

HACETTEPE UNIVERSITY
SCHOOL OF SPORT SCIENCES AND TECHNOLOGY
SPORT RECREATION PROGRAM

SBR 111 Introductions of Sport and Recreation

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 exercises and sports in recreation, importance of recreation in human needs.

SBR 115 Sociology of Leisure Time

This course examines the historical development of leisure time and affects of social factors (population, technology, urbanization etc.); social and individual importance of leisure time activities; making typologies of leisure time activities and these typologies' description of development of society and individual; importance of family, school, association and government who arranges leisure time activities, clarification of leisure time activities according to socio-cultural and economic characteristics and rural-urban structures; and leisure time activities according to different groups (child, aged, disabled); importance and function of play.

SBR 117 Recreation Management I

The course is concerned with the teaching of administrative processes necessary for the organization of a recreational body, its administrative principles and also of duties and current functioning of such bodies in Turkey.

SBR 119 Sports History and Philosophy

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 and fair play concepts in sports, aspects of the Olympics through the years, examining of functions of philosophy in sports by using philosophic trends.

SBR 121 Track and Field

It includes introduction to all track and field disciplines, general and technical information about these disciplines, teaching of these disciplines both theoretically and practically.

SBR 123 Basketball

It includes basketball fundamentals, ball handling ,passing, dribbling, footwork, shooting, rebounding, moves with and without the ball, individual and team defense and offense,fastbreak organization and rule knowledge,indoors and outdoors organizations for players of different ages.

SBR 125 Gymnastics

It includes learning the general theory and the basic techniques of gymnastics and acquiring skills in gymnastics

SBR 127 Computer

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

SBR 131 Shooting

It includes learning the general theory and the basic techniques of shooting and acquiring skills in shooting.

SBR 133 Folk Dances

It includes the appearance of Anatolian Turkish 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, and special activities of students.

SBR 135 Body Building

This course focuses on equipment for developing muscular system, suitable exercises, hypertrophic muscle development and other strength development methods.

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 punctations, constructive suffixes, adverbs, particles.

SBR124 Functional Anatomy

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.

SBR 128 Statistics

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, non-parametric statistics, the chi-square distribution, analysis of frequencies, analysis of variance, correlation analysis, simple linear regression analysis.

SBE 140 Recreation

This course contains identify factors that influence participation to recreation, recreational areas resources and their capacities, recreation and leisure services profession, applied planning process for recreation, describe leadership perspectives in the view to recreational leadership for services, an activity experience.

SBR 142 Exercise and Sport Psychology

This course covers definition and concepts of exercise psychology, exercise adherence, psychological aspects of exercise, exercise, physical fitness and personality, theoretical models of exercise behavior, motivating exercise behavior, principles of cognitive and behavioral change strategies, counselling in fitness profession, leadership and group dynamics, exercise and special groups.

SBR 144 First Aid

This course 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.

SBR 150 Volleyball

It includes teaching basic techniques of introductions of volleyball general and technical knowledges. Teaching some specific techniques with theoretics and practices.

SBR 152 Swimming I

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

SBR 154 Aerobic-Steps

It includes learning the basic techniques of steps-aerobic and acquiring skills in steps-aerobic, doing exercise with music.

SBR 162 Bicycle

It includes learning the general theory and the basic techniques of bicycle and acquiring skills in bicycle.

SBR 164 Golf

It includes learning the general theory and the basic techniques of bicycle and acquiring skills in bicycle.

SBR 170 Outdoor Activities (Summer Course)

It includes introduction and concepts of trekking and backpacking, concepts and features of wilderness life, organisation and planning of outdoor activities, concepts, techniques and equipments of trekking, concepts, techniques and equipments of camping, navigation, wilderness risks and survival.

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 punctations, constructive suffixes, adverbs, particles.

SBR 209 Research Methods

This course 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.

SBR 211 Recreation Management II

This course deals with the teaching of authority, tasks and responsibilities of recreation leaders, the aims of the international and Turkish recreational institutions and the place and importance of recreation within the governmental policies.

SBR 213 Physical Activity and Nutrition

This course includes an introductory study of the principles of nutrition; functions of carbohydrates, lipids, proteins, minerals, vitamins and water in the body; their effects on physical activity; principles of nutrition with regard to age, sex, and medical conditions with physical activity; weight management physical activity interactions.

