



# Çanakkale Onsekiz Mart University

Education Information System

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## Course Information

### COURSE INFORMATION

Course Title	Code	Semester	L+U Hour	Credits	ECTS
Physical Education I	BED103	1. Semester	2 + 0	0	2.0

<b>Prerequisites</b>	None
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<b>Language of Instruction</b>	Turkish
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<b>Course Level</b>	Bachelor's Degree (First Cycle)
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<b>Course Type</b>	Elective
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<b>Mode of delivery</b>	Face to face
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<b>Course Coordinator</b>	Lecturer Güner GÜNAY
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<b>Instructors</b>	Lecturer Ramazan ÖZDEMİR
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<b>Assistants</b>	
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<b>Course Objectives</b>	This course aims to enable the students to comprehend the importance of physical education and sports. The students will have preliminary knowledge about different sports branches and they will be motivated to adopt a sporting habit for life and to stay away from unhealthy habits.
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<b>Course Content</b>	The skills covered in this course include; Basketball: Double hand pass, push pass, chest pass, floor pass, left and right turning, bank shot; Volleyball: basic pass, jump serve, spiked ball, roll shot; Soccer: kicking styles, passing the ball, assist, spot kick, wall-pass, dribbling etc.
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<b>Course Learning Outcomes</b>	<ol style="list-style-type: none"> <li>1) Define the general concepts of physical education and sports</li> <li>2) Identify different rules for various branches of sports</li> <li>3) Explore the effects of exercise on human body and mind</li> <li>4) Use sports facilities effectively</li> <li>5) Discover ways to stay away from unhealthy habits</li> <li>6) Work out for fitness and health</li> <li>7) Engage in sports as a lifelong habit.</li> </ol>
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### Quick Access

### Physics

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### Course Information

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### WEEKLY COURSE CONTENT

Week	Topics	Teaching and Learning Methods and Techniques	Study Materials
1. Week	Aims and benefits of physical education, group games	Lecture and practice with training equipment.	
2. Week	Human anatomy, muscles and skeleton structure, different organs and their functions in the body.	Lecture and practice with training equipment.	

3. Week	Atatürk and sports, Republic Day walk	Lecture and practice with training equipment.	
4. Week	The rules of basketball, passing fundamentals, drills.	Lecture and practice with training equipment.	
5. Week	Basketball passing techniques, dribbling drills, games.	Lecture and practice with training equipment.	
6. Week	Dribbling, different types of shots and kicking in soccer	Lecture and practice with training equipment.	
7. Week	Midterm	Written and applied exam	
8. Week	Defensive and offensive systems, one on one and five on five games	Lecture and practice with training equipment.	
9. Week	Volleyball passing and shooting drills, games	Lecture and practice with training equipment.	
10. Week	Volleyball serve techniques, spiking, blocking, defensive and offensive drills	Lecture and practice with training equipment.	
11. Week	Class volleyball tournament	Lecture and practice with training equipment.	
12. Week	Exploring winter sports, fun games	Lecture and practice with training equipment.	
13. Week	Women and sports, traditional games	Lecture and practice with training equipment.	
14. Week	Overcoming unhealthy habits (smoking, doing drugs, alcoholism etc). Fun group games	Lecture and practice with training equipment.	
15. Week	Review	Discussion	
16. Week	Final	Applied exam	

## RESOURCES

Recommended Sources
Branch federations and olympic committee publications, 2008
Sport journals and newspapers

## ASSESSMENT

Measurement and Evaluation Methods and Techniques		
Midterm exam + Practise ( 40 % ) , Final Exam ( 60 % )		
In-Term Studies	Quantity	Percentage
Mid Term Exam 1	1	40
<b>Total</b>	1	40
End-Term Studies	Quantity	Percentage
Final Exam	1	60
<b>Total</b>	1	60
<b>Contribution Of In-Term Studies To Overall Grade</b>		40

<b>End-Term Studies</b>	60
<b>Total</b>	100

## COURSE CATEGORY

Course Category	Percentage
Transferable Skills Courses	% 100

## CONTRIBUTION OF COURSE LEARNING OUTCOMES TO PROGRAMME OUTCOMES

Programme Outcomes	Contribution Level	DK1	DK2	DK3	DK4	DK5	DK6	DK7
<u>PY1</u>	0	0	0	0	0	0	0	0
<u>PY2</u>	1	1	1	1	1	1	1	1
<u>PY3</u>	0	0	0	0	0	0	0	0
<u>PY4</u>	0	0	0	0	0	0	0	0
<u>PY5</u>	0	0	0	0	0	0	0	0
<u>PY6</u>	2	2	2	2	2	2	2	2
<u>PY7</u>	0	0	0	0	0	0	0	0
<u>PY8</u>	2	2	2	2	2	2	2	2
<u>PY9</u>	3	3	3	3	3	3	3	3
<u>PY10</u>	5	5	5	5	5	5	5	5
<u>PY11</u>	5	5	5	5	5	5	5	5
<u>PY12</u>	1	1	1	1	0	0	0	0
<u>PY13</u>	0	0	0	0	0	0	0	0
<u>PY14</u>	1	1	1	1	1	1	1	1
<u>PY15</u>	2	2	2	2	2	2	2	2

\*DK = Course's Contribution.

	0	1	2	3	4	5
<b>Level of contribution</b>	None	Very Low	Low	Fair	High	Very High

## ECTS CREDITS AND COURSE WORKLOAD

Event	Quantity	Duration (Hour)	Total Workload (Hour)
Class Hours (14 weeks)	14	2	28
Final Exam	1	2	2
Mid Term Exam 1	1	2	2
Application/Practice	12	2	24
Fieldwork	1	4	4
Mid Term Exam Preparation	1	3	3
Final Exam Preparation	1	3	3
<b>Total Workload</b>			66
<b>Total Workload / 25.5 (s)</b>			2.59
<b>ECTS Credit of the Course</b>			3

