

BAH 501 Scientific Research Methods					Training and Movement Science in Sport Master Program				
Semester	Teaching Methods						Credits		
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
1	42	-	84	-	24	-	150	3	5
Language	Turkish								
Compulsory / Elective	Compulsory								
Prerequisites	No								
Course Contents	Basic Concepts In Scientific Research,Types Of Research,Methods And Models,Criterias To State Problem ,Hypothesis And Assumptions ,Limitations Descriptions Methodology ,Population And Sampling Data Gathering Analysis Of Data ,Sources Of Data Bibliography Preparing Research Proposal ,Important Notices To Write And Publish Research Proposal, Thesis And Paper,Evaluation Of Research.								
Course Objectives	To Have Necessary Theoric And Practical Knowledge And Skill To Prepare A Scientific Research								
Learning Outcomes and Competences	To Be Able To Do A Scientific Research And Write Thesis ,Report And Paper								
Textbook and /or References	<p>-Alpar,R.,Spor Bilimlerinde Uygulamalı İstatistik, Nobel Yayın Dağıtım, Ankara, 2001.</p> <p>-Arıkan, R, <i>Araştırma Teknikleri ve Rapor Yazma</i> . 3. bs. Ankara: Gazi Kitabevi, 2000.</p> <p>-Balcı, A., Sosyal Bilimlerde Araştırma, PegemA Yayıncılık, Ankara, 2001.</p> <p>-Bordens, Kenneth S. and Bruce B. Abbott. Research Design and Methods., McGraw Hill, USA, 2002.</p> <p>-Büyüköztürk, Ş. Deneysel Desenler: Öntest-Sontest Kontrol Grubu Desen ve Veri Analizi. PegemA Yayıncılık, Ankara: 2001.</p> <p>-Day, R.A., Bilimsel Makale Nasıl Yazılır, Nasıl Yayımlanır,(çev.Gülay Aşkar Altay) Tubitak Yayınları, Ankara, 1996.</p> <p>-Kaptan, S., <i>Bilimsel Araştırma ve İstatistik Teknikleri</i>. 10. bs. Ankara: Tekişik, 1995.</p> <p>-Karasar,N.,Bilimsel Araştırma Yöntemi,,Nobel Yayın Dağıtım, 12.bs. ,Ankara, 2003.</p> <p>-Karasar, N., <i>Araştırmalarda Rapor Hazırlama</i>. 8. bs. 3A Araştırma Eğitim, Danışmanlık Ltd. Şti., 1995.</p> <p>-Thomas ,J., Nelson, J., Research Methods in Physical Activity ,5th Edition , USA,2005.</p> <p>-Yıldırım ,A. and Şimşek, H., <i>Sosyal Bilimlerde Nitel Araştırma Yöntemleri</i>. 2. bs. Ankara: Seçkin, 2000.</p>								
Assessment Criteria						If any, mark as (X)	Percent (%)		
	Midterm Exams					X	25		
	Quizzes								
	Homeworks								
	Projects								
	Term Paper					X	25		
	Laboratory Work								
	Other								
Final Exam					X	50			
Instructors	Prof. Dr. Ömer Şenel , osenel@gazi.edu.tr								
Week	Subjects								
1	Basic Concepts In Science And Research								
2	Methods And Kinds Of Research								
3	Criterias For Selection Of Problem								
4	Hypothesis And Assumptions								
5	Limitations And Terms								
6	Methodology , Research Models								
7	Population And Sampling								
8	Gathering And Evaluation Of Data								
9	Mistake And Control In Research								
10	Data Sources								
11	Bibliography								
12	İmportant Notices To Write Report ,Thesis And Paper								
13	Research Proposal								
14	Evaluation Of Research								

BAH 502 Master Seminar						Training and Movement Science in Sport Master Program			
Semester	Teaching Methods							Credits	
	Lecture	Recite	Lab.	Project	Homework	Other	Total	Credit	ECTS Credit
2	42	-	-	50	42	16	150	3	5
Language	Turkish								
Compulsory/ Elective	Compulsory								
Prerequisites	None								
Course Contents	Specific studies on sport management and organization. Collecting and analysing the data related to the specified problem. Determining affinities on recreation studies in the field of Scientific researches. Dissertation the today's literature on sport management and organization. Developing the research designs related to appropriate study area of sport management and organization.								
Course Objectives	At the end of this course students will be able to understand and evaluate the statistical data. Besides they can define the theories, approaches, designs, methods and procedures which are necessary to regulate the evaluation analysis. They approach the scientific researches critical and prepares articles adequate to scientific research methods.								
Learning Outcomes/ Competences	To be able to study scientific, approach critical and prepare articles adequate to scientific research methods.								
Textbook and/or references	-Hubbard, A. W. (1973). Research Methods in Health, Physical Education, and Recreation. Third Revised -Mitra, A., & Lankford, S. (1998). Research Methods in Park, Recreation, and Leisure Services -Karasar, N. (1991). Bilimsel Araştırma ve İstatistik Teknikleri, 10. Baskı, Tekışık, Ankara. -Zeisel, H. (1982). Sosyal Araştırmalarda Sayısal Anlatım, Çev. Onur Kumbaracıbaşı, Gazi Üni. Yayını, Ankara. -Day, R.A. (1997). Bilimsel Bir Makale Nasıl Yazılır ve Yayınlanır. 2. Baskı, Çev. G.A. Altay, Tübitak Yayını, Ankara.								
Assessment Criteria								If any, mark as (X)	Percent (%)
	Midterm Exams								
	Quizzes								
	Homework							X	50
	Projects								
	Term Paper								
	Laboratory Work								
	Other								
Final Exam							X	50	
Instructors	Faculty of instructors								
Week	Subject								
1	Concept of course and defining literature								
2	Specific studies in the Sport Management and Organization								
3	Specific studies in the Sport Management and Organization								
4	Specific studies in the Sport Management and Organization								
5	Affinities and approaches of Sport Management and Organization in scientific researches								
6	Investing the today's literature in Sport Management and Organization								
7	Investing the today's literature in Sport Management and Organization								
8	Preparing article								
9	Preparing article								
10	Preparing article								
11	Preparing article								
12	Presentation / Argument								
13	Presentation / Argument								
14	Presentation / Argument								
15	General Evaluation, Presentation / Argument								

