

HACETTEPE UNIVERSITY
SCHOOL OF SPORTS SCIENCES AND TECHNOLOGY
SPORTS SCIENCES AND COACHING PROGRAMME

1st SEMESTER(Fall)

SBA 101 Computers

1 2 2

The course begins with an introduction of hardware and software components in a computer system and then illustrates some commercial applications in use of sport science

SBA 103 Fundamentals of Swimming

1 3 2

It covers treading water, development of basic skill of crawl and backstroke, control of breathing, body position and leg kicks.

SBA 105 Introduction to Sport Sciences

2 0 2

It concerns the inception of sport sciences, its historical development, its inter and multidisciplinary development, philosophical foundation of sport, development of occupational conception depending on the sport philosophy, future of sport sciences.

SBA 107 Sports Biochemistry

2 0 2

This course examines carbon compounds and functional groups in organic molecules, redox reactions, concept of acid-base, bioenergetics, structure and function of macromolecules in cell such as carbohydrate, lipids and proteins, cellular metabolism; carbohydrate, lipid and proteins, nucleic acids, genetic code and protein synthesis, and structure of enzymes and enzyme kinetics.

SBA 109 Sports Biology

2 2 3

This course examines characteristics of living creatures, organic and anorganics components of cell, cell structure, cell organelles and its functions, cell division, structure of muscle fiber, muscle contraction mechanism, structure of neuron cell, generation and propagation of the action potential, structure and functions of nervous system; central and peripheral nervous system.

SBA 111 Fundamentals of Mathematics

2 0 2

This course was designed to introduce students to a variety of areas in the field of mathematics such as sequences, number theory, set theory, logic, geometry, polynomials, factoring, linear equations, inequalities, quadratic equations and rational expressions and statistics.

SBA 121 Artistic Gymnastics I

1 3 2

It concerns learning and teaching of the theoretical information that includes structural development of performance peculiar to the events, and strengthening the levels of techniques of gymnastics.

SBA 123 Track and Field I

1 3 2

It covers examining of performance in sprint and jumping disciplines, technical analysis, examining mechanics of running and jumping and drills developing techniques.

SBB 125 Badminton I

1 3 2

Historical development of badminton, federation structure in Turkey and the world, rule knowledge of the game and game structure and analysis.teaching of basic techniques. Racket hold techniques and jumping.

SBA 127 Basketball I**1 3 2**

Historical development of basketball, federation structure in Turkey and the world, rule knowledge of the game and game structure, basketball fundamentals (jumping, changing direction, ball handling, passing and catching, dribbling) .

SBA 129 Mountaineering I**1 3 2**

It contains introduction and concepts of trekking, backpacking and summit climbing which are basic mountaineering issues, concepts and features of wilderness life, organisation and planning of outdoor activities, concepts and techniques of trekking, concepts and techniques of camping, navigation, wilderness risks and survival in summer and winter mountaineering.

SBA 131 Soccer I**1 3 2**

This course focuses on philosophy, history and game rules of soccer, consideration of Turkish and World soccer and their organizations, structures and functions of Turkish Soccer Federation, UEFA and FIFA, observation, analysis and evaluation of soccer performance, basic techniques with and without ball, ball control and passing techniques, running, jumping and basic tactical practices.

SBA 133 Weightlifting I**1 3 2**

It covers rules and builds of weightlifting, history of weightlifting and international organization, Turkish weightlifting Federation, teaching drills of basic techniques of weightlifting.

SBA 135 Handball I**1 3 2**

It covers history of handball game, rules of the game, handball in the world, handball in turkey, the handball organizations in turkey and in the world, structure of turkish handball federation, structure of European handball federation, structure of international handball federation, technical-tactical analysis of handball game, observation and evaluation in handball.

SBA 137 Rhythmic Gymnastics I**1 3 2**

Rhythmic Gymnastics must be performed in an artistic and original way with a combination of movement of body; jumps, leaps, balances, turns, pivots, waves, swings, steps, rolls, handstands, static body position, dynamic body position (with rotation, without rotation) work together the apparatus of Rhythmic gymnastics (the ball, rope, hoop, clubs, ribbon).

SBA 139 Tennis I**1 3 2**

Introduce the modern way of teaching tennis and stages of it. The role of the coach, learning of teaching Micro and Mini tennis stages, diagnosis and the correction of micro and mini tennis strokes, Mini tennis tournaments and the rules related to it.

SBA 141 Volleyball I**1 3 2**

It covers rules and builds of volleyball, history of volleyball and international organization, Turkish volleyball, apply teaching volleyball, developments and problems of word volleyball, causes of teaching methods of volleyball basic techniques, learning skill with quality of volleyball, TVF, teaching skill, dimensions of volleyball in schools, FIVB, teaching service, spike and blocking, teaching analysis of volleyball, approach of coach, direction of the team, observation of match, analysis of a match.

SBA 143 Swimming I**1 3 2**

This course covers the water resistance (drag), characteristics of water flow, propulsion and technical analysis of butterfly, backstroke, breaststroke and freestyle techniques.

ING 153 Speaking and Presentation Skills I**3 0 3**

The course covers daily, academic, and professional communication skills that are required in their daily, academic and professional lives.

TKD 103 Turkish Language I**2 0 2**

What is language? The place and the importance of the language in the life of a nation as a social institution, the relationship between language and culture, the place of Turkish language among the world's languages, the development and historical periods of Turkish language, today's situation and expansion of Turkish language, the sounds and classification of sounds in Turkish language, the sound characteristics of Turkish, the usage syllables, emphasis, writing rules punctuation, constructive suffixes, adverbs, particles.

2nd SEMESTER(Spring)**SBA 102 Fundamentals of Track and Field****1 3 2**

It includes introduction to track and field disciplines (sprint, hurdles, javelin, discus, triple jump, pole vault, distance runs), general and technical information about these disciplines, teaching of these disciplines both theoretically and practically.

