



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 II | FZK152 | 2. Semester | 2 + 0 | 0 | 2.0 |

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|----------------------|------|
| Prerequisites | None |
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|--------------------------------|---------|
| Language of Instruction | Turkish |
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| Course Level | Bachelor's Degree (First Cycle) |
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| Course Type | Elective |
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| Mode of delivery | Face to face |
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|---------------------------|----------------------|
| Course Coordinator | Lecturer Güner GÜNAY |
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| Instructors | Lecturer Hasan BOZATAY |
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|-------------------|--|
| Assistants | |
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| Course Objectives | 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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| Course Content | The skills covered in this course include; Basketball: Bounce pass, chest pass, overhead pass, double hand pass, types of shots; Volleyball: basic pass, jump serve, spiked ball, roll shot; Handball: Types of hits and calls. Volley shot, kill shot, pop shot, spike shot etc. |
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| Course Learning Outcomes | <ol style="list-style-type: none"> 1) Define the general concepts of physical education and sports 2) Identify different rules for various branches of sports 3) Explore the effects of exercise on human body and mind 4) Use sports facilities effectively 5) Discover ways to stay away from unhealthy habits 6) Work out for fitness and health 7) Engage in sports as a lifelong habit. |
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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 | Handball rules and passing techniques, games. | Lecture and | |

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| | | practice with training equipment | |
| 4. Week | Basketball passing techniques, dribbling drills, games. | Lecture and practice with training equipment | |
| 5. Week | Dribbling, different types of shots | Lecture and practice with training equipment | |
| 6. Week | Defensive and offensive systems, one on one and five on five games | Lecture and practice with training equipment | |
| 7. Week | Midterm | Written and applied exam | |
| 8. Week | Volleyball rules, passing and shooting drills, games | Lecture and practice with training equipment | |
| 9. Week | Olympic Games | Lecture and practice with training equipment | |
| 10. Week | Class handball tournaments | Lecture and practice with training equipment | |
| 11. Week | Summer sports and fun games | Lecture and practice with training equipment | |
| 12. Week | Women and sports; traditional Turkish games | Lecture and practice with training equipment | |
| 13. Week | Overcoming unhealthy habits (smoking, doing drugs, alcoholism etc). Fun group games | Lecture and practice with training equipment | |
| 14. Week | Fair play and violence in sports | Lecture and practice with training equipment | |
| 15. Week | Review | Discussion, practice | |
| 16. Week | Final examination | Written and applied exam | |

RESOURCES

| Recommended Sources |
|---|
| Branch federations and olympic committee publications, 2008 |
| Sport articles and papers |

ASSESSMENT

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

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|-------------------------|-----|
| End-Term Studies | 60 |
| Total | 100 |

COURSE CATEGORY

| Course Category | Percentage |
|-----------------|------------|
| Support Courses | % 100 |

CONTRIBUTION OF COURSE LEARNING OUTCOMES TO PROGRAMME OUTCOMES

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

*DK = Course's Contribution.

| | 0 | 1 | 2 | 3 | 4 | 5 |
|------------------------------|------|----------|-----|------|------|-----------|
| Level of contribution | 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 |
| Final Exam Preparation | 1 | 3 | 3 |
| Further Study | 12 | 2 | 24 |
| Mid Term Exam Preparation | 1 | 3 | 3 |
| Total Workload | | | 62 |
| Total Workload / 25.5 (s) | | | 2.43 |
| ECTS Credit of the Course | | | 2 |

