic techniques and tactic skills, competition rules.

Judo I

Definition, history, basic techniques and tactic skills, competition rules.

Sailing I

Definition, history, basic techniques and tactic skills, competition rules.

Wind Surfing I

Definition, history, basic techniques and tactic skills, competition rules.

Tower and Springboard Diving I

Definition, history, basic techniques and tactic skills, competition rules.

Fencing I

Definition, history, basic techniques and tactic skills, competition rules.

Orienteering I

Definition, history, basic techniques and tactic skills, competition rules.

Skiing I

Definition, history, basic techniques and tactic skills, competition rules.

Modern Dances II

Basic techniques in modern dancing, arrangement of music and movement techniques on stage.

Folk Dances II

Basic techniques of local folk dances, arrangement of movement techniques for performance.

Saloon Dances II

Basic techniques of saloon dances, arrangements for performance.

Step Aerobic II

Basic techniques of step aerobic dances, arrangements for performance.

Arrangement of the Scene II

Arrangement techniques of the harmony of the music and movement of folk or modern dances for performance.

Movement Education and Drama II

Combining basic movement patterns with rhythm and music to express in the form of dramatization.

Basketball II

Definition, history, basic techniques and tactic skills, competition rules.

Volleyball II

Definition, history, basic techniques and tactic skills, competition rules.

Handball II

Definition, history, basic techniques and tactic skills, competition rules.

Football II

Definition, history, basic techniques and tactic skills, competition rules.

Korfball II

Definition, history, basic techniques and tactic skills, competition rules.

Swimming II

Definition, history, basic techniques and tactic skills, competition rules.

Badminton II

Definition, history, basic techniques and tactic skills, competition rules.

Tennis II

Definition, history, basic techniques and tactic skills, competition rules.

Camping and Tracking II

Definition, history, basic techniques and tactic skills, competition rules.

Diving II

Definition, history, basic techniques and tactic skills, competition rules.

Taekwondo II

Definition, history, basic techniques and tactic skills, competition rules.

Wrestling II

Definition, history, basic techniques and tactic skills, competition rules.

Table Tennis II

Definition, history, basic techniques and tactic skills, competition rules.

Trampoline II

Definition, history, basic techniques and tactic skills, competition rules.

Archery II

Definition, history, basic techniques and tactic skills, competition rules.

Cycling II

Definition, history, basic techniques and tactic skills, competition rules.

Judo II

Definition, history, basic techniques and tactic skills, competition rules.

Sailing II

Definition, history, basic techniques and tactic skills, competition rules.

Wind Surfing II

Definition, history, basic techniques and tactic skills, competition rules.

Tower and Springboard Diving II

Definition, history, basic techniques and tactic skills, competition rules.

Fencing II

Definition, history, basic techniques and tactic skills, competition rules.

Orienteering II

Definition, history, basic techniques and tactic skills, competition rules.

Swimming and Life Saving II

Basic preparations in life saving; teaching basic skills and techniques, life-saving practices in the water.