BAH 503 SPORT PHYSIOLOGY					Training and Movement Science in Sport Master Program		
Semester	Teaching Methods					Credits	
	Theoretical	Practice	Lab.	Other	Total	Credit	ECTS Credit
1	42	66	-	42	150	3	5
Language	Turkish						
Compulsory / Elective	Elective						
Prerequisites	No						
Course Contents	The structure and functions of cell, tissue, organs and systems that compose human body. Acute and chronic response of organism to the physical activity, energy sources, physiological foundation of training, fatigue, recovery, nutrition, adaptation of organism to different conditions and measurement of performance.						
Course Objectives	Teaching the function of systems and the response of them to the exercise in different conditions.						
Learning Outcomes and Competences	Knowing the functions and the response to exercise of organism.						
Textbook and/or References	<ul style="list-style-type: none"> - M. Günay, K. Tamer, İ. Cicioğlu: Spor Fizyolojisi ve Performans Ölçümü, Gazi Büro Kitabevi, Ankara, 2005, - E.L. Fox, R.W. Bowers, M.L. Foss : The Physiological Basis Of Physical Education and Athletics, Saunders College Publ.Com., New York 1988. - MacDougal J. Duncan, WengerHoward A., Howard J. Green: Physiological Testing of High-Performance Athlete. Human Kinetics, Champaign, Illionis 1990 						
Assessment Criteria					If any, mark as (X)	Percent (%)	
	<i>Midterm Exams</i>				X	50	
	Quizzes						
	Homeworks						
	Projects						
	Term Paper						
	Laboratory Works						
	Other						
Final Exam				X	50		
Instructors							
Week	Subjects						
1	Introduction to the physiology						
2	Cell, tissue and systems, energy systems						
3	Exercise and Recovery						
4	Muscles and exercises						
5	Nervous system and exercise						
6	Respiratory system and exercises						
7	Mid term						
8	Gas transportation in blood						
9	Circulation system and exercise						
10	Blood and circulation						
11	Hormonal system and exercise						
12	Exercises in different environment						
13	General review						
14	Final						

BAH 504 GENERAL TRAINING THEORY					Training and Movement Science in Sport Master Program		
Semester	<u>Teaching Methods</u>					<u>Credits</u>	
	<u>Theoretical</u>	<u>Practice</u>	<u>Lab.</u>	<u>Other</u>	<u>Total</u>	<u>Credit</u>	<u>ECTS Credit</u>
2	42	66	-	42	150	3	5
<u>Language</u>	Turkish						
<u>Compulsory / Elective</u>	Elective						
<u>Prerequisites</u>	No						
<u>Course Contents</u>	Concept of training and basic principles, effects of training on organism, fatigue, recovery, parts of training, planning, micro, macro, annual plan, load and basic principles, overtraining, ageability selection in sport, development of biomotor ability.						
<u>Course Objectives</u>	Teaching of training planning						
<u>Learning Outcomes and Competences</u>	Learning of training plan						
<u>Textbook and/or References</u>	Sevim, Y.; Antrenman Bilgisi, Nobel yayınevi, Ankara, 2002						
Assessment Criteria						If any, mark as (X)	Percent (%)
	<i>Midterm Exams</i>					X	50
	Quizzes						
	Homeworks						
	Projects						
	Term Paper						
	Laboratory Works						
	Other						
Final Exam					X	50	
<u>Instructors</u>	Prof. Dr. Ömer ŞENEL osenel@gazi.edu.tr						
<u>Week</u>	<u>Subjects</u>						
1	Training Theory and its historical improvement						
2	Identification of training and its principles						
3	The effect of training to the organism						
4	Strength						
5	Strength						
6	Endurance						
7	Mid Term						
8	Speed						
9	Agility						
10	Coordination						
11	The example trainings for strength, endurance and speed						
12	The example trainings for strength, endurance and speed						
13	The example trainings for strength, endurance and speed						
14	Training and its principles						

