

BSS 501 Scientific Research Methods					Institute of Health Science Physical Education and Sport, Sports and Health Master Program				
Semester	Teaching Methods						Credits		
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
1	42	-	-	84	24	-	150	3	5
<b>Language</b>	Turkish								
<b>Compulsory / Elective</b>	Compulsory								
<b>Prerequisites</b>	No								
<b>Course Contents</b>	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.								
<b>Course Objectives</b>	To Have Necessary Theoric And Practical Knowledge And Skill To Prepare A Scientific Research								
<b>Learning Outcomes and Competences</b>	To Be Able To Do A Scientific Research And Write Thesis ,Report And Paper								
<b>Textbook and/or References</b>	<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. <i>Research Design and Methods.</i>, McGraw Hill, USA ,2002.</p> <p>-Büyüköztürk, Ş. <i>Deneyel Desenler: Öntest-Sontest Kontrol Grubu Desen ve Veri Analizi.</i> PegemA Yayıncılık, Ankara: 2001.</p> <p>-Day, R.A., <i>Bilimsel Makale Nasıl Yazılır, Nasıl Yayımlanır</i>,(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.,<i>Bilimsel Araştırma Yöntemi</i>,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., <i>Research Methods in Physical Activity</i> ,5th Edition , USA,2005.</p> <p>-Yıldırım ,A. and Şimşek, H., <i>Sosyal Bilimlerde Nitel Araştırma Yöntemleri.</i> 2. bs. Ankara: Seçkin, 2000.</p>								
<b>Assessment Criteria</b>							<b>If any, mark as (X)</b>	<b>Percent (%)</b>	
	<b>Midterm Exams</b>						X	20	
	<b>Quizzes</b>								
	<b>Homeworks</b>								
	<b>Projects</b>								
	<b>Term Paper</b>						X	20	
	<b>Laboratory Work</b>								
	<b>Other</b>								
<b>Final Exam</b>						X	60		
<b>Instructors</b>	Prof. Dr. Ömer Şenel , <a href="mailto:osenel@gazi.edu.tr">osenel@gazi.edu.tr</a> , +90 312 2023592								
<b>Week</b>	<b>Subjects</b>								
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								

BSY 502 Seminar					Institute of Health Science Physical Education and Sport, Sports and Health Master Program				
Semester	Teaching Methods							Credits	
	Lecture	Recite	Lab.	Project	Homework	Other	Total	Credit	ECTS Credit
2	42	-	-	50	42	16	150	3	5
<b>Language</b>	Turkish								
<b>Compulsory/ Elective</b>	Compulsory								
<b>Prerequisites</b>	None								
<b>Course Contents</b>	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.								
<b>Course Objectives</b>	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.								
<b>Learning Outcomes/ Competences</b>	To be able to study scientific, approach critical and prepare articles adequate to scientific research methods.								
<b>Textbook and/or references</b>	-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.								
<b>Assessment Criteria</b>								<b>If any, mark as (X)</b>	<b>Percent (%)</b>
	<b>Midterm Exams</b>								
	<b>Quizzes</b>								
	<b>Homework</b>							X	50
	<b>Projects</b>								
	<b>Term Paper</b>								
	<b>Laboratory Work</b>								
	<b>Other</b>								
<b>Final Exam</b>							X	50	
<b>Instructors</b>									
<b>Week</b>	<b>Subject</b>								
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								

BSS 503 Exercise Physiology					Institute of Health Science Physical Education and Sport, Sports and Health Master Program				
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
1	42	-	-	84	24	-	150	3	5
<b>Language</b>	Turkish								
<b>Compulsory / Elective</b>	Elective								
<b>Prerequisites</b>	No								
<b>Course Contents</b>	Acute and Chronic adaptations of the human organism to physical activities, basic principles of improving the physical performance and the precautions necessary while performing sports activities at different environment conditions.								
<b>Course Objectives</b>	To understand acute and chronic adaptations of the human organism to physical activities, basic principles of improving the physical performance and the precautions necessary while performing sports activities at different environment conditions.								
<b>Learning Outcomes and Competences</b>	<ul style="list-style-type: none"> <li>-The student will know the energy metabolism and implement his knowledge when preparing training programs.</li> <li>-The student will understand the recovery after a physical activity or training and use the rapid recovery methods</li> <li>- The student will know the muscle structure and functions and explain the effects of exercise on muscles.</li> <li>- The student will know the acute and chronic effects of exercise on respiratory, nervous and circulatory systems and use his knowledge to increase the performance of athletes.</li> <li>- The student will understand the gas exchange and transport, acid-base balance during exercise; and relations of exercise with endocrine system, heat balance, high altitude, underwater physiology, doping, ergogenic aids, age and sex differences and use his knowledge in physical education classes and athletic training.</li> </ul>								
<b>Textbook and /or References</b>	Spor Fizyolojisi ve Performans Ölçümü, The Physiological Basis of Physical Education and Athletics								
<b>Assessment Criteria</b>						<i>If any, mark as (X)</i>	<b>Percent (%)</b>		
	<b>Midterm Exams</b>					X	20		
	<b>Quizzes</b>								
	<b>Homeworks</b>					X	10		
	<b>Projects</b>								
	<b>Term Paper</b>					X	10		
	<b>Laboratory Work</b>								
	<b>Other</b>								
<b>Final Exam</b>					X	60			
<b>Instructors</b>	Prof.Dr. Kemal TAMER, Prof.Dr.Mehmet GÜNAY								
<b>Week</b>	<b>Subject</b>								
1	Exercise and Energy Metabolism								
2	Recovery After Exercise								
3	Exercise and Muscles								
4	Exercise and Nervous System								
5	Exercise and Respiratory System								
6	Exercise and Gas Exchange and Transport								
7	Exercise and Circulatory System								
8	Acid-Base Balance and Exercise								
9	Exercise and Endocrine System								
10	Heat Balance and Exercise								
11	High Altitude and Performance								
12	Underwater Physiology and Exercise								
13	Doping and Ergogenic Aids								
14	Age and Sex Factors in Athletics								



BSS 504 Kinesiological And Biomechanical Foundations Of Human Movement					Institute of Health Science Physical Education and Sport, Sports and Health Master Program				
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
2	42	-	-	84	24	-	150	3	5
<b>Language</b>	Turkish								
<b>Compulsory / Elective</b>	Elective								
<b>Prerequisites</b>	No								
<b>Course Contents</b>	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),								
<b>Course Objectives</b>	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								
<b>Learning Outcomes and Competences</b>	-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.								
<b>Textbook and /or References</b>	- 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								
<b>Assessment Criteria</b>						<i>If any, mark as (X)</i>	<b>Percent (%)</b>		
	<b>Midterm Exams</b>					X	20		
	<b>Quizzes</b>					-	-		
	<b>Homeworks</b>					X	10		
	<b>Projects</b>					-	-		
	<b>Term Paper</b>					X	10		
	<b>Laboratory Work</b>					-	-		
	<b>Other</b>					-	-		
<b>Final Exam</b>					X	60			
<b>Instructors</b>	Assoc. Prof.Dr. Latif AYDOS ( aydost@gazi.edu.tr)								
<b>Week</b>	<b>Subject</b>								
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, neuroi muscular activation patterns and exercise								
4	Linear kinematics, Angular kinematics, Linear Kinetics, Angular Kinetiks, (kinematics,kinetics) in exercise								
5	Equilibrium and centre of gravity in the human body, Interrelationship among centre of the gravity base of support balance, stability and proper spinal alignment and exercise								
6	The body as a lever system, Analysis of joint mechanics (musculotendon mechanics ) and exercise								
7	Mechanics of Cardiovascular system and exercise								
8	Midterm								
9	Structure and chemistry of skeletal muscle and exersize								
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								



BSS 507 Sports Injury Prevention and First Aid					Institute of Health Science Physical Education and Sport, Sports and Health Master Program				
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
1	42	-	-	84	24	-	150	3	5
<b>Language</b>	Turkish								
<b>Compulsory / Elective</b>	Elective								
<b>Prerequisites</b>	No								
<b>Course Contents</b>	Factors that drive sports deformations, causes that drives sportsmen to deformations, mechanisms of sports deformations, to prevents sports deformations, the aim of warm up, principles, classifications, muscle injuries, twist, broken, dislocated, cramp, function, aim and varieties of bandage, conservative cure and rehabilitation in sports deformations.								
<b>Course Objectives</b>	Mechanisms of deformation, warm up, cool down, protection against sports deformations, understanding curing principles and techniques of sports deformations.								
<b>Learning Outcomes and Competences</b>	Advantages about sports deformations and getting rid of deformation factors.								
<b>Textbook and /or References</b>	-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, Eğitaş yayınları, Konya 2001. -Bağrıaçık, A.,Açak, M.: Spor Yaralanmaları ve Hastalıkları, Medya Eren, İstanbul 2000.								
<b>Assessment Criteria</b>						<b>If any, mark as (X)</b>	<b>Percent (%)</b>		
	<b>Midterm Exams</b>					X	20		
	<b>Quizzes</b>					-	-		
	<b>Homeworks</b>					X	20		
	<b>Projects</b>					-	-		
	<b>Term Paper</b>					-	-		
	<b>Laboratory Work</b>					-	-		
	<b>Other</b>					-	-		
<b>Final Exam</b>					X	60			
<b>Instructors</b>	Prof.Dr. fatma ATALAY, Yard. Doç. Dr. Metin KAYA (mkaya@gazi.edu.tr)								
<b>Week</b>	<b>Subject</b>								
1	Terminology								
2	Factors that prepare sport infