

**HACETTEPE UNIVERSITY**  
**SCHOOL OF SPORT SCIENCES AND TECHNOLOGY**  
**SPORT RECREATION PROGRAM**

**COURSE DEFINITIONS**

**TKD 103 Turkish Language I**

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.

**ING 111 English Language Skills I**

This mandatory course is designed for first grade students. This course includes English reading skills for both academic and professional lives.

**SBR 127 Computer**

This course includes hardware and software in computer system and commercial software in recreation.

**SBR 129 Sport Sciences and Recreation**

This course includes the origins of Sports Sciences, the history of different fields in Sports Sciences, philosophical foundations of Sports Sciences and vocational fields, the history and basic concepts of Recreation and the place of Recreation in Sports Sciences.

**SBR 137 Exercise Physiology**

This course will deal with function of the body during exercise and adaptations that occur in response. Students will learn knowledge and application of scientific principles are necessary to develop peak performance in athletes and maintain health and fitness in the general population - quantitatively and qualitatively improving life.

**SBR 139 Anatomy and Kinesiology**

This course includes microscopic structure of bone tissue, movement and its components the morphology of skeletal system and muscles on a functional base, joint and agonist, antagonist and synergic muscles, the main nerves and vessels of the limbs cardiovascular, respiratory and central nervous systems.

**SBR 141 Basic Movement Education**

This course includes definitions of movement education, basic movements such as locomotor, non-locomotor and manipulative skills, and movement concepts such as spatial awareness, bodily awareness, effort and relationships with objects and people.

**TKD 104 Turkish Language II**

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.

**ING 112 English Language Skills II**

This mandatory course is designed for first grade students and it is a following course of ING 111. This course includes English reading skills for both academic and professional lives.

**SBR 112 First Aid**

Includes definition and purpose of first aid, injuries, burns, heat stroke, toxication, drowning, fractures, first aid in respiratory and heart failure.

**SBR 114 Training Science**

This course includes concepts and basic principles of training, the effects of training on organism, fatigue, recovery, training periods, training planning, micro and macro planning.

**SBR 116 Physical Activity and Health**

Definition and purpose of health, new developments in health, evaluation of different dimensions related with health and fitness, effects of physical activity on physical, mental and emotional health, relationship between physical activity and health, effects of regular physical activity on human body, effects of physical activity on cardiovascular risk factors and obesity and evaluation of the effects of physical activity on protection of health.

**SBR 118 Leisure Sociology**

This course includes the history of leisure, the social effects on the development of leisure, the importance of leisure activities for society and individual, typology of leisure time activities, the importance of leisure time activities for different populations (child, elderly, women and disabled persons e.t.c.).

**SBR 120 Swimming Techniques**

This is a compulsory course. The purpose of this course is to provide the basic swimming techniques: crawl, back and breast stroke with starts and turns.

**AİT 203 Ataturk's Principles and History of the Revolutions I**

This course covers 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 211 Academic Writing Skills I**

This mandatory course is designed for second grade students. This course includes English reading skills for both academic and professional lives.

**SBR 217 Motor Development and Learning**

Developmental pattern of basic motor skills and structural components that influence the basic motor skills of all age levels will be covered. Further, this course includes skill acquisition with primary consideration given to the learning process, the cognitive and motor processes underlying the learning of skills, and factors that influence skill learning.

**SBR 241 Physical Activity and Nutrition**

Includes basic nutrition principles, role of carbohydrates, lipids, proteins, minerals, vitamins and water in organism, their effects on performance, nutrition before, during and after competition, nutrition according to age, gender and disease condition, and weight control in sport.

**SBR 243 Fitness I: Cardiovascular Endurance**

This course aims to teach the cardiovascular endurance training principles for individuals by using different fitness methodologies with case studies and practical experiences. At the end of this course, students will learn to build a cardiovascular fitness exercise program according to the needs of wants of the individuals.

**SBR 245 Rhythm Education and Dance**

This course includes fundamental concepts of dance and rhythm, music and movement rhythms, walking, galloping, music preferences, waltz, tango, steps related to dance, compositions. In addition, learning fundamental movements and emotional expression based on modern dance principles

**AİT 204 Ataturk's Principles and History of the Revolutions II**

This course covers 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 212 Academic Writing Skills II**

This mandatory course is designed for second grade students and it is a following course of ING 211. This course includes English reading skills for both academic and professional lives.

**İYB 282 General Management**

This course includes economic life and business, the purposes and types of different business, basic functions of business, finance, personnel management, marketing, public relations and decision making.

**SBR 212 Recreation for Special Groups I**

This course includes the need assessment of disadvantaged person (age, gender, class and disability) and society, the planning and management of recreation services for these people.

**SBR 214 Fitness II: Strength**

This course aims to teach the strength training principles for individuals by using different fitness methodologies with case studies and practical experiences. At the end of this course, students will learn to build a strength exercise program according to the needs of wants of the individuals.

**SBR 216 Recreative Educational Games**

This course includes description, history, importance of games for child development, the effect of games on child development, game environment, and fundamental movement instruction by games, individual and group games, games for sport branches and adventure games.

**SBR 317 Recreation Management and Organization**

This course includes basic concepts about administration and organization and recreation management and organization in the light of management principles, techniques and methods of management, applications of contemporary management processes. Planning and organization of the recreation programs and related methods. Teaching of administrative processes necessary for the organization of recreational activities, its administrative principles and also duties and current functioning of such bodies in Turkey.

**SBR 319 Statistics**

This course includes basic concepts, descriptive statistics, hypothesis tests, statistical tests for dependent groups and independent groups, ratio tests, nonparametric statistics, chi square, frequency analysis, correlational analysis.

**SBR 327 Fitness III: Testing**

This course aims to teach the some basic fitness tests methodologies that uses for identifying the endurance, strength and flexibility levels of individuals. Before starting or while attending any fitness program it is important to identify and to track the progression level of individuals are important. At the end of this course students will learn to test practically and to interpret the test results theoretically.

**SBR 320 Exercise Psychology**

The course focus on psychological applications for performance enhancement and controlling psychological factors that affect the performance, roles of sports psychology and its basic concepts and theory.

**SBR 322 Research Techniques**

Introduction to research in physical education and sports, research paradigms (such as positivist and post positivist paradigms), research methods (quantitative and qualitative methods), scientific research process (problem statement, sampling, data collection, data analysis and writing a report).

**SBR 324 Fitness IV: Program Development**

This course aims to teach the some basic fitness program development principles and methodologies that include the endurance, strength and flexibility levels of different individuals. At the end of this course students will learn to develop a fitness program both theoretically and practically.

**SBR 401 Specialization in Fitness I**

This course is designed to provide student with a range of several case studies to apply health-screening, fitness-assessment and program-design skills using common, realistic scenarios they may encounter in the field. Course includes both theoretical and practical applications.

**SBR 403 Field Study I**

This course is a supervised work placement for a period of 14 weeks in the students' major area of study.

**SBR 405 Academic Project I**

This course includes designing and conducting an academic research project in the field of Sport Sciences and Recreation. In this course, students are supposed to determine research problem, write a literature review and project proposal.

**SBR 407 Vocational Project I**

Group study under the guidance an instructor. A group of students will determine a project subject regarding the recent vocational issues and developments, social problems in recreation field. Projects might be a field study, interviews, need analysis and a planning and application of recreation services. In this course, students will determine project subject, target people/field, scope and types (need assessment, application, and comparison e.t.c.). If it is necessary, they will prepare a data collection instruments. Students are supposed to write a project report.

**SBR 402 Specialization in Fitness II**

Following the SBR Fitness Specialization I, this course is designed to provide student with a range of several case studies to apply health-screening, fitness-assessment and program design skills using common, realistic scenarios they may encounter in the field. Students are given the opportunity to perform risk assessments and design appropriate exercise programs for different individuals.

**SBR 404 Field Study II**

This course is a following course of SBB 403 Filed Study II. It includes a supervised work placement for a period of 14 weeks in the students' major area of study.