BAH 505 PRINCIPLES of COACHING EDUCATION					Training and Movement Science in Sport Master Program				
Semester	Teaching Methods						Credits		
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
1	42	-	84	-	24	-	150	3	5
Language	Turkish								
Compulsory / Elective	Compulsory								
Prerequisites	No								
Course Contents	Training concept and basic principles, coach and definition, coach working methods, coach types, coach training, basic coach training program, draft stages of coach training, training stages, structure and example of coach training in the European Union, coach breeding models in other countries. The effects of training on the organism, fatigue, recovery, training departments, planning, micro, macro, annual planning, loading and basic principles, overtaking, sporde talent selection, development of biomotor skills.								
Course Objectives	Teaching about coaching and development, Teaching of training planning to students								
Learning Outcomes and Competences	Learning of coaching and development, Learning of training planning								
Textbook and /or References	Sevim, Y.; Antrenman Bilgisi, Nobel yayınevi, Ankara, 2002 Sevim, Y.; Tuncel, F.; Erol, E.; Sunay, H; Antrenör Eğitimi ve İlkeleri, Gazi Kitabevi, Ankara, 2001								
Assessment Criteria						<i>If any, mark as (X)</i>		Percent (%)	
	Midterm Exams					X		25	
	Quizzes								
	Homeworks								
	Projects								
	Term Paper					X		25	
	Laboratory Work								
	Other								
Final Exam					X		50		
Instructors	Yrd.Doç.Dr. Salih SUVEREN Yrd.Doç.Dr. Serdar ELER								
Week	Subjects								
1	Basic Concepts of Physical Education and Spore, Training Planning and Periodicity								
2	Physical Education and Spread Publications, Training Planning and Periodicity								
3	Physical Education and Sporda Occupational Fields, Sporda Tests								
4	Development of Physical Education and Sports in the World. Sporda Observation and Evaluation								
5	New Understanding in Physical Education in Modern Thought, Sporde Heating								
6	Development of Physical Education and Sports in Turkey. Sportsman Feeding								
7	Physical Education and Sporda Leading Educators. Sporda Doping and Exercise								
8	Qualifications Developed by Physical Education. Coach and Psychology								
9	Objectives of Physical Education Course. Children and Youth Sports								
10	Elements Systematizing the Scope of Sports. Women and Sports								
11	Sports Types and Branches. Sports in the elderly								
12	Differentiation of Sports Types on the basis of Sports Branch Groups. Sporda Technical and Tactical Teaching Principles								
13	Main Fields Included in the Scope of Physical Education and Sports.								
14	Physical Education and Spore Other Subjects (Sports and Health, Leisure and Sports, Sports and Ethics, Sports and Media)								

BAH 506 Kinesiologic And Biomechanical Foundations Of Human Movement					Training and Movement Science in Sport Master Program				
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
2	42	-	-	50	42	16	150	3	5
Language	Turkish								
Compulsory / Elective	Elective								
Prerequisites	No								
Course Contents	Biomechanics in physical education and athletics, Basic concepts,(work, strenght, Power, velocity, impuls, momentum, torque, energy) Motion and forms of motion, Linear kinematics, Angular kinematics, Linear Kinetics, Angular Kinetiks, Equilibrium and centre of gravity in the human body, The body as a lever system, Analysis of joint mechanics, Mechanics of Cardiovascular system Analysis of Force acting on human body of sports techniques , Analysis of Sports techniques (Running, jumping, throwing, gymnastics, football, Basketball, Swimming) Human performance analysis, (Muscle and joint acting),								
Course Objectives	Giving the principles of mechanics for physical education and sports -Analyze exercise movement using basic laws of physics (levers, torque, mass, power, velocity, gravity, etc.) -Demonstrate knowledge of the skeletal and muscular systems of the human body. -Identifies major muscle groups involved in human movement								
Learning Outcomes and Competences	-Learning the principles of mechanics for physical education and sports to applicate -learn the basic anatomical and kinematic and kinetic concepts - learn how the human movement generates movement -Larnn the kinematic concepts laws and principles that govern the human movement motion, - learn the forces action on thhe body in a fluid and how the human body motion is effected.								
Textbook and /or References	- James G.HAY, The Biomechanics of Sports Techniques, Prentice Hall Inc.New Jersey, Third Ed. 1985 - Susan J. Hall, Basic Biomechanics Mosby Year book, 1991. - Barbara A. Gowitzke, Understanding the Scientific Bases of Human Movement,Williams& wilkins 1972 -Thompson & Floyd, Manual of Structural Kinesiology (15th Ed.), McGraw-Hill Publishers, 2004wilkins								
Assessment Criteria						If any,mark as (X)	Percent (%)		
	Midterm Exams					X	20		
	Quizzes					-	-		
	Homeworks					X	15		
	Projects					-	-		
	Term Paper					X	15		
	Laboratory Work					-	-		
	Other					-	-		
Final Exam					X	50			
Instructors	Assoc.Prof.Dr. Latif AYDOS (aydost@gazi.edu.tr)								
Week	Subject								
1	Applies fundamental Kinesiological and mechanical principles to the human musculoskeletal system								
2	Biomechanics in physical education and athletics, Basic concepts,(work, strenght, Power, velocity, impuls, momentum, torque, energy)								
3	Motion and forms of motion, neuro muscular activation patterns								
4	Linear kinematics, Angular kinematics, Linear Kinetics, Angular Kinetiks, (kinematics,kinetics)								
5	Equilibrium and centre of gravity in the human body, İnterrelationship among centre of the gravity base of support balance, stability and proper spinal alignment								
6	The body as a lever system, Analysis of joint mechanics (musculotendon mechanics)								
7	Mechanics of Cardiovascular system								
8	Midterm								
9	Structure and chemistry of skeletal muscle								
10	Analysis of Force acting on human body of sports techniques Musculoskeletal force								
11	Analysis of Sports techniques (Running, jumping, throwing, gymnastics, football, Basketball, Swimming								
12	Analysis of Sports techniques (Running, jumping, throwing, gymnastics, football, Basketball, Swimming								
13	Human performance analysis, (Muscle and joint acting),								
14	Biomechanics of throw-like motions: Throwing, striking, kicking								