SBA 104 Functional Anatomy**2 2 3**

This course examines the functional relationship between human musculoskeletal anatomy and body movements. It involves the study of anatomical terms and concepts, axis and planes, the structures of the movement system (muscle-tendon-ligaments-bone-articulation) ; movements and muscles of head and neck, trunk, upper and lower extremities. The course also includes fundamental movements in different sport branches, the muscles which work during these movements; and kinesiological analysis of sports movements.

SBA 106 Statistics**2 0 2**

This course covers basic concepts of statistics, frequency distributions, descriptive statistics, measures of central tendency, measures of dispersion, concept of the normal distribution, hypothesis testing, the difference between two population means, paired comparisons, the difference between two population proportions, nonparametric statistics, the chi-square distribution, analysis of frequencies, analysis of variance, correlation analysis, simple linear regression analysis.

SBA 108 Introduction to Coaching Education**2 0 2**

Basic concepts in Coaching. The plays, function, aims, its philosophy, relationship with contributing science, future in profession of Coaching in sport and its place and function in sport organization in Turkey.

SBA 110 Fundamentals of Gymnastics**1 3 2**

It includes introducing and teaching of basic skills, techniques, and general theoretical knowledge of general gymnastics Students will be able to learn fundamental gymnastics movement

SBA 112 Fundamentals of Physics**2 0 2**

This course is planned to be a basis for biomechanics concepts using foundation of physics such as linear kinematics variables (displacement, velocity and acceleration), vectors, projectile motion, force and motion (mass and centre of mass, applying Newton's laws of motion) work and energy. Students will learn basic concepts about biomechanics and they can explain reasons of motion in this concept, they get the theoretical knowledge for quantity and quality analysis of motion. After the course, students be able to explain and discuss the motion with fundamental of physics.

SBA 122 Artistic Gymnastics II**1 3 2**

It concerns learning and teaching of the theoretical information that includes structural development of performance peculiar to the events, and strengthening the levels of techniques of gymnastics.

SBA 124 Track and Field II**1 3 2**

It covers examining of performance in throwing, heptathlon, decathlon, middle and long distance disciplines, technical analysis, examining mechanics of running and jumping and drills developing techniques.

SBA 126 Badminton II**1 3 2**

Badminton basics techniques, hold grips and strokes. Footwork. Training deceptive strokes .

SBA 128 Basketball II**1 3 2**

Basketball fundamental techniques; shooting, footwork, offensive moves, rebound and their applications, practicing techniques and exercises.

SBA 130 Mountaineering II**1 3 2**

It contains fundamentals and concepts of sport climbing, concepts and features of climbing equipment, to tie the common knots used in climbing, basic climbing balance and techniques, belaying systems, bouldering and top rope climbing, absailing skill and techniques, basic rock climbing, leading and placing protections, special rope techniques, aid climbing techniques.

SBA 132 Soccer II**1 3 2**

This course focuses on building of soccer in clubs, relationship between TFF (Turkish Soccer Federation) and clubs, ball control, dribbling, passing and faking in soccer, individual and group tactics in offence and defence, technical practices for goalkeepers.

SBA 134 Weightlifting II**1 3 2**

It covers rules and builds of weightlifting, history of weightlifting and international organization, Turkish weightlifting Federation, teaching drills of basic techniques of weightlifting.

SBA 136 Handball II**1 3 2**

Mini handball Ball catching and passing in handball: Improvement exercises, mistakes, corrections and aids. Shooting in handball: Improvement exercises, mistakes, corrections and aids. Dribbling in handball: Improvement exercises, mistakes, corrections and aids.

SBA 138 Rhythmic Gymnastics II**1 3 2**

Rhythmic Gymnastics must be performed in an artistic and original way with a combination of movement of body; jumps, leaps, balances, turns, pivots, waves, swings, steps, rolls, handstands, static body position, dynamic body position (with rotation, without rotation) work together the apparatus of Rhythmic gymnastics (the ball, rope, hoop, clubs, ribbon).

SBA 140 Tennis II**1 3 2**

The role of the coach, communications skills, Tennis related fitness and mental training, Introduction of Midi & Macro tennis stages; teaching and improving tactics and technique, tournaments & competitions related with these stages.

SBA 142 Volleyball II**1 3 2**

It covers application of volleyball and rules of the game, teaching volleyball, technical finger pass, kinds of services, technical cuff pass, plonjon, smaç, block practices, faults corrections helps, Turkish volleyball, developments and problems of word volleyball, learning skill with quality of volleyball, technical analysis of volleyball, observation of volleyball, analysis of match.

SBA 144 Swimming II**1 3 2**

This course covers the technical analysis of starts, turns and finishes of butterfly, backstroke, breaststroke and freestyle techniques.

ING 154 Speaking and Presentation Skills II**3 0 3**

This course is the continuation part of ING 153 Communication Skills I. The course covers daily, academic, and professional communication skills; such as discussions, debates, and, presentations that are required in their daily, academic and professional lives.

TKD 104 Turkish Languages II**2 0 2**

What is language? The place and the importance of the language in the life of a nation as a social institution, the relationship between language and culture, the place of Turkish language among the world's languages, the development and historical periods of Turkish language, today's situation and expansion of Turkish language, the sounds and classification of sounds in Turkish language, the sound characteristic of Turkish, the usage syllables, emphasis, writing rules punctuations, constructive suffixes, adverbs, particles.

SUMMER SEMESTER (Elective)**SBE 134 Outdoor Activities****1 2 2**

It contains introduction and concepts of trekking, backpacking and summit climbing which are basic mountaineering issues, concepts and features of wilderness life, organization and planning of outdoor activities, concepts and techniques of trekking, concepts and techniques of camping, navigation , wilderness risks and survival.

SBR 172 Scouting**1 3 2**

It contains introduction and concepts of rock climbing, concepts and features of climbing equipment, to tie the common knots used in climbing, basic climbing balance and techniques, belaying systems, blundering and top rope climbing, abseiling skill and techniques, sport climbing, leading and placing protections, special rope techniques, aid climbing techniques

3rd SEMESTER(Fall)**SBA 201 Research Methods****2 0 2**

It covers science and science philosophy, research processes, defining problem, formulation of hypothesis, determining of research population and sample, formulation of research design, collecting data, analysis of data, results, Discussion and writing report.

SBA 203 Teaching Methods in Sports**2 2 3**

It includes, teaching practical application and reinforcement of specific skills in class and field conditions for in connection with pedagogical and learning-teaching principles (Track and Field, Swimming and Water polo, Gymnastics, Soccer, Volleyball, Handball, Basketball, Badminton, Teakwon-do, Tennis, Climbing, Wrestling, Weightlifting, Shooting, Archery, Judo.)

SBA 205 Sports Physiology I**1 2 2**

Concepts of energy, work, and power, general characteristics energy systems, energy systems in relation to sports activity, recovery from exercise, motor unit and muscle fiber types, muscle fiber types in relation to sports activity, muscle contractions types, control of movement and muscle sense organs, adaptations in muscle to resistance training, and adaptations in circulatory to resistance training.

SBB 207 Sport Psychology I**2 0 2**

It covers essential concepts related to psychology, complexity of human behaviour, nervous system, sensation and perception, learning theories, feelings and emotions, motivation, personality, individual differences and similarities and psychological tests.

SBA 209 Match and Competition Analysis in Sports**2 1 2**

This course covers the analysis of game performance via technical-tactical indicators and activity pattern analysis of players and referees in team sports by means of notational analysis.

SBA 221 Artistic Gymnastics III**1 3 2**

Course covers the study of concepts toward theoretical and practical reinforcement of general and special technique application of gymnastics.

SBA 223 Track and Field III**1 3 2**

It covers drills developing technique and coordination of sprint, drills developing technique of jumping, evaluating performance and interpreting tests in sprint and jumping disciplines.

SBA 225 Badminton III**1 3 2**

Shadow badminton, teaching footwork, teaching forecourt strokes

SBA 227 Basketball III**1 3 2**

Basketball fundamentals; moves without ball, pick and roll, offensive moves; 1x1, 2x2, 3x3, 4x4 and 5x5, team offence types, fastbreak variations.

SBA 229 Mountaineering III**1 3 2**

It contains introduction and concepts winter climbing which are basic mountaineering issues, equipment for winter climbing, snow techniques and belays, crampon techniques, ice climbing fundamental, tools and their use and leadership skills for winter climbing parties.

SBA 231 Soccer III**1 3 2**

This course focuses on training theory and basic principles of training in soccer, health of soccer players, specific training methods for age groups, high level technical and tactical skills, determination of errors and their corrections.

SBA 233 Weightlifting III**1 3 2**

It covers rules and builds of weightlifting, history of weightlifting and international organization, Turkish weightlifting Federation, teaching drills of basic techniques of weightlifting.

SBA 235 Handball III**1 3 2**

Team Offence, Steps of team offence: Improvement exercises, mistakes, corrections and aids.

Systems of offence: Improvement exercises, mistakes, corrections and aids.

Offence against offensive defense: Improvement exercises, mistakes, corrections and aids.

Offence against defensive defence; Improvement exercises, mistakes, corrections and aids.

Offence in minority: Improvement exercises, mistakes, corrections and aids .

Offence in majority: Improvement exercises, mistakes, corrections and aids .

SBA 237 Rhythmic Gymnastics III**1 3 2**

Rhythmic Gymnastics must be performed in an artistic and original way with a combination of movement of body; jumps, leaps, balances, turns, pivots, waves, swings, steps, rolls, handstands, static body position, dynamic body position (with rotation, without rotation) work together the apparatus of Rhythmic gymnastics (the ball, rope, hoop, clubs, ribbon).

SBA 239 Tennis III**1 3 2**

The role of the coach, communications skills. Introduction and the application of ITN test. Introduction and learning of teaching the game based approach, 5 game situations and typical tactics related with them. Biomechanics in tennis, analysis of the tennis strokes, diagnosis and correction techniques. Feeding techniques in tennis training. Match analysis.

SBA 241 Volleyball III**1 3 2**

Teaching basic techniques of introductions of volleyball general and technical knowledge. Teaching some specific techniques with theoretic and practices. Rules and builds of volleyball Exercise preparations in training Approach of coach and coaches skills. General rules of learning skills Type of being coach education Block, smaç and defence: developing exercises faults and corrections Approach of coaches techniques analyses Examples of interval and circle training on physical qualities and physical preparation Individual tactics (attack and defence) Tactics of team (attack and defence) Observation of match Appraise of match

SBA 243 Swimming III**1 3 2**

This course covers the step by step progression of teaching swimming to the child through plays, games and drills and teaching styles.

SBA 251 Fundamentals of Figure Skating I**1 3 2**

It contains basic techniques of figure skating.

SBA 253 Fundamentals of Shooting I**1 3 2**

It covers history of shooting and fundamental skills in shooting.

SBA 255 Fundamentals of Badminton I**1 3 2**

It includes game rules, equipment, handling and control of rackets, forehand and backhand shoots and push, take out and starting of spins, service take out and starting. It also consists of organisation and training program.

SBA 257 Fundamentals of Basketball I**1 3 2**

Basketball fundamenel techniques; ball handling, passing, dribbling, footwork, shooting, rebounding, moves with and without the ball, offensive moves, team defence and offence systems.

SBA 259 Fundamentals of Ice Hockey I**1 3 2**

It contains basic techniques of Ice Hockey.

SBA 261 Fundamentals of Lifesaving**1 3 2**

It covers history of Life Saving and fundamental skills in Life Saving.

SBA 263 Fundamentals of Soccer I**1 3 2**

This course focuses on understanding basic tactical principles, application of 1:1, 1:2, 2:1, 2:2 etc. drills on defense and offense, basic technique skills, dribbling, passing and shouting, head kick, ball control and technical and tactical practices related with goalkeeper.

SBA 265 Fundamentals of Golf I**1 3 2**

It contains basic techniques of Golf.

SBA 267 Fundamentals of Wrestling I**1 3 2**

It covers history of wrestling and fundamental skills in wrestling.

SBA 269 Fundamentals of Weightlifting I	1	3	2
This course focuses on basic and assistant movements of weightlifting, training teory of weightlifting, gymnasium and equipment and competetion rules of weightlifting.			
SBA 271 Fundamentals of Handball I	1	3	2
It includes history of the handball, rules of the handball games, individual offence, individual defence, group offence, group defence, team offence, team defence, goalkeeper			
SBA 273 Fundamentals of Skiing I	1	3	2
This course examines the definition of skiing, advertisement and upkeep of equipments, giving skills of travers, side sliding, step turn and parallel turn			
SBA 275 Fundamentals of Table Tennis I	1	3	2
Game rules, equipment. handling and control of rackets, forehand and backhand shoots and push, take out and starting of spins, service take out and starting. It also consists of organisation and training program.			
SBA 277 Fundamentals of Archery I	1	3	2
It includes teaching and reinforcing of general and special techniques of Archery.			
SBA 279 Fundamentals of Chess I	1	3	2
It covers history of Chess and fundamental skills in Chess.			
SBA 281 Fundamentals of Taekwondo I	1	3	2
It includes the history of Taekwondo, organisational structure, basic techniques and tactics.			
SBA 283 Fundamentals of Tennis I	1	3	2
It includes teaching and reinforcing of general and special techniques of Tennis.			
SBA 285 Fundamentals of Volleyball I	1	3	2
Teaching basic techniques of introductions of volleyball general and technical knowledge. Teaching some specific techniques with theoretic and practices. Rules and history of volleyball			
SBA 287 Fundamentals of Sailing I	1	3	2
It contains introduction and concepts of sailing and wind surfing, sailing and windsurfing class, knowledge of sail, boat, board and other equipment type, knowledge of arrangement, different point of sailing, tacks and turns, preparations before sailing, setting sails and to tie the ropes, point of winds and Beauport chart, basic maritime law and training techniques.			
AIT 203 Atatürk's Principles and the History of Revolution	2	0	2
Reform movements as a reaction to decline and disintegration of the Ottoman Empire caused by political, social, cultural and socio-psychological problems that emerged as a result of the encounter of the western and Turkish cultures; Political events during the transitional period from the Ottoman Empire to the nation-state and the foundation of the Turkish Republic following the national struggle led by Mustafa Kemal Atatürk.			
ING 253 Academic Writing Skills I	3	0	3
This course covers such academic and professional communication skills as accessing data, organizing the data gathered, and writing in an internationally acceptable way.			

4th SEMESTER(Spring)

SBA 202 Psychomotor Development

2 0 2

It includes essential concepts of development and motor development, theories of development, factors affecting development, stages of motor development, abilities of children, perceptual-motor development, games, developmental physical education, assessing children's motor behaviour.

SBA 204 Sports Physiology II

1 2 2

This course examines oxygen transport system; respiratory responses to exercise, cardiovascular responses to exercise, oxygen and carbondioxide transport in blood during exercise, maximum oxygen consumption, anaerobik threshold, circulatory adaptations to endurance exercise, peripheral adaptations to endurance exercise, exercise at altitude, exercise in the heat and cold, circadian rhythm, gender differences in sports.

SBA 206 Sport Biomechanics II

2 1 2

Mechanics of movement in different sport branches and enhancement of sport performance.

SBA 208 Sport Psychology II

2 0 2

Definitions, history and research methods of sport psychology, roles of sport psychologist, talent identification and personality in sport, motivation and motivation types in sport, communication in sport, attention and concentration in sport, mental training, stress and competitive anxiety, theories of arousal level, psychological dimensions of children sports, social psychology of team, gender role in sport, overtraining.

SBA 222 Artistic Gymnastics IV

1 3 2

Course covers the study of concepts toward theoretical and practical reinforcement of general and special technique application of gymnastics.

SBA 224 Track and Field IV

1 3 2

It covers drills developing technique and coordination of throwing, drills developing physical condition in middle-long distance runs, evaluating performance and interpreting tests in throwing and middle-long distance disciplines.

SBA 226 Badminton IV

1 3 2

Shadow badminton, teaching footwork, teaching middle and recourt strokes and tactical skill. Teaching of single game skill.

SBA 228 Basketball IV

1 3 2

Basketball fundamenteel defence techniques, team defence (assistance, switching, double-team, show-up), team defence systems (zone, man-to-man, press, mixed) , game scouting and analysis.

SBA 230 Mountaineering IV

1 3 2

It contains introduction and concepts ice climbing and mix climbing, ice climbing and mix climbing tools and their use, ice protection and belays, mix climbing fundamental and party management for mix and alpine climbing on various routes.

SBA 232 Soccer IV

1 3 2

This course focuses on factors that effecting soccer performance, technical and tactical applications during the match, basic principles of training, loading characteristics and physical performance, periodization of training, observation and analysis techniques of matches.

SBA 234 Weightlifting IV**1 3 2**

It includes designing of weightlifting training, coaching approaches, essential principles of motor learning in weightlifting, drills and technical analysis of snatch and clean&jerk movements.

SBA 236 Handball IV**1 3 2**

It includes Team Defence analysis and drills. Steps of team defence: Improvement exercises, mistakes, corrections and aids. Systems of defence: Improvement exercises, mistakes, corrections and aids. Offensive defences: Improvement exercises, mistakes, corrections and aids. Defensive defence; Improvement exercises, mistakes, corrections and aids. Defence in minority: Improvement exercises, mistakes, corrections and aids. Defence in majority: Improvement exercises, mistakes, corrections and aids .

SBA 238 Rhythmic Gymnastics IV**1 3 2**

It includes the jumps, leaps, balances, turns, pivots, waves, swings, steps, rolls, handstands, static body position, dynamic body position (with rotation, without rotation) work together the apparatus of Rhythmic gymnastics (the ball, rope, hoop, clubs, ribbon).

SBA 240 Tennis IV**1 3 2**

Final shaping of technique, automation, situational and tactical training. Goal setting and planning of the training related with 11-14 age group of players. Tennis related fitness and mental training. Individual and group tennis training. Introduction of the tournament and competition formats.

SBA 242 Volleyball IV**1 3 2**

It includes designing of volleyball training, coaching Approaches, essential principles of motor learning in volleyball, coaching types, coaching education, blocking, spike and defence, technical analysis, interval and circuit training in volleyball, individual tactics, team tactics.

SBA 244 Swimming IV**1 3 2**

This course covers the step by step teaching of starts, turns, finishes and swimming techniques of butterfly, backstroke, breaststroke and freestyle to a children through drills who is able to float.

SBA 252 Fundamentals of Figure Skating II**1 3 2**

It contains basic techniques of figure skating.

SBA 254 Fundamentals of Shooting II**1 3 2**

It covers history of shooting and fundamental skills in shooting.

SBA 256 Fundamentals of Badminton II**1 3 2**

It includes game rules, equipment, handling and control of rackets, forehand and backhand shoots and push, take out and starting of spins, service take out and starting. It also consists of organisation and training program.

SBA 258 Fundamentals of Basketball II**1 3 2**

Basketball fundamental techniques; ball handling, passing, dribbling, footwork, shooting, rebounding, moves with and without the ball, offensive moves, team defence and offence systems.

SBA 260 Fundamentals of Ice Hockey II**1 3 2**

It covers history of Ice Hockey and fundamental skills in Ice Hockey.

SBA 262 Fundamentals of Lifesaving II**1 3 2**

It covers history of Life Saving and fundamental skills in Lifesaving.

SBA 264 Fundamentals of Scuba Diving	1	3	2
It is aimed to learn theoretical and practical skills and knowledge of A Diving.			
SBA 266 Fundamentals of Soccer II	1	3	2
This course focuses on group dynamics in soccer, understanding game specific tactical principles on defense and offense, application of basic technical skills in game, technical and tactical practices according to playing positions.			
SBA 268 Fundamentals of Golf II	1	3	2
It contains basic techniques of Golf.			
SBA 270 Fundamentals of Wrestling II	1	3	2
It covers history of Wrestling and basic skills in Wrestling.			
SBA 272 Fundamentals of Weightlifting II	1	3	2
This course focuses on basic and assistant movements of weightlifting, kinesiological analysis of these movements, general and local muscle exercises, training theory of weightlifting, management structure of national and international weightlifting federations, competition organizations, and technical and tactical knowledge of weightlifting.			
SBA 274 Fundamentals of Handball II	1	3	2
It covers history of the handball, rules of the handball games, individual offence, individual defence, group offence, group defence, team offence, team defence and goalkeeper			
SBA 276 Fundamentals of Table Tennis II	1	3	2
It includes game rules, equipment, handling and control of rackets, forehand and backhand shoots and push, take out and starting of spins, service take out and starting. It also covers the organisation and training program.			
SBA 278 Fundamentals of Archery II	1	3	2
It includes teaching and reinforcing of general and special techniques of Archery			
SBA 280 Fundamentals of Chess II	1	3	2
It covers history of Chess and fundamental skills in Chess.			
SBA 282 Step Aerobik	1	3	2
Learning the basic techniques of steps-aerobic and acquiring skills in steps-aerobic, doing exercise with music.			
SBA 284 Fundamentals of Taekwondo II	1	3	2
It is concerned with the basic techniques, competition techniques and international competition rules.			
SBA 286 Fundamentals of Tennis II	1	3	2
It contains the basic techniques of tennis.			
SBA 288 Fundamentals of Volleyball II	1	3	2
It includes the rules and history of volleyball, Finger pass technique: developing exercises, faults, corrections, Cuff pass technique: developing exercises, faults, corrections, Service and kind of service: developing exercises, faults, corrections, Smac technique: developing exercises, faults, corrections, Block technique: developing exercises, faults, corrections, Plonjon: developing			

exercises, faults, corrections, Defence technique: developing exercises, faults, corrections, System of volleyball, Observation of match and Technical analysis of volleyball.

SBA 290 Fundamentals of Sailing II

1 3 2

It contains knowledge of various sail, boat, board and other equipment type, knowledge of arrangement, different point of sailing, tacks and turns, preparations before sailing, identify water and wind reports, setting sails and to tie the ropes, point of winds and Beaufort chart, basic navigation fundamental, basic maritime law and training techniques.

AIT 204 Atatürk's Principles and the History of Revolution

2 0 2

Political social, economic and cultural changes and developments caused by the restructuring of the state and society in line with the Atatürk's principles and revolutions which aimed at rising the Turkish Republic to the level of modern nations; Evaluation and analysis of the internal and foreign political events in the light of contemporary Turkey's problems.

ING 254 Academic Writing Skills II

3 0 3

This course is a continuation of ING 253 Writing Skills I. It covers such academic and professional communication skills as accessing data, organizing the data gathered, and writing in an internationally acceptable way.

SBE 318 Educational Games

2 2 3

Definition, history, importance of games for children, effects of child growth, game environment materials, teaching basic skills by games, game selection, individual and group games. Games for teaching sports.

SUMMER SEMESTER(Elective)

SBR 174 Orienteering

0 3 1

It includes the basic navigation and training techniques.

SBR 270 Water Sports

0 3 1

It contains introduction and concepts of sailing and wind surfing, sailing and windsurfing class, knowledge of sail, boat, board and other equipment type, knowledge of arrangement, different point of sailing, tacks and turns, preparations before sailing, setting sails and to tie the ropes, point of winds and beaufort chart, basic maritime law and training techniques.

5th SEMESTER(Fall)

SBA 301 Training Theory and Practice I

1 2 2

This course examines theoretically the definitions and purposes of training, factors effecting the athletic performance, training components and principles. Furthermore it includes, theory and practice of strength development methods and the lifting techniques of upper and lower extremities to different muscle groups in weight training that includes maximal strength, strength endurance and speed strength.

SBA 303 Coaching Pedagogy

1 2 2

In this course it is aimed to cover teaching principles with respect to different sports and skills during coaching practice. It is, also, aimed to teach appropriate teaching approaches with reference to different growth and development stages, and biomotor abilities. Different coaching modeling

and styles are emphasized, and advantage-disadvantages of teaching-learning outcomes are demonstrated, and appropriate coaching style for a given situation is explained.

SBA 305 Kinanthropometry

1 2 2

It covers the knowledge and techniques about somatotype, body indexes, basic anthropometric techniques and the effects of exercise training on body composition.

SBA 307 Motor Learning in Sports

2 0 2

Essential concepts of learning and motor learning, factors effecting individual's motor learning such as social-cultural factors, stages of motor learning, skill types, individual differences, perception and memory, models of skill learning, reaction time and decision making mechanisms, feedback, sensory contributions to skilled performance, motor control and motor program, principles of speed and accuracy, transfer, strategies for designing practice.

SBA 309 First Aid

2 1 2

It covers basic first aid techniques used in asphyxia, wounds and bleeding, circulatory disorders, unconsciousness, back injuries, musculoskeletal injuries, burns and scalds and heat exhaustion. It also includes the techniques of dressing and bandages, methods of handling and transport.

SBA 311 Competitive Psychology

2 0 2

It covers effective motivation techniques, coping and relaxation skills, self efficacy and goal setting, psychological aspect sport injuries and rehabilitation, doping and drug abuse, attention and concentration, overtraining and stableness, aggression and violence in sport.

SBA 313 Sports Management and Organization

2 0 2

Historical Development of Management, organization and environment, managerial functions, planning, organizing, leading, control, decision, making, communication, organizational effectiveness, time management, stress management, conflict management, crisis management, organizational socialization, career management.

SBA 315 History of Sports and Olympism

2 0 2

Examines the functions of physical activities on the evaluation of human being and society, determination of social and geographic characteristics over transformation of these activities to sports activities, functions of sports in Ancient Times and Middle Ages and meaning of sports gained in Renaissance, used of sports by nationalism trends, commercial and class dimension of sports since Industrial Revolution, development of sport in the world and in Turkey, importance of Olympism and fair play concepts in sports, aspects of The Olympics through the years, examining of functions of philosophy in sports by using philosophic trends.

SBA 321 Human Movement Analysis I

2 1 2

Covering fundamentals of human movement analysis such as force and video analysis. How to set up and perform experiments on human subjects. The use of image capturing equipments (video and IR cameras), special image processing algorithms, 3-Dimensional graphics construction algorithms are discussed in this course.

SBR 323 Physical Activity and Health

2 1 2

This course introduces the benefits of regular exercise participation in enhancement of health and improving the quality of life; how to measure physical activity level; effects of physical activity in special populations (children, women, elderly); the role of high level of physical activity in the prevention and control of osteoporosis, diabetes, chronic heart diseases, obesity and chronic obstructive lung diseases; effects of exercise on immune system; health problems faced with sports participation and preventive measures; preparticipation screening methods.

SBA 325 Sport Sociology**2 1 2**

This course examines the definition and short history of sociology; sports culture and society; sports and socialisation, relationship between sports, family, school and peer groups; relation of sports with socio-cultural and economic structure; national identity in sports; importance of racism and ethnicity; gender relations in sports; violence in sports and the importance of media in sports.

SBA 327 Arousal Theories in Sport**2 1 2**

It includes definition of arousal and its theories, stress in sport, coping with stress, anxiety in sport (theories and measurement of anxiety) , relationship between anxiety and attention in sport, relationship between anxiety and stability in sport, anxiety control, anxiety management of elite athletes.

6th SEMESTER (Spring)**SBA 302 Training Theory and Practice II****1 2 2**

This course examines theoretically the concepts and practically the training methods of biomotor abilities that includes flexibility and mobility, speed, co-ordination, aerobic and anaerobic endurance.

SBA 304 Coaching Practice I**1 3 2**

This course includes monitoring the training conditions, training practice and the competitions in underground of selected sport club. Furthermore, it also includes monitoring and reporting the structure of related sport federation.

SBA 306 Children and Training**2 1 2**

It covers the biological development of children, the effects of the exercise on growth and development physical and physiological capacity of children in relation to sport training.

SBA 308 Nutrition in Sports I**2 0 2**

An introductory study of the principles of nutrition; functions of carbohydrates, lipids, proteins, minerals, vitamins and water in the body; their effects on exercise performance, characteristics of the meal before competition, during and following the competition; principles of nutrition with regard to age, sex, and medical conditions; weight control in sports.

SBA 310 Measurement and Evaluation in Sports**2 0 2**

It includes definition and importance of measurement, fundamentals of measurement, scales, measurement errors (structure and selectivity of scales) , measurement of cognitive and emotional behaviours, measurement of psychomotor behaviors, evaluation, structure and selectivity of motor performance tests, evaluation of motor skill tests, measurement in special fields.

SBA 312 Physical Fitness**2 2 3**

This course focuses on descriptions, concepts and importance of physical fitness, theory and practice of basic training methods, in order to improve and maintain physical fitness.

SBA 314 Sports Injuries**3 0 3**

An introductory course which examines the types of sports injuries with regard to anatomical sites of the injury, causes, predisposing factors and preventive measures; principles of prevention; warm-up and cool-down; acute management of common injuries involved in competitive athletics; immediate care, principles of treatment and rehabilitation of selected injuries; health problems faced with exercising in heat and cold, and at altitude; circadian rhythm, doping in sports and hygiene.

SBA 320 Sports in Handicapped**2 1 2**

Meaning and importance of sports in handicapped persons. Types and classification of handicaps. Teaching sport to mental, acoustic, visual, orthopedic handicaps. Influence of sport on handicaps. Legal arrangement for handicaps in sport.

SBA 322 Human Movement Analysis II**2 1 2**

Covering fundamentals of human movement analysis such as force and video analysis. In this part of the course, students are going to get simpler and clear understanding of working principles of sensors and transducers. Force plate and EMG data collection will also be covered in the course.

