

HACETTEPE UNIVERSITY
SCHOOL OF SPORTS SCIENCES AND TECHNOLOGY
PHYSICAL EDUCATION AND SPORT TEACHING PROGRAMME

SBE 103 Human Anatomies and Kinesiology 4 0 4
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.

SBE 111 Introduction to P. E. and Sport Science 2 0 2
Basic concepts in PE and Sports. The plays, function, aims, its philosophy, relationship with contributing science, future in profession of PE and Sport in education and its place and function in sport organization in Turkey.

SBE 113 Gymnastics 1 2 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

SBE 115 Basketballs 2 2 3
Basketball fundamentals, ball handling, passing, dribbling, footwork, shooting, rebounding, moves with and without the ball, individual and team defence and offence, fast break organization and rule knowledge.

SBE 117 Swimimming 2 2 3
It includes introducing and teaching of basic skills, techniques, and general theoretical knowledge of swimming Students will be able to learn fundamental swimming movement It covers treading water, development of basic skill of crawl and backstroke, control of breathing, body position and leg kicks

SBE 119 Turkish Language 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.

AİT 103 Atatürk's Principles and the History of the 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

SBE 128 Health and First Aid

1 2 2

This course includes the definition of health; how physical, psychological, intellectual and social health contributes to total health and the quality of the individual and the community; what are the factors that affect our health; healthy life behaviours; effects of tobacco, alcohol and drug abuse on health; current advances in health; how to care various body parts; how to protect yourself from infectious and fatal diseases. 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.

SBE 130 Artistic Gymnastics

1 2 2

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

SBE132 Track and Field

2 2 3

It includes introduction to track and field disciplines (sprint, hurdles, shot put, hammer, long jump, high jump, distance runs), general and technical information about these disciplines, and teaching of these disciplines both theoretically and practically.

SBE 136 Music Education

1 2 2

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

SBE 138 Turkish Language

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.

AİT 104 Atatürk's Principles and the History of the 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

SBE 134 Mountaineering (Summer course) 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.

SBE 215 Sports Physiology 2 2 3
This course examines cell structure and cell organelles structure of muscle fibres and muscle fibres types, muscle contraction mechanism, structure of neuron cell, generation and propagation of the action potential, structure and functions of nervous system, structure and function of macromolecules in cell such as carbohydrate, lipids and proteins, cellular metabolism, respiratory system and physiology, circulatory system and physiology, endocrine system, general characteristics of energy systems, energy systems in relation to sports activity, recovery from exercise, muscle contraction types, respiratory responses to exercise, cardiovascular responses to exercise, maximum oxygen consumption, anaerobic threshold, adaptations to endurance and resistance exercises , gender differences in sports.

SBE 217 Rhythm Education and Dance 1 2 2
Basic concept, music and movement rhythm, stance works, walks, jumps, hopping, galloping selection of melody and music, waltz, tango, jazz, steps related to dance and choreography.

SBE 219 Handball 2 2 3
History of the handball, Rules of the handball games Individual offence Individual defense Group offence Group defense Team offence Team defense Goalkeeper. Students will learn; History of the handball, rules of the handball games, individual offence, individual defense, group offence, group defense, team offence, team defense, and goalkeeper in handball.

SBE 221 Computer I 2 2 3
The course begins with an introduction of hardware and software components in a computer system and then illustrates some commercial applications in use of physical education.

SBE 223 Recreations 2 0 2
It contains philosophy and history of leisure, variety of approaches, descriptions and definitions in leisure, play concept, theories and in historical perspective, recreation concept and in historical perspective, recreation theories, importance of sports in recreation, importance of recreation in human needs, recreational areas and their capacities, person and groups for recreation, alternative sectors and examples for leisure and recreation.

SBE 216 Training Theory 2 2 3
This course covers the knowledge of concepts, principles, factors of the training and some conditional fundamentals (such as speed, endurance, strength...) and their organization and training methodology as a training unit on the basis of child development periods (prepuberty, puberty, postpuberty).

SBE 218 Soccer	2	2	3
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.			
SBE 220 Folk Dance	2	2	3
This course examines the appearance of Anatolian Türk Folk Dances and separation of Folk Dances according to regions. This course includes examples of regional Folk Dances (practical): Halay (Lorke), Harman Dalı (Ege), Karadeniz, Silifke, Mixing of some regional folk dances, Special Activities of students.			
SBE 222 Computer II	2	2	3
The course begins with an introduction of hardware and software components in a computer system and then illustrates some commercial applications in use of physical education.			
SBE 226 Tennis	2	2	3
It includes introducing and teaching of basic skills, techniques, and general theoretical knowledge of tennis. Students will be able to learn fundamental tennis movement			
SBE 228 Weightlifting	2	2	3
It includes introducing and teaching of basic skills, techniques, and general theoretical knowledge of weightlifting. Students will be able to learn fundamental weightlifting movement			
SBE 230 Aerobic	2	2	3
It includes introducing and teaching of basic skills, techniques, and general theoretical knowledge of aerobic. Students will be able to learn fundamental aerobic movement			
SBE 232 Life-saving	2	2	3
It includes introducing and teaching of basic skills, techniques, and general theoretical knowledge of life-saving. Students will be able to learn fundamental life saving movement			
SBE 234 Taekwon-do	2	2	3
It includes introducing and teaching of basic skills, techniques, and general theoretical knowledge of taekwon-do. Students will be able to learn fundamental taekwon-do movement			
SBE 301 Psychomotor Developments	3	0	3
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.			