SBR 215 Communication and Public Relations

This course examines the definition and functions of communication concept, explanation of the types and processes of communication, determination of relationship between communication and culture, giving affect processes of mass media with theories, definition of public relations and establishing relations with advertisement, marketing, propaganda, lobbying and ombudsman; indicating using of written and visual means, festivals, contests, exhibitions and meetings in public relations; research, gathering knowledge, planning, application, and evaluation processes.

AİT 203- Atatürk's Principles and the History of the Revolution

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.

SBR 221 Swimming II

It includes the learning and teaching of the fundamentals of techniques and the skills, and the examinations of the theoretical information about the life saving, first aid and survival.

SBR 223 Aerobic-Steps II

It includes introduction and teaching of aerobics-step techniques, and organizations.

SBR 225 Skiing I

It includes the definition and short history of alpine skiing, advertisement of equipments used in skiing, trying to begin Alpine skiing, giving skills of snowplough, travers, sidesliding and step turn.

SBR 227 Exercise Physiology

This course examines cell structure and organelles, structure of muscle fiber, muscle contraction mechanism, structure of neuron cell, generation and propagation of the action potential, structure and functions of nervous system, respiratory system and physiology, circulatory system and physiology, energy systems, energy systems in relation to sports activity, recovery from exercise, muscle fiber types, respiratory response to exercise, cardiovascular response to exercise, concepts of maximum oxygen uptake and anaerobic threshold, adaptations to strength and endurance exercise.

SBR 231 Scuba Diving I

It includes learning theoretical and practical skills and knowledge of diving.

SBR 233 Table Tennis

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

SBR 235 Ice Skating

It includes learning the general theory and the basic techniques of skating and acquiring skills in acquiring.

SBR 237 Combat Sports

It includes the history of combat sports (Taekwondo, Karate, Judo etc.), and techniques and tactical skills about these sports.

SBR 239 Bowling

It includes learning the general theory and the basic techniques of Bowling and acquiring skills in bowling.

IYB 282 Introduction to Management

This course covers economic life and business, objectives and types of firms, business System, foundation of business, legal structure of firms, merger of firms Management, management history, management functions, main functions of businesses, production, marketing, finance, human resource management, public relations, decision making.

SBR 222 Psychomotor Development

This course covers 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 behavior.

SBE 250 Dance Education

It includes 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. Acquiring basic dance figures skills in the light of the principles of contemporary dancing, learning and teaching to reflect emotions through those skills.

SBR 252 Educational Games

It includes how to teach various educational games of practices to acquire, keep and develop the basic skills for different physical characters and age groups.

SBR 256 Fitness I

It includes exercises for maintaining for healthy life, variety of applications for providing skeletal muscles to gain and prolong desirable level, exercises for aerobic endurance.

SBR 258 Massage

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.

SBR 274 Sports for Handicapped People

It includes the definition of sports as it relates to handicapped individuals, explanation of the components of IEP, behaviour modification, teaching techniques for those with handicapped individual.

SBR 260 Rowing

It includes learning the general theory and the basic techniques of rowing and acquiring skills in rowing.

SBR 262 Archery

It includes learning the general theory and the basic techniques of archery and acquiring skills in Archery.

SBR 264 Canoe

It includes learning the general theory and the basic techniques of canoe and acquiring skills in rowing.

SBB 266 Beach Volleyball

It includes teaching basic techniques of introductions of volleyball general and technical knowledges.

SBR 268 Scuba Diving II

It includes learning the general theory and the basic techniques of diving and acquiring skills in diving.

SBR 270 Sailing and Wind Surfing (Summer Course)

It includes the 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.

SBR 272 Rock Climbing (Summer Course)

It includes the 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, bouldering and top rope climbing, absailing skill and techniques, sport climbing, leading and placing protections, special rope techniques, aid climbing techniques.

AİT 204 Atatürk's Principles and the History of the Revolution

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.

IYB 369 Management Organization

This course covers 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, and career management.

SBR 311 Recreation Education I

This course covers development and its characteristics as a age groups, education, learning, child and young education, adult education, teaching of recreation actives to varied age group, teaching methods.

SBR 313 Animation

This course covers the definition and history of face pointing, ensemble, illusion, competitions and special days organization in the animation shows; and the importance of them in the animation; and fools techniques, rules and practices of the animation.

SBR 315 Drama

This course covers the different definitions of drama to introduce the creative drama, steps imagination, rhytm movement, pantomime, inspriration and creative play; and practices an creative drarama steps.

SBR 321 Fitness II

It includes exercises for maintaining for healthy life, variety of applications for providing skeletal muscles to gain and prolong desirable level, exercises for aerobic endurance.