BAH 507 Technics, Tactical Training In Sports and Condition Training Methods					Training and Movement Science in Sport Master Program				
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
2	42	-	-	50	42	16	150	3	5
Language	Turkish								
Compulsory / Elective	Elective								
Prerequisites	No								
Course Contents	Concept of condition training and basic principles, load and basic principles, technics and tactical training and basic principles.								
Course Objectives	Concept of condition training and basic principles, load and basic principles, technics and tactical training and basic principles.								
Learning Outcomes and Competences	Concept of condition training and basic principles, load and basic principles, technics and tactical training and basic principles.								
Textbook and /or References	Sevim, Y.; Antrenman Bilgisi, Nobel yayinevi, Ankara, 2002								
Assessment Criteria						<i>If any, mark as (X)</i>	Percent (%)		
	Midterm Exams					X	20		
	Quizzes					-	-		
	Homeworks					X	15		
	Projects					-	-		
	Term Paper					X	15		
	Laboratory Work					-	-		
	Other					-	-		
Final Exam					X	50			
Instructors									
Week	Subject								
1	Concept of Strength principles								
2	Strength training method and principles								
3	Concept of endurance and principles								
4	Endurance training methods								
5	Midterm								
6	Concept of sprint and principles								
7	Sprint training method and principles								
8	Concept of agility and principles								
9	Agility training method and principles								
10	Concept of coordination and principles								
11	Coordination training method and principles								
12	Technical training methods								
13	Tactical training methods								
14	FINAL								

BAH 508TRAINER (SPORT) PSYCHOLOGY AND MOTIVATION					Training and Movement Science in Sport Master Program				
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
2	42	-	-	50	42	16	150	3	5
Language	Turkish								
Compulsory / Elective	Elective								
Prerequisites	No								
Course Contents	Definition, basic concepts, purpose, development and present study areas, cognitive, affective and personality factors affecting spudal performance, psychological training, competition, sporda group dynamics and dynamic								
Course Objectives	Psychological preparation of the athlete before, during and after the competition and elimination of psychological problems								
Learning Outcomes and Competences	Success at the end of the lesson in the elimination of psychological problems and psychological problems before, during and after the competition								
Textbook and /or References	Emin KURU, Spor Psikolojisi, Gazi Basimevi, Ankara 2000.								
Assessment Criteria						<i>If any, mark as (X)</i>	Percent (%)		
	Midterm Exams					X	20		
	Quizzes					-	-		
	Homeworks					X	15		
	Projects					-	-		
	Term Paper					X	15		
	Laboratory Work					-	-		
	Other					-	-		
Final Exam					X	50			
Instructors	Prof. Dr. Emin KURU								
Week	Subject								
1	Basic facts that prepare the ground for performance								
2	Factors affecting performance; Motivation, motivation								
3	Individual motive events, pre-competition general events, motivational method								
4	Personality; Determinants, approaches, personality theories, personalities of ath.								
5	Stress; Basic concepts, factors creating stress, effects of stress								
6	Spectator psychology								
7	Midterm								
8	Attendance and aggression; Basic facts, social and psychological reasons of agg.								
9	Stress events in the world and in Turkey								
10	Management psychology, communication in management, leadership,								
11	Management and stress								
12	Sporda abnormal behavior								
13	Fairplay and sports								
14	Final exam								

BAH 509 Principles of Nutrition in High Performance Sports					Training and Movement Science in Sport Master Program				
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
2	42	-	-	50	42	16	150	3	5
Language	Turkish								
Compulsory / Elective	Elective								
Prerequisites	No								
Course Contents	Definition of nutrition, factors effecting nutrition, and importance of sport nutrition. Energy metabolism, energy value of nutrients and calculation of energy requirement in different activities, relationship between nutrients and performans. Determination of nutritional principles of different sport branches in different periods.								
Course Objectives	Teaching fundamental principles of nutrition and sport nutrition. Explanation of functions nutrients and relationship with performance.								
Learning Outcomes and Competences	Knowing fundamental principles of nutrition and sport nutrition. Understanding of functions nutrients and relationship with performance.								
Textbook and /or References	1- Doris H. Calloway, Kathleen O. Carpenter : Nutrition and Health, Saunders College Publishing, N.York, 1982, 2- H. Sündüs Peker : Sporda Beslenme, 3. baskı, Gen Matbaacılık, Ankara 1996. 3- Konopka, P. : Spor Beslenmesi Çeviri. Hale Harputluoğlu, Bağırhan Yayımevi 2000. 4- Gülgün Ersoy : Egzersiz ve Spor Yapanlar için Beslenme, 3. baskı Nobel yayın dağıtım, 2004								
Assessment Criteria						<i>If any, mark as (X)</i>		Percent (%)	
	Midterm Exams								
	Quizzes								
	Homeworks								
	Projects								
	Term Paper								
	Laboratory Work						X		50
Other									
Final Exam						X		50	
Instructors	Doç.Dr. İbrahim Cicioğlu								
Week	Subject								
1	Definition of nutrition, factors effecting nutrition, importance of nutrition in sports								
2	Energy metabolism, basal metabolism, energy values of nutrients, factors determines energy consumption								
3	Energy sources, replenishment of energy sources during recovery, energy consumption and calculation								
4	Nutrients and physical performance, functions and metabolism of carbohydrates, fats and proteins								
5	Functions and effects on performance of vitamins, water soluble and fat soluble vitamins								
6	Minerals and essential elements								
7	Water, and water metabolism, dehydration, rehydration, water balance								
8	Principles of nutrition in strength and speed sports								
9	Principles of nutrition in endurance sports								
10	Principles of nutrition in team sports								
11	Body weight control in athletes								
12	Ergogenic aid in sport, presentation of term papers								
13	Doping and doping control in sports, presentation of term papers								
14	Presentation of term papers								

BAH 510 Training Planning And Principles						Training and Movement Science in Sport Master Program			
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
2	42	-	-	50	42	16	150	3	5
Language	Turkish								
Compulsory / Elective	Elective								
Prerequisites	No								
Course Contents	Concept of training and basic principles, effects of training on organism, fatigue recovery, parts of training, planning, micro, macro, annual plan, load and basic principles, overtraining, ability selection in sport, development of biomotor ability.								
Course Objectives	Teaching of training plan								
Learning Outcomes and Competences	Learning of training plan								
Textbook and /or References	Sevim, Y.; Antrenman Bilgisi, Nobel yayinevi, Ankara, 2002								
Assessment Criteria						<i>If any, mark as (X)</i>	Percent (%)		
	Midterm Exams					X	30		
	Quizzes								
	Homeworks								
	Projects								
	Term Paper					X	20		
	Laboratory Work								
	Other								
Final Exam					X	50			
Instructors	Asst.Prof.Dr. Salih SUVEREN, Asst.Prof.Dr. Serdar ELER								
Week	Subject								
1	Concept of training and principles								
2	Training loading and elements								
3	New approach on training theory								
4	Training theory, Prerequisites, aims, methodic area, practice and control								
5	Training planning and principles								
6	Annual plan and principles								
7	Midterm								
8	Weekly training plan and practical principles								
9	Daily training plan and practical principles								
10	Example training plan for individual sports (athletics and cimmastics etc)								
11	Training plan for individual sports (tennis, swimming ..etc)								
12	Example training plan for team sports (football, basketball etc)								
13	Example training plan for team sports (handball, volleyball etc)								
14	Final								

BAH 511 PERFORMANCE EVALUATION BY SPORTS AREA AND LABORATORY FEES					Training and Movement Science in Sport Master Program				
Semester	Teaching Methods					Semester			
	Lecture		Lecture		Lecture		Lecture		Lecture
1	42	1	42	1	42	1	42	1	42
Language	Turkish								
Compulsory / Elective	Elective								
Prerequisites	No								
Course Contents	Measuring the physical, physiological and psychological properties of the athletes and evaluating the training results								
Course Objectives	To measure, evaluate and interpret field and laboratory tests of different sports branches and athlete performances								
Learning Outcomes and Competences	Can apply and evaluate body composition and anthropometric tests								
Textbook and /or References	ACSM's Health-Related Physical Fitness Assessment Manual, Wolters Kluwer, Lippincott Williams & Wilkins, 2008. C. John Gore (Ed), Australian Sports Commission, Physiological Tests for Elite Athletes, Human Kinetics, ISBN:0-7360-0326-6, 2000.								
Assessment Criteria						Assessment Criteria			
	Midterm Exams							Midterm Exams	
	Quizzes							Quizzes	
	Homeworks							Homeworks	
	Projects							Projects	
	Term Paper							Term Paper	
	Laboratory Work							Laboratory Work	
	Other							Other	
Final Exam							Final Exam		
Instructors									
Week	Subject								
1	Fitness Principles of Exercise Laboratory								
2	Preparatory work before tests								
3	Estimation of aerobic power and anaerobic capacity of athletes								
4	Changes in blood lactic acid level								
5	Anthropometric evaluation protocols								
6	Examination and evaluation of blood samples								
7	Flexibility measurement for performance and protection from disability								
8	Midterm								
9	Determination of maximal oxygen consumption								
10	Physiological evaluation protocols in team sports								
11	Identification of strength and strength assessments								
12	Limitations of isometric tests in the evaluation of athletes								
13	Strength assessment with isometric force test equipment								
14	Physiological evaluation protocols in different sports								

BAH 512 Talent Indendification İn Sport					Training and Movement Science in Sport Master Program				
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
2	42	-	-	50	42	16	150	3	5
Language	Turkish								
Compulsory / Elective	Elective								
Prerequisites	No								
Course Contents	Description of talent and familiarity, talent selection (analysis) and prerequirities for talent selection and research, principlesof talent selection in individual and team sports, practice examples, experiences in scientificand practical fielde, examples of contemporary models for talent selection								
Course Objectives	Fin dinq talented athletes and encouraqinq them to do sports								
Learning Outcomes and Competences	Main (Basic) approaches to the talent selection								
Textbook and /or References	Sporda Yetenek Arama Seçme ve Yönlendirme; K.Karl,Çeviri:Hale HARPUTLUOĞLU, Bağırqan Yayımevi,2001. Antrenman Bilqisi;Y.SEVİM,Tutibay ,1997.								
Assessment Criteria						<i>If any,mark as (X)</i>	Percent (%)		
	Midterm Exams					X	30		
	Quizzes								
	Homeworks					X	10		
	Projects					X	10		
	Term Paper								
	Laboratory Work								
	Other								
	Final Exam					X	50		
Instructors									
Week	Subject								
1	Historical development of talent identification								
2	Description and concept of talent, talent iden tif icat ion's aims and goals.								
3	Concept of talent in sport, talent identification and education's benefits								
4	Kinds of talent								
5	Efficiency classifications and levels								
6	Talent search and select								
7	High gifted sportman's charactehcs and education.								
8	Kinds of Talent identification and characteristics								
9	Measure of valuation in talent identification and techniques.								
10	Talent identification stages.								
11	Talent development								
12	Somototype and performance								
13	Talent identification models in other countries.								
14	Practices								

BAH 513 Motor Development and Skill Education						Training and Movement Science in Sport Master Program			
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
1	42	-	-	50	42	16	150	3	5
Language	Turkish								
Compulsory / Elective	Elective								
Prerequisites	No								
Course Contents	-Basic Concepts Of Motor Development, -Motor Development Field -Growth And Development Period, -Motor Development Period -Dimensions Of Motor Development, -Physical Appropriateness Criterion And Development -Perceptual Motor Ability Features -Self-Respect Concept, Development And Education								
Course Objectives	Changes in motor development according to age, differences and similarities in people, concepts, principles, factors effects the motor development, physical development, perceptual motor abilities and self-respect								
Learning Outcomes and Competences	To measurement of motor development in children								
Textbook and /or References	David L. GALLAHUE,; Understanding Motor Development in Children. Canada, 1982. David L. GALLAHUE,; Motor Ability in Children.Pulished in U.S.A., Dilara Sevimay ÖZER., Kamil ÖZER,; Çocuklarda Motor Gelişim.Ankara 1998 Hülya GÖKMEN, Tansu KARAGÜL, F. Hülya AŞÇI,; Psikomotor Gelişim.Yayın no: 139, Ankara,1995								
Assessment Criteria						<i>If any,mark as (X)</i>	Percent (%)		
	Midterm Exams					X	30		
	Quizzes								
	Homeworks								
	Projects								
	Term Paper					X	20		
	Laboratory Work								
	Other								
Final Exam					X	50			
Instructors									
Week	Subject								
1	Motor development and it's range								
2	Basic concepts and principles of motor development								
3	Development modelist								
4	Development dimension								
5	Effects of development								
6	Periods of motor development								
7	Periods of motor development								
8	Mid-term								
9	Physical appropriateness parameters and development								
10	Psychomotor development periods								
11	Psychomotor development periods and physical fitness								
12	Perceptual motor skills								
13	Self concept								
14	Examination of sample movement training programs								

BAH 514 SPORT TRAUMATOGRAPHY AND REHABILITATION						Training and Movement Science in Sport Master Program			
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Home work	Other	Total	Credit	ECTS Credit
2	42	-	-	50	42	16	150	3	5
Language	Turkish								
Compulsory / Elective	Elective								
Prerequisites	No								
Course Contents									
Course Objectives									
Learning Outcomes and Competences	To be able to follow health related developments Learning disability mechanisms To learn how to prevent sports injuries To be able to learn treatment principles and techniques in sports injuries								
Textbook and /or References	Griffith, H. W.: Spor Sakatlıkları Rehberi, (çev. Şamil Erdoğan), Birol basın yayın dağıtım ve ticaret A.Ş., İstanbul 2000 Kabasakal, K.: Spor Yaralanmalarından Korunma Şuuru ve İlk Yardım, Eğitış yayınları, Konya 2001 Bağrıaçık, A., Açak, M.: Spor Yaralanmaları ve Hastalıkları, Medya Eren, İstanbul 2000 Hazır, M.: Spor Masajı, Bağırğan Yayımevi, Ankara 2001 Süzen, B., İnan, H.: İlk Yardım, Birol basın yayın dağıtım ve ticaret A.Ş., İstanbul 2003 Ege, R.: Kaza, Hastalık ve Yaralanmalarda İlk ve Acil Yardım, Türk Hava Kurumu Basımevi, İkinci Baskı, Ankara 1995								
Assessment Criteria						<i>If any, mark as (X)</i>	Percent (%)		
	Midterm Exams					X	30		
	Quizzes								
	Homeworks					X	10		
	Projects					X	10		
	Term Paper								
	Laboratory Work								
	Other								
	Final Exam					X	50		
Instructors	Prof. Dr. Metin KAYA								
Week	Subject								
1	Factors That Prepare For Sports Injuries								
2	Rehabilitation Services Medical Rehabilitation Services Social Rehabilitation Services								
3	Foot Injuries and Rehabilitation								
4	Knee Injuries and Rehabilitation								
5	Waist and Spinal Injuries and Rehabilitation								
6	Neck Injuries and Rehabilitation								
7	Shoulder Injuries and Rehabilitation								
8	Hand Injuries and Rehabilitation								
9	Osteoporosis								
10	Muscle Injuries Buckling								
11	Fractures Dislocations								
12	Cramp spangles								
13	Conservative Treatment Resting Elevation in Sports Injuries								
14	Cold Treatment Hot Treatment Bandage Treatment								