SBE 303 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.

SBE 345 Volleybol 2 2 3
Teaching basic techinesques of introductions of volleyball general and techhnical knowledges. Teaching some specifictchhnices with theoretics and practics. Rules and history of volleyball, Finger pass technique: developing exercises, faults, corrections, help, Cuff pass technique developing exercises, faults, corrections, help, Service and kind of service: developing exercises, faults, corrections, help, Smaç technique: developing exercises, faults, corrections, help Block technique: developing exercises, faults, corrections, help, Plonjon: developing exercises, faults, corrections, help, Defense technique: developing exercises, faults, corrections, help, System of volleyball, Observation of match, Technical analysis of volleyball

SBE 347 Instructional Design 2 2 3
Characteristics of various teaching techniques. Its plays and use in teaching process. Development of materials (slaty, videos, task sheets computer based materials etc.) and evaluation of various worth materials by technology.

SBE 349 Teaching Methods I 2 2 3
Teaching methods in subject matter (command, practice, reciprocal, self-check, inclusion, guided-discovery, divergent discovery, convergent discovery, learner-designed, self-teaching), teaching-learning process, and implementation of general teaching methods in subject matter. Critical analysis of workbook subject matter and special teaching methods and strategies. Macro teaching works. Evaluation of instruction.

SBE 333 Badminton 2 2 3
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 holds techniques and jumping.

SBE 335 Skiing 2 2 3
This course examines the definition and short history of alpine skiing, advertisement of equipments used in skiing, trying to begin Alpine Skiing, giving skills of snow plough, traverse, side sliding and step turn.

SBE 337 Rhythmic Gymnastics 2 2 3
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)

SBE 339 Table Tennis 2 2 3
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 organization and training program.

SBE 341 Wrestling 2 2 3
It covers history of shooting and fundamental skills in wrestling. To teach and reinforce general and special techniques in the field of shooting both theoretically and practically.

SBE 343 Chess 2 2 3
It includes introducing and teaching of basic skills, techniques, and general theoretical knowledge of chess. Students will be able to learn fundamental chess movement

SBE 314 Motor Learning in Sport 3 0 3
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.

SBE 316 Exercise and Nutrition 2 0 0
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.

SBE 318 Educational Games 1 2 2
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.

SBE 320 Teaching Methods II 2 2 3
Teaching methods in subject matter (command, practice, reciprocal, self-check, inclusion, guided-discovery, divergent discovery, convergent discovery, learner-designed, self-teaching), teaching-learning process, and implementation of general teaching methods in subject matter. Critical analysis of workbook subject matter and special teaching methods and strategies. Macro teaching works. Evaluation of instruction.

SBE 322 Research Methods 2 0 2
This course covers basic concepts of statistics, basic terms and concepts of research methods, descriptive statistics, concept of the normal distribution, inferential statistics, hypothesis testing, nonparametric statistics, analysis of variance, correlation analysis, simple linear regression analysis, reliability, validity, nature of research, producers of research, types of research, problem solving, presenting the problem, purpose of the literature review, writing the literature review and research report.

SBE 326 School Experiences**1 4 3**

The aim activities that are suggested in this course: School administration and organization, daily works at school, body activities daily life of a student at school, daily life of a teacher at school, school-family cooperation, monitoring the lessons related to the main an sub branch programs, schools and problems, tools and written materials and various perspectives of teaching professional.

SBE 328 Physical Education and Sport History**2 0 2**

It includes introducing and teaching of basic physical education and general theoretical knowledge of physical education and sport history. Students will be able to learn fundamental physical education and sport history.

SBE 415 PE Sports Handicap**1 2 2**

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

SBE 417 Training Theory II**3 0 3**

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

SBE 419 Drama**2 2 3**

The different definitions of drama to introduce the creative drama, steps imagination, rhythm movement, pantomime, inspiration and creative play; and practices an creative drama steps. To improve abilities to create plays for activities

SBE 421 Social Responsibility Practices**1 2 2**

This course determines society current problems, solutions of these problems. It also prepare Project congress, symposium to solve these problems.

SBE 423 Research Project I**1 2 2**

This course covers the discussion of the precedes theories that take place in the Sport education fields, and the offering it in a written projects.

SBE 412 Research Project II**2 2 3**

This course covers the discussion of the precedes theories that take place in the Sport education fields, and the offering it in a written projects.

SBE 414 Organization and Management in PE and Sport**3 0 3**

Basic concepts about administration, organization and education, Organization and Management of physical training and sports in the light of principles, techniques and methods of management, applications of contemporary management processes, structure and functions of Turkish physical training and sports system, Manager-Leadership skills and training of educational administrators and cadres.

SBE 416 Teaching Practice**2 6 5**

Under the guidance of schoolteacher monitoring and practicing for the preliminary knowledgeable for teaching practice course. Monitoring and practicing subject, asking question in education, instruction and explanation; lesson management, class control, analysis of a student from various ways; evaluation of student work; planning lesson; using book resources, group studies, class organization, preparing work papers and its usage, implications of macro teaching in classroom.

SBR 270 Sailing and Wind Surfing (summer course)**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, pound of winds and Beauport chart, basic maritime law and training techniques.

SBR 272 Rock Climbing (summer course)**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