SBA 324 Motivational Approaches in Sport**2 1 2**

It includes motivation dynamics in physical activities, motivation development in children, goal and achievement studies in sport, goal setting in physical activities and sport, self efficacy as a determinant of exercise, intrinsic and extrinsic motivation in sport, motivation strategies in team and individual sports, perceptual control in sport.

SBA 326 Sports, Communication and Media**2 1 2**

This course examines the definition and importance of communication, functions and theories of communications, processes and types of communication; importance of communication in sports, player-player communication, player-coach communication, player-spectator communication, communication of sports clubs with fans, communication between society, sports and organisation.

SBA 328 Massage**2 1 2**

It includes the history, physiological effects, indications and contraindications of massage and subjects included in massage which are the equipments, basic manipulations techniques (effleurage, petrissage, tapotement, vibration and friction). It also includes massage practices in sports.

SUMMER SEMESTER(Elective)**SBR 272 Rock Climbing****0 3 1**

It contains introduction and concepts of rock climbing, concepts and features of climbing equipment, to tie the common knots used in climbing, basic climbing balance and techniques, belaying systems, blundering and top rope climbing, abseiling skill and techniques, sport climbing, leading and placing protections, special rope techniques, aid climbing techniques

7th SEMESTER(Fall)**SBA 401 Training and Movement Science I****3 1 3**

It covers both the theoretical and practical aspects of principles of training loading, place and value of tests and evaluation of training, planning of training, periodization, endurance training, tests and evaluation of endurance training.

SBA 403 Coaching Practice II**1 3 2**

This course includes two parts; one of them is monitoring the training conditions, training practice and competitions in the underground of selected sport club. The other part is working personal or team trainer in the underground of sport club or school teams.

SBA 405 Ergospirometry**2 1 2**

This course covers the topics of the principles of ergospirometry, indirect calorimeter and investigations and interpretations of the metabolic responses by using different types of ergonometry.

SBA 407 Sport Sciences and Coaching Project I**2 0 2**

This course covers the Discussion of the precised theories that take place in the sport science fields, and the offering it in a written projects.

SBA 409 Nutrition in Sports II**2 1 2**

An introductory study of the principles of nutrition; functions of carbohydrates, lipids, proteins, minerals, vitamins and water in the body; their effects on exercise performance, characteristics of the meal before competition, during and following the competition; principles of nutrition with regard to age, sex, and medical conditions; weight control in sports.

SBA 413 Computer Programming**2 1 2**

The course begins with an introduction of hardware and software components in a computer system and then illustrates some of programming concepts in MATLAB.

SBA 415 Introduction to Molecular Exercise Physiology**2 1 2**

An advanced level of course which examines the musculo-skeletal injuries (muscle, tendon, ligament, bone and joint) that occur during exercise training and sports participation; sports injuries according to anatomical parts (head-neck, back-waist, shoulder, elbow, wrist, hip joint, knee and ankle); specific muscle injuries according to sport branches (tennis, soccer, gymnastics, track and field etc.); and the principles of protective/preventive measures.

SBA 417 Sports and Social Systems**2 1 2**

This course examines the definition of social system, sports and its organisation, relationship between sports and group, subcultures of sports, sports and social institutions (economy, law, politics), relationship between religion, art and sports, and stratification in sports.

SBA 419 Social Psychology in Team Sports**2 1 2**

It covers social psychology and its perspectives, relationship between group and individual, team as a group, group and team dynamics, group cohesion, leadership in group, leadership models, communication in group.

SBA 421 Game and Match Analysis**2 1 2**

This course covers the analysis of game performance via technical-tactical indicators and activity pattern analysis of players and refferees in team sports by means of computer based notational analysis.

SBA 431 Artistic Gymnastics V**2 2 3**

It concerns the application of the knowledge and the skills related to Gymnastics at professional level and based on the conceptual foundations of Sport Sciences into practice; teaching the technological knowledge that contributes the implementation of practices under various circumstances.

SBA 433 Track and Field V**2 2 3**

It covers physiology and biomechanics of jumping and sprints, structure of performance in jumping and sprints, periodization of training and talent identification in these disciplines.

SBA 435 Badminton V**2 2 3**

It covers the teaching of the shadow badminton and footwork, The training of the all strokes and the tactick use of all strokes.Teaching of the double game.

SBA 437 Basketball V**2 2 3**

It includes talent identification, long term basketball player training, training planing, power training, speed training and endurance training.

SBA 439 Mountaineering V**2 2 3**

It covers the alpine rock, snow and ice climbing techniques, choose the route on a cliff, climbing system and rope management, planning of a climbing party, team management and organisation, climbing on different weather and field patterns, safe climbing fundamentals, individual and group education techniques and teaching methods.

SBA 441 Soccer V**2 2 3**

This course focuses on talent identification and development in soccer, development of endurance, strength, speed, flexibility and coordination, performance tests, soccer and psychology, match observation and analysis softwares, interview with trainers, soccer media, TFF (Turkish Soccer Federation), TÜFAD (association of Turkish soccer trainers) and education of training, massage and manager in TFF.

SBA 443 Wightlifting V**2 2 3**

It cover the application of the knowledge and the skills related to Wightlifting at professional level and based on the conceptual foundations of Sport Sciences into practice; teaching the technological knowledge that contributes the implementation of practices under various circumstances.

SBA 445 Handball V**2 2 3**

It includes talent identification in handball, Player education long term period in handball, Training planing in handball, Power training in handball, Endurance training in handball, Speed training in handball

SBA 447 Rhythmic Gymnastics V**2 2 3**

It concerns the application of the knowledge and the skills related to Rhythmic Gymnastics at professional level and based on the conceptual foundations of Sport Sciences into practice; teaching the technological knowledge that contributes the implementation of practices under various circumstances.

SBA 449 Tennis V**2 2 3**

This course includes the role of the coach, communications skills. Introduction and the application of ITN test. Introduction and learning of teaching the game based approach, 5 game situations and typical tactics related with them. Biomechanics in tennis, analysis of the tennis strokes, diagnosis and correction techniques. Feeding techniques in tennis training. Match analysis.

SBA 451 Volleybol V**2 2 3**

It covers the teaching basic techniques of general and technical knowledge in Volleyball. Teaching some specific techhnices with theoretic and practices. Making training plan Pass for setter Making plan for proficiency volleyball Training of blacker, Physiology of volleyball, Savaş service: developing exercises, faults corrections, Get services functions and statement, Learning skill with quality of game and complex training about volleyball skills, Systems: back side and outside, Complex training in the game, Backside attacks, Preparations of match, Team organisations before an important match, Approach of coach, Directions of the team, 4-2 system, Attack and defence on 5-1 system.

SBA 453 Swimming V**2 2 3**

This course covers the technical analysis of butterfly, backstroke, breaststroke and freestyle techniques.

8th SEMESTER(Spring)**SBA 402 Training and Movement Science II****3 1 3**

It covers strength, speed, coordination, and flexibility training, and their tests and measurements, psychological training, altitude and training, nutrition in different training stages, training loading and fatigue concept.

SBA 404 Coaching Practice III**1 3 2**

This course includes two parts; one of them is monitoring the training conditions, training practice and competitions in elite level of selected sport club. The other part is working personal or team trainer in the underground of sport club or school teams.

SBA 406 Performance Analysis and Planning**2 0 2**

This course covers physiological, biomechanical, and psychological influencing factors of performance. Systematic and methodological approaches dealt in different sports and biomotor abilities. Fitness is explained in terms of possible influence of rate and amount of velocity, endurance, flexibility, and in different technical components.

SBA 408 Sport Sciences and Coaching Project II**3 2 4**

Spor bilimleri ve teknolojisi konuları içerisinde belirli bir alana ait teorilerin ele alınıp proje olarak tartışılıp yazılı olarak sunulmasını içerir.

SBA 412 Introduction to Biomechanical Modelling**2 1 2**

Covers the use of mathematical modelling in understanding problems in biomechanics; scientific method, Newtonian mechanics, translations and rotations in sport; computer simulation models, determining model parameters.

SBA 414 Physiology of Elite Athletes**2 1 2**

This course covers the study of strength, speed, endurance, and flexibility with reference to some sports in top athletes. Physiological aspects of different biomotor abilities are explained in view of sport performance in elite athletes.

SBA 416 Sport and Olympism**2 1 2**

This course examines the functions of physical activities on the evolution of human being and society, determination of social and geographic characteristics over transformation of these activities to sports activities, functions of sports in Ancient Times and Middle Ages and meaning of sports gained in Renaissance, used of sports by nationalism trends, commercial and class dimension of sports since Industrial Revolution, importance of olympism and fair play concepts in sports, aspects of The Olympics through the years, examining of functions of philosophy in sports by using philosophic trends.

SBA 418 Mental Training in Sport**2 1 2**

It covers essential concepts of mental preparation, psychological skill training, theoretical dimension of mental training, mental training techniques, self-confidence.

SBA 432 Artistic Gymnastics VI**2 2 3**

It concerns the application of the knowledge and the skills related to Gymnastics at professional level and based on the conceptual foundations of Sport Sciences into practice; teaching the technological knowledge that contributes the implementation of practices under various circumstances.

SBA 434 Track and Field VI**2 2 3**

It covers physiology and biomechanics of throwing and middle-long distance, structure of performance in throwing and middle-long distance, periodisation of training and talent identification in these disciplines.

SBA 436 Badminton VI**2 2 3**

It includes the teaching of the shadow badminton and footwork. The training of the all strokes and the tactick use of all strokes. Teaching of the Mix game.

SBA 438 Basketball VI**2 2 3**

This course covers the performance testing and evaluation, preparation for match, team management, coaching and coaching philosophy, coach-sport scientist-sports doctor-psychologist co-operation, relationships with media and sponsorship.

SBA 440 Mountaineering VI**2 2 3**

It contains choose the route on a cliff and rating systems, climbing system and rope management, planning of a climbing party, team management and organisation, climbing on different weather and field patterns, safe climbing fundamentals, search and rescue fundamental on mountain, individual and group education techniques and teaching methods.

SBA 442 Soccer VI**2 2 3**

This course focuses on explaining soccer specific knowledges and skills theoratically and by using practices, providing knowledge for applications in different categories and conditions, sub-units of clubs and soccer school organizations, injury and first aid in soccer, trainer affairs and relationship with club, field materials and equipments and pedagogy of soccer.

SBA 444 Wightlifting VI**2 2 3**

It cover the application of the knowledge and the skills related to Wightlifting at professional level and based on the conceptual foundations of Sport Sciences into practice; teaching the technological knowledge that contributes the implementation of practices under various circumstances.

SBA 446 Handball VI**2 2 3**

It includes Team Defences; Stepps of team defence: Improvement exercises, mistakes, corrections and aids. Systems of defence: Improvement exercises, mistakes, corrections and aids. Offensive defences: Improvement exercises, mistakes corrections and aids. Defensive defence ;Improvement exercises, mistakes, corrections and aids. Defence in minority: Improvement exercises, mistakes, corrections and aids. Defence in majority: Improvement exercises, mistakes, corrections and aids .

SBA 448 Rhythmic Gymnastics VI**2 2 3**

It concerns the application of the knowledge and the skills related to Rhythmic Gymnastics at professional level and based on the conceptual foundations of Sport Sciences into practice; teaching the technological knowledge that contributes the implementation of practices under various circumstances.

SBA 450 Tennis VI**2 2 3**

This course covers the performance testing and evaluation, preparation for match, team management, coaching and coaching philosophy, coach-sport scientist-sports doctor-psychologist co-operation, relationships with media and sponsorship.

SBA 452 Volleyball VI**2 2 3**

This course covers the performance testing and evaluation in Volleyball, preparation for match, team management, coaching and coaching philosophy, coach-sport scientist-sports doctor-psychologist co-operation, relationships with media and sponsorship.

SBB 454 Swimming VI**2 2 3**

This course covers the annual, weekly and daily planning of training.