BAH 515 SPORTS KINESIOLOGY						Training and Movement Science in Sport Master Program			
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
1	42	-	-	50	42	16	150	3	5
Language	Turkish								
Compulsory / Elective	Elective								
Prerequisites	No								
Course Contents	Introduction to anatomy and kinesiology, Physical structure and classification,								
Course Objectives	Introduction to human body, Human performance analysis, Movement and movement patterns								
Learning Outcomes and Competences	Theoretical approaches in motion analysis and analysis, Force components and analysis in sport techniques, Human performance analysis Analysis of sport techniques								
Textbook and /or References	Kinesyoloji: Kas ve İskelet Sistemi Kinesyoloji: Kas ve İskelet sisteminin Fonksiyonu Uygulamalı kinesyoloji: Uygulama ve temel Prensipler el ve referans Kitabı								
Assessment Criteria						<i>If any, mark as (X)</i>	Percent (%)		
	Midterm Exams					X	30		
	Quizzes								
	Homeworks								
	Projects								
	Term Paper					X	20		
	Laboratory Work								
	Other								
Final Exam					X	50			
Instructors	Doç. Dr. Latif AYDOS								
Week	Subject								
1	Introduction to anatomy and kinesiology								
2	Terminology in anatomy and kinesiology (axes, planes)								
3	Physical structure and classification								
4	Introduction to human body and systems								
5	Tissue, Support Tissue (Connective Tissue, Fat Tissue, Cartilage Tissue, Bone Tissue,								
6	Muscle texture (skeleton, heart and smooth muscle)								
7	Kinesiology and Posture								
8	Nerve tissue (brain, spinal cord, peripheral nerves)								
9	Midterm								
10	Joints and Joint Kinesiology								
11	Upper joints (Shoulder Circle, Shoulder, Elbow, Hand wrist and hand)								
12	Joints connected to the vertebrae								
13	Bottom joints (Hip joint and Hip joint, Knee joint, Foot joint)								
14	Human performance analysis								

BAH 516 STATISTICS					Training and Movement Science in Sport Master Program				
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
2	42	28	28	50	40	-	188	3	5
Language	Turkish								
Compulsory / Elective	Elective								
Prerequisites	No								
Course Contents	Definition of statistics and importance of sport statistic to get datas. Classification of datas, prepare tables and graphics. Some statistics studies.(Arithmetic averages, percantages, deviations, correlation, meaning fulness tests)								
Course Objectives	Teaching fundamental principles of sport statistics. Understanding of functions statistics.								
Learning Outcomes and Competences	Knowing fundamental principles of sport statistics. Understanding of functions statistics.								
Textbook and /or References	-Erkan, Öngel: Araştırmacılar İçin Kısmi İstatistiksel Teknikler,Ankara,1980. -Mehmet Ural, Müfide Tüzün: Eğitimde Ölçme Değerlendirme,Ankara,1984. -Özkan Ünver, Hazma Gamgam:Uygulamalı İstatistik Yöntemler,Ankara,1986. -Erdoğan Yılmaz:Voleybolda Servis Atışlarının İstatistiksel ve Biomekanik Analizleri,Ankara,1987.								
Assessment Criteria						<i>If any, mark as (X)</i>	Percent (%)		
	Midterm Exams					X	25		
	Quizzes					-	-		
	Homeworks					-	-		
	Projects					-	-		
	Term Paper					X	25		
	Laboratory Work					-	-		
	Other					-	-		
Final Exam					X	50			
Instructors	Yrd. Doç. Dr. Erdoğan YILMAZ								
Week	Subject								
1	Definition of statistics get of datas								
2	Classification of datas								
3	Methods classification of datas								
4	Prepare of statistics tables								
5	Prepare of statistics graphics								
6	Studies of practice								
7	Averages and percentages								
8	Studies of practice								
9	Deviations								
10	Studies of practice								
11	Quiz								
12	Correlation								
13	Meaningfulness tests								
14	General repetition								