SBR 323 Skiing II

It includes definition of skiing, advertisement and upkeep of equipments, giving skills of travers, side sliding, step turn and parallel turn.

SBR 325 Outdoor Activities II

It includes introduction and concepts of winter trekking and backpacking, concepts and features of wilderness life on field of snow, organisation and planning of outdoor activities for winter, concepts, techniques and equipments of trekking on field of snow, techniques and equipments of camping on field of snow, snow shelters, navigation in snow condition, wilderness risks and survival in winter conditions.

BIO 344 Ecology and the Environment

This course covers fundamentals of ecology, terrestrial and aquatic ecosystems, population ecology, community, ecological problems, and environmental pollution.

SBR 340 Recreation Education II

This course covers development and its characteristics as a age groups, education, learning, child and young education, adult education, teaching of recreation actives to varied age group, and teaching methods.

SBR 342 Physical Activity and Health

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.

SBR 344 Guidance of Youth

It includes definition of guidance, basic principles of guidance, guidance types, guidance strategies and processes, guidance methods, group, guidance of group, youth and youth activities, youth orientations, youth centers, evaluation processes.

SBR 352 Handball

It includes history of the handball, rules of the handball games, individual offence, individual defence, group offence, group defence, team offence, team defence, goalkeeper in handball, outdoor handball, and beach handball.

SBR 356 Sport Tourism and Guidance

This course examines the definition of tourism, its variety, definition of sport tourism and advertising its areas, planning and application of sport organizations in tourism sector, areas of guiding, importance of guiding in sport tourism and evaluation of socio-economic effects of sport tourism ans its organizations in the world and in Turkey.

SBR 370 Internship I

It includes observation of recreational activities in various regions, circles and institutions.

SBR 411 Project I

This course examines the determination of problems of a project subject, research methods and sampling; doing a literature search for theoretical basis.

SBR 413 Internship II

It includes observation of recreational activities in various regions, circles and institutions.

SBR 421 Skiing III

This course examines the advertisement and upkeep of equipments used in skiing, applying advanced skiing techniques and improving skiing skills in different snow surfaces.

SBR 423 Aerobic-Steps III

It includes introduction and teaching of aerobics-step techniques, and organizations.

SBR 425 Swimming

It includes the technical analysis of butterfly, backstroke, breaststroke and freestyle techniques.

SBR429 Fitness III

It includes the definitions and purposes of fitness and physical fitness, factors effecting the physical fitness, components of physical fitness. Furthermore it includes, theory and practice of body composition techniques and determination of aerobic power in laboratuvar and field.

SBR 431 Sailing and Windsurfing II

It includes sailing rigs and special features in competition class sailing boat and windsurfs, aerodynamic and hydrodynamic fundamentals which are effect sails and boats, sailing on different weather and water patterns, competion techniques, basic compation rules and course preparation, safety and resque skills in the water, individual and group education techniques and teaching methods, motivation methods, team management and organization.

SBR 440 Project II

It includes the preparation of theoretical basis of a project proposal and doing its practice, analyzing data and discussion of conclusions.

SBR 442 Internship III

It includes observation of recreational activities in various regions, circles and institutions.

SBR 450 Skiing IV

It includes the advertisement and upkeep of equipments used in skiing, applying advenced skiing techniques and improving skiing skills in different snow surfaces.

SBR 452 Aerobic-Steps IV

It includes skills and knowledge based on theoretical foundations of steps-aerobic, individual and group relations motivation methods, skills for introducing measures for health and safety, preperation of equipment, group management, and efficient use of time.

SBR 454 Swimming

It includes the technical analysis of butterfly, backstroke, breaststroke and freestyle start, turn, finishing techniques and drills and teaching methods.

SBR458 Fitness IV

It includes the measurement and evaluation of anaerobic power and capacity, determination of energy consumption in different types of activities, athletic training principles and components of training, exercise prescriptions on strength and aerobic and anaerobic endurance, and periodization of training program on strength and endurance.

SBR 462 Outdoor Activities IV

It includes knowledge of climbing and wildernes travel area in Turkey and the world, organization policies of local, national and international level, to study subjects which effect personal and group mountaineering performans about princibles of traning, paterns of exercise

physiology, social psychology skills in climbing, nutrition for mountaineers and athletic health and injury prevention in mountaineering structure, urban search and rescue principles, national and international mountaineering organization and mountain guide proficiency, planning of climbing and wilderness travel party for beginners by reflection of their knowledge and mountaineering fundamentals.