**SBR 406 Academic Project II**

This course includes designing and conducting an academic research project in the field of Sport Sciences and Recreation. In this course, students are supposed to collect data, complete a project report and make a presentation.

**SBR 408 Vocational Project II**

Group study under the guidance an instructor. A group of students will determine a project subject regarding the recent vocational issues and developments, social problems in recreation field. Projects might be a field study, interviews, need analysis and a planning and application of recreation services. In this course, students will determine project subject, target people/field, scope and types (need assessment, application, and comparison e.t.c.). If it is necessary, they will prepare a data collection instruments. Students are supposed to write a project report.

***ELECTIVE SPORT COURSES*****SBR 143 Folk Dances**

This course includes the origin of Anatolian Folk Dances, regions and examples of folk dances, halay steps (Lorke), Harman Dalı (Ege), Karadeniz, Silifke, Potpuri, and students' activities.

**SBR 145 Elementary Swimming**

This is an elective course. Students with swimming skills don't register this course. Only the students having no floating skills can register this course. The purpose of this course is to develop basic competence in the water necessary for the compulsory SSR 120 Swimming Techniques course.

**SBR 147 Sport Climbing**

Basic concepts, technical knowledge and skills of sport and traditional climbing which are important places in the mountaineering industry have been analyzed. After the theoretical and practical implementations at artificial climbing wall are carried out, vary difficulty levels sport and traditional climbing routes are performed in rock faces around mountain environment to gain experience. The students are expected to climb at degree of difficulty 5+, challenges the traditional and 6 + sport climbing according to UIAA grading system successfully.

**SBR 149 Chess I**

The history and basic principles and rules of chess will be learned in this course. In addition to that, introducing of chess board, teaching of chess terms, chess pieces, movement, values and duties of pieces will be covered.

**SBR 151 Yoga**

This course includes history and philosophy of yoga, breathing techniques, basic yoga asanas and yoga systems.

**SBR 153 Developing Sports**

This course provides students with exposure to a wide variety of developing sport and physical activities. Students will achieve a level of satisfaction and enjoyment by participation in physical activities that provide challenge, self-expression and social interaction.

**SBR 155 Aikido**

This course includes the history of aikido, teaching of technical and tactical skills such as break falls, throws grappling, self defense and attendance.

**SBR 130 Cycling**

This course includes bike riding rules, riding and driving positions, shifting, braking and turning on the promotion of basic skills and techniques and includes instructions.

**SBR 132 Outdoor and Adventure Education**

It is examined intrapersonal and interpersonal product of adventure participation in physically and socially unfamiliar learning environment. Students are intended to improve individual awareness through their experience in adventure activities. It will be possible with provide detailed knowledge and goal setting, decision making, problem solving taking risk, effective communication skills to achieved different objectives about adventure education.

**SBR 134 Drama and Animation**

This course includes definitions about drama, creative drama steps, imagination, motion and rhythm, pantomime, improvisation and to introduce creating games, practices of drama steps. The course also includes painting faces, costume, illusion, sweepstake and competitions during animation shows, the definition of organizations for special nights, its history, its place and importance for animation, materials, techniques, which are used and rules, applications.

**SBR 136 Chess II**

This course includes an opening of the game and opening strategy in chess, offending and defending tactics during the game, knowledge regarding ending of the game will be taught in this course.

**SBR 138 Horse Riding I**

This course includes teaching of the history of horse riding and terms used in horse riding, introducing the horse riding clothes and horse equipments, gaining communication skills with horses and learning basic horse riding techniques will be included in this course. In this context, how to mount a horse, how to come off horse, sitting, position and assistance subjects will be examined in this course.

**SBR 146 Volleyball**

This course includes an introduction to the fundamental skills and strategies of organized volleyball. It provides opportunities for students to learn and apply following individual skills: forearm pass, set, spike, block, dig, and serve in recreational environments.

**SBR 148 Canoeing and Rafting**

This course includes fundamental concepts and technical knowledge and skills for canoeing and rafting. Students are supposed to experience canoeing and rafting.