BAH 517 SPORTS DOPING AND ERGOGENIC APPROACHES						Training and Movement Science in Sport Master Program			
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
1	42	28	28	50	40	-	188	3	5
Language	Turkish								
Compulsory / Elective	Elective								
Prerequisites	No								
Course Contents	Doping history and general information, Doping materials, Ergogenic aids content, Nutritional ergogenic aids, Other ergogenic aids, National and international doping protection methods								
Course Objectives	To teach the effects and reactions of the drugs and methods used to improve performance / To ensure that the trainer candidate uses the knowledge of the athletes and the ergogenic aids in the field of application.								
Learning Outcomes and Competences	Know the effects of food supplements and plan food supplements.								
Textbook and /or References	Aysel Pehlivan, Sporda Beslenme, Morpa Kültür Yayınları, İstanbul, 2005. Dan Benardot, Nutrition For Serious Athletes, Human Kinetics, 2000. Michael S. Barkhe, Charles E. Yesalis, Performance-enhancing Substances in Sports and Exercise, Human Kinetics, 2002. Louise Burke & Vicki Deakin, Clinical Sports Nutrition, the Mac Graw Hill Company, 2006.								
Assessment Criteria						If any, mark as (X)	Percent (%)		
	Midterm Exams					X	25		
	Quizzes					-	-		
	Homeworks					-	-		
	Projects					-	-		
	Term Paper					X	25		
	Laboratory Work					-	-		
	Other					-	-		
Final Exam					X	50			
Instructors									
Week	Subject								
1	Doping definition, substances prohibited to be used in the WADA competition and outside								
2	Anabolic substances, hormones and similar substances, beta-2 agonists								
3	Diuretics and other silicics, hormone antagonists and regulators								
4	Narcotics, stimulants, cannabinoids								
5	Glucocorticosteroids, alcohol, beta-blockers								
6	Increase of oxygen transfer, gene doping, chemical and physical applications								
7	Doping control operations								
8	Midterm								
9	History of the use of doping and ergogenic help								
10	Nutritionally related ergogenic agents: carbohydrates, glyserol, alkalies aspartates, beverages								
11	Ergogenic to feed: caffeine, carnitine, pollen, brewer's yeast, ginseng								
12	Nutrition related ergogenic agents: vitamins, minerals, creatinine								
13	Reinforcement Strategies and Recent Developments in Ergogenic Assistance								
14	final exam								

BAH 519 SPORT CONDITIONING AND TRAINING METHODS					Training and Movement Science in Sport Master Program				
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
2	42	28	28	50	40	-	188	3	5
Language	Turkish								
Compulsory / Elective	Elective								
Prerequisites	No								
Course Contents	Development Methods of Basic Motoric Features								
Course Objectives	Teaching the Development of Basic Motoric Features								
Learning Outcomes and Competences	Learning the Development of Basic Motoric Features								
Textbook and /or References	Sevim, Y.; Antrenman Bilgisi, Nobel yayınevi, Ankara, 2002								
Assessment Criteria						<i>If any, mark as (X)</i>	<i>Percent (%)</i>		
	Midterm Exams					X	25		
	Quizzes					-	-		
	Homeworks					-	-		
	Projects					-	-		
	Term Paper					X	25		
	Laboratory Work					-	-		
	Other					-	-		
Final Exam					X	50			
Instructors									
Week	Subject								
1	Repetition of basic motor skills								
2	Durability in individual sports								
3	Speed at individual sports								
4	Force in individual sports								
5	Training programs for motor sports in individual sports								
6	Training programs for motor sports in individual sports								
7	Midterm								
8	Strength in team sports								
9	Speed in team sports								
10	Force in team sports								
11	Training programs for motor sports in team sports								
12	Training programs for motor sports in team sports								
13	Discussion								
14	final exam								

BAH 520 Special Area Study					Training and Movement Science in Sport Master Program				
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
2	42	-	-	50	42	16	150	3	5
Language	Turkish								
Compulsory / Elective	Compulsory								
Prerequisites	No								
Course Contents	Critical analysis of a research article, basic criteria, planning or making a research project and writing an article								
Course Objectives	To develop the property of making research and examine an article and making its critiques								
Learning Outcomes and Competences	To research, investigate, prepare a report, writing an article and critical analysis of research papers								
Textbook and /or References	<ul style="list-style-type: none"> - Karasar,N.,Bilimsel Araştırma Yöntemi.Nobel Yayın Dağıtım, 12.Baskı, .Ankara, 2003. - Kaptan,S.,Bilimsel Araştırma Teknikleri ve İstatistik Yöntemleri, Rehber Dağıtım, Ankara, 1981. - Research paper and articles 								
Assessment Criteria						<i>If any,mark as (X)</i>	Percent (%)		
	Midterm Exams					X	25		
	Quizzes								
	Homeworks								
	Projects								
	Term Paper					X	25		
	Laboratory Work								
	Other								
Final Exam					X	50			
Instructors									
Week	Subject								
1	Introduction								
2	Literature search and investigation								
3	Needs for making scientific research								
4	Criterias for investigation of a research article								
5	Criterias for investigation of a thesis								
6	Experimental article analysis according to the scientific research methods								
7	Descriptive article analysis according to the scientific research methods								
8	Collecting and meta analysis according to the scientific research methods								
9	Mid Term								
10	Critical analysis at scientific research								
11	Topic selection and report preparation								
12	Report presentation and critique								
13	Report presentation and critique								
14	Report presentation and critique								