**SBR 156 Go**

This course aims at giving information about the history and philosophy of GO, theoretical information about the tactics of GO will be given if it is needed. In addition to this, there will be practices about Go (solving problems, exercises, Professional game interpretations, etc.)

**SBR 251 Skiing I**

It is examined theoretical concepts and tools of business of skiing, alternative reinforcement, preparation, put on and transport of equipment. Then it contains learning basic skiing exercises, skiing position, climbing techniques, snow plough turn exercises, side slipping, traverse, up hill Christie turn, linked glide Christies and pole plant exercises from easy to difficult, from simple to complex in practically.

**SBR 253 Step-Aerobic I**

This course includes the knowledge of basic information about basic steps in aerobic exercises, organization of choreographic step forms in aerobic, aerobic exercises with music and rhythm activities.

**SBR 255 Table Tennis I**

This course consists of the history of table tennis, introducing of basic special equipments, general game rules like holding and control of rackets are learned in this course.

**SBR 257 Lifesaving I**

This is an elective and pre-requisite course. Prerequisites: at least grade of C in SBR 120 Swimming Techniques. Provide students with the basic lifeguarding skills and knowledge ensuring secure the facility environment for the facility user around and inside the pool area.

**SBR 259 Billiards**

This course includes the sport of billiards to teach basic techniques and rules of the game, fundamentals (stance, grip, bridge, stroke), aiming methods, spin and English, cue ball speed and position control, shot planning, strategy, defensive play, bank and kick shots, jump and masse shots, and the break.

**SBR 261 Bowling**

This course includes various forms of the sport of bowling game play tools - equipment, balls, and consequently, the firing patterns, the score, average and handicap, the rules of knowledge and technical education.

**SBR 263 Judo**

This course includes the history of judo, teaching of technical and tactical skills such as break falls, throws grappling, self defense and attendance.

**SBR 265 Ice Skating**

This course includes figure skating and ice dancing and used to inform the general teaching of basic skills and techniques such as trips, jumps and turns are made.

**SBR 230 Beach Volley**

This course includes and organization of a beach volleyball program, rules, and basic techniques such as underhand pass, serving, spike and block.

**SBR 232 Step-Aerobic II**

This course includes the knowledge of basic information about basic steps, organization of choreographic step forms, step exercises with music and rhythm activities.

**SBR 234 Table Tennis II**

It includes the learning of different hit techniques e.g. forehand and backhand shot, forehand and backhand push, taking out and starting of spins and service. It is also informed about organizations for competition and working.

**SBR 236 Tracking and Backpacking**

It is aimed to gain and caring for the wilderness in mountain; choose and prepare appropriate equipment surviving, navigation, outdoor camping, trekking and hill walking. Students in this course are expected to learn interpersonal and intra personal planning, assessment leadership style depends on situational factors, route finding and navigation abilities, to gain basic concepts about outdoor photography, asses objective and subjective risks to approach the peaks.

**SBR 238 Track and Field**

This course includes fundamental skills and technical aspects in sprints, throwing and jumping events, middle and long distance running. The content is designed for student to apply those skills in recreational environment.

**SBR 240 Diving**

This course includes underwater activities with the necessary information about the underwater world, diving materials, systems and types of diving, boat diving, and coastal features, such as personal safety and the buddy system.

**SBR 242 Taekwondo**

This course includes the history of taekwondo, teaching of technical and tactical skills such as break falls, throws grappling, self defense and attendance.

**SBR 244 Capoeira**

This course includes telling the of the history and the philosophy of Capoeira, types of Capoeira, teaching the levels and terms of Capoeira, instruments, rhythm and songs and figures accompanied by these rhythm and songs and acquiring of basic Capoeira skills.

**SBR 246 Scouting**

This course includes scouting anthem, scouting uniform, arming and signal, scouting equipments, communication techniques, direction finding.

**SBR 248 Sailing and Windsurfing**

It is aimed to learn basic concept and knowledge about sailing and windsurfing. Then it is aimed to gain practical experienced over lake or sea with vary class center boat or surfs. Students in this course are expected to learn center boat type and class, sailing theory, the effect of the wind and water to sailboat and surfs, type of cruising and tack of course, wind direction, sailing rules and fallow the course.

**SBR 309 Skiing II**

It contains to learn basic cross country skiing and elementary alpine skiing techniques upon acquired basic skiing skills. Students in this course will be able to learn alpine and cross country competition disciplines, will have improved basic parallel turn, linked parallel turn, dynamic parallel turn (long radius parallel turn) with kinesthetic exercises. In addition the basic practice of cross country skate techniques will be performed on skies and roller skies in a semester. All exercises will be performed in accordance with technical level on course or out of course or roads to precipitate for advanced skiing techniques.

**SBR 341 Tennis I**

This course includes introduction of modern way of teaching tennis and stages, teaching of micro and mini tennis stages, application of 5 game situations, micro and mini tennis competitions and tennis rules.

**SBR 343 Badminton I**

In this course, historical development of badminton, game rules, analyses of game structure and basic techniques in badminton, e.g. racket hold techniques and jumping will be analyzed.

**SBR 345 Squash**

It covers characteristics of a squash court, racquet, ball types, racquet grip, basic postures and waiting positions, waiting for serving and serving a ball positions, and basic hit techniques.

**SBR 347 Karate**

This course includes the history of karate, teaching of technical and tactical skills such as break falls, throws grappling, self defense and attendance.

**SBR 349 Dancing**

In accordance with the principles of the contemporary dance, this course includes acquiring of basic dance skills and teaching of these skills. In parallel with that, the basic concepts about rhythm and dance, rhythm of music and movement, stance works, walks, partnership and dance harmony are learned.

**SBR 351 Football**

This course covers the philosophy and history of soccer, game rules, basic skills (control of ball, passing techniques, running and jumping) and different football branches (women football, indoor football and recreational football). The content is designed for student to apply those skills in recreational environment.

**SBR 353 Horse Riding II**

After the repetition of basic horse riding techniques which were learnt in SBR 138 Horse Riding I course, moving together with the horse and horse riding techniques (freestyle, gallop, speedy and etc.), changing sides and turns will be studied in this course.

**SBR 355 Winter Mountering**

It contains to learn basic concepts, equipment and techniques knowledge about winter mountaineering practices. Students will gain knowledge and experience devoted to first survival on mountain side, then winter outdoor camping and trekking, risks in winter climbing, alpine climbing techniques, safety procedures for winter climbing party, fundamental of mix climbing (rock-ice-snow) and touring ski (ski mountaineering) activities

**SBR 336 Tennis II**

This course includes an overview of modern way of teaching tennis, teaching of midi and maxi tennis stage, application of 5 game situations in midi and maxi tennis, midi and maxi tennis competitions and tennis rules.

**SBR 338 Badminton II**

This course includes hold grips and strokes which are basic techniques, footwork, deceptive strokes and training methods.

**SBR 358 Yachting**

It is aimed to gain maritime and yachting knowledge and skills upon acquired basic sailing skills. Students in this course will be learn marine life, map info, navigation, knowledge of buoys and lighthouses, cruising and radio operation knowledge on the basis of sailing and yachting. Additionally, yacht and sailboat maintenance and hard-software info, boats maneuver and boat driving information, safety procedures and maritime law topics will be handled theoretically. Then topics about amateur marine studies will be performed with the sailing tours on boat. In this way, student who completed successfully will be able to equipped with knowledge and skills to win ADB (amateur marine license) exam.

**SBR 360 Bocce**

This course includes various forms of the sports of bocce game play tools- equipment, balls, discuss & practice a strike ball, straight ball hand position, handicap handout at the score, Bowl for score and the rules of knowledge and technical education are addressed.

**SBR 362 Lifesaving II**

This is an elective and pre-requisite course. Prerequisites: at least grade of C in SBR257 Lifesaving I. Provide students with the basic lifeguarding skills and knowledge ensuring secure the facility environment for the facility user around and inside the see, lakes and other open water area.

**SBR 364 Golf**

This course includes apply rules and safety procedures, practice sportsmanship and teamwork, and cooperatively participate in a variety of group and individual fitness activities such as the rules, strategy, safety and etiquette of each activity.

**SBR 366 Kickboxing**

This course includes the history of kickboxing, teaching of technical and tactical skills such as break falls, throws grappling, self defense and attendance.

**SBR 368 Orienteering**

This course includes the characteristics of international orienteering maps, usage of orienteering scrip, determination of racetrack for competition, the characteristics of control points, CLUE cards.

**ELECTIVE SPECIALISATION SPORTS COURSES****SBR 463 Specialization in Step-Aerobic I**

This course includes different working methods in step-aerobic, different working methods regarding different age groups, aerobic and step variations and strength and flexibility activities.

**SBR 465 Specialization in Outdoor Sports I**

This course includes examination of activity areas of outdoor sports, training principles of different branches in outdoor sports, techniques and application of rescue in nature, international and national organisations of outdoor sports.

**SBR 467 Specialization in Sailing I**

This course includes training principles of sailing training, teaching methods and approach in sailing instruction and international and national organisations of sailing.

**SBR 469 Specialization in Skiing I**

This course includes training principles of skiing training, teaching methods and approach in skiing instruction and international and national organisations of skiing.

**SBR 471 Specialization in Tennis I**

This course includes review of classical and modern ways of teaching tennis, tennis stages those are micro, mini, midi and maxi tennis stages, teaching of using game based approach in tennis teaching stages, practical application of Biomechanics in Tennis, teaching micro and mini tennis stages, diagnosis related with mistakes in midi and maxi tennis strokes and Midi and Maxi tennis tournaments and their rules.

**SBR 473 Specialization in Swimming I**

This course aims to teach the basic principles of swimming teaching. Competitive swimming strokes analysis and starts, turns and finishes of these styles technical analysis and of will be covered. Some water fun games and initial aquatic exercises for beginners will also be included.

**SBR 475 Specialization in Badminton I**

It covers the practice of shadow badminton, footwork teaching, forecourt strokes training. The course also includes different teaching methods and approaches in badminton.

**SBR 477 Specialization in Table Tennis I**

his course includes different methods which include technical and tactical teaching in the teaching of table tennis, different approaches in teaching stages are studied in this course. Besides observation and evaluation stages in teaching.

**SBR 479 Specialization in Chess I**

The knowledge which is learned in SBR 149 Chess I and SBR136 Chess II will be reinforced and learning of game and location analyses in chess and acquiring of these skills will be included in this course.

**SBR 481 Specialization in Horse Riding I**

The knowledge which is learned in SBR 138 Horse Riding I and SBR 353 Horse Riding II will be reinforced by practice, horse keeping and care principles, Endurance Horse and Dressage competitions, the rules of these competitions and practice of these branches will be included in this course.

**SBR 464 Specialization in Step-Aerobic II**

This course includes relationships between participants and instructor, motivation enhancement techniques, health and safety skills, equipment preparation, team and time management in step-aerobic.

**SBR 466 Specialization in Outdoor Sports II**

This course includes planning of outdoor activities for both basic outdoor sports courses and recreational outdoor sports courses based on the knowledge and experiences of previous outdoor sports courses.

**SBR 468 Specialization in Sailing II**

This course includes planning of sailing activities for both basic sailing courses and recreational outdoor sports courses based on the knowledge and experiences of previous sailing courses.

**SBR 470 Specialization in Skiing II**

This course includes planning of skiing activities for both basic skiing courses and recreational skiing courses based on the knowledge and experiences of previous skiing courses.

**SBR 472 Specialization in Tennis II**

This course includes the role of the coach, communications skills in coach-athlete relationships, tennis related fitness and mental training, learning of teaching mini and macro tennis stages, diagnosis related with mistakes in mini and maxi tennis strokes and Mini and Maxi tennis tournaments and their rules.

**SBR 474 Specialization in Swimming II**

This course aims to teach the basic principles of swimming coaching. Basic training principles for competitive swimming and training methodologies to guide the trainings will also be covered. Physiological principles while building daily, weekly and seasonal planning will be included. At the end of this course, students will learn to construct an annual plan for one swimming season.

**SBR 476 Specialization in Badminton II**

In addition to the practice of shadow badminton and footwork teaching; training and tactical skills of middle and recourt strokes is covered in this course. Students are supposed to prepare a simple badminton training program and badminton tournaments/organizations.

**SBR 478 Specialization in Table Tennis II**

The role of trainer, communication skills and table tennis related physical and cognitive trainings are studied in this course. Students are supposed to prepare a simple table tennis training program and badminton tournaments/organizations.

**SBR 480 Specialization in Chess II**

By constructing a relation between chess and education, methods and different approaches regarding chess teaching will be studied in this course. Students are supposed to prepare a simple chess training program and badminton tournaments/organizations.

**SBR 482 Specialization in Horse Riding II**

Show Jumping, Pony, Three-day-event competitions, the rules of these competitions and practice of these branches will be studied in this course.

## ***ELECTIVE THEORETICAL COURSES***

### **SBR 329 Marketing and Public Relations in Recreation**

During this course will be learned recreational activities or services for marketing strategy development. Course topics: To improve or maintain job develop promotional and marketing, To ensure customer satisfaction service delivery management, communication between staff, evaluation of staff performance, team performance, he development team approach and work programs, etc.. In addition; in the field of recreation or fitness for office work or financial operations development of management strategies, keeping financial records, document management, library resources to create and using information technology the topics covered by the course.

### **SBR 331 Exercise Biomechanics**

This elective course is aimed to improve understanding of mechanical structure and dynamics of human body. Fundamental of mechanics is explained by using exercise movement that will increase the awariness of physical factors affecting human body.

### **SBR 333 Sport Injuries**

This course covers predisposing factors for sports injuries mechanism of injury, sports injury prevention methods, sporting goods and footwear selection, according to the tissue and anatomic regions (upper and lower extremities, spine and head) of sports injuries, approaches treatment of sports injuries and physical therapy and rehabilitation principles, hot and cold environments and altitude in health problems encountered in the exercise and the measures to be taken; circadian rhythm, the doping and hygiene.

### **SBR 335 Leadership Skills in Recreation**

Students who want to work in the field of recreation, leadership skills used in recreation programs and about recreation institutions is designed to inform. This course covers leadership techniques, orientation, group dynamics, communication skills, operating style, problem solving and decision making techniques.

### **SBR 337 Recreation in Special Groups II**

This course includes the need assessment of disadvantaged person (age, gender, class and disability) and society, the planning and management of recreation services for these people. By taking this course, students will develop a project for a special group and apply it.

### **SBR 339 Recreation Services in Municipalities**

This course includes management of recreation services in municipalities, development and analysis of services, alternative resources, development of programs.

### **SBR 326 Commercial Recreation and Tourism**

This course examines commercial recreation and leisure services for travel agency, organization and assessment or services.

### **SBR 328 Sociocultural Issues in Recreation**

This course includes discussions about recent social and cultural issues in recreation and leisure, particularly in academic field. By taking this course, students will learn how to analyze sociocultural issues such as gender, race, ethnicity, religion and social class affect recreational experiences of various populations.

### **SBR 330 Massage**

This course includes the history of massage, physiological effects, endication and kontraendications, massage equipments, basic manipulation techniques (eflöräj, petrisaj, vibration, tapotman, friction) and sport massage applications.

### **SBR 332 Planning Applications in Recreation**

This course includes planning and applications of recreation services in different recreation fields. Students will make plans for recreation services under the guidance of instructor.

**SBR 334 Exercise Prescriptions**

This course will provide students with practical and theoretical experiences in exercise prescription. The participants will be presented with case studies for various populations and diseases states. This course will also define the science behind cardiovascular and resistance training program for apparently healthy individuals and those with controlled disease. By taking this course, students will learn how to prescribe preventative exercise programs based on various populations and diseases.

**BIO 344 Ecology and Environment**

This course includes fundamental concepts of ecology, territorial and aquatic ecosystems, ecological problems, environment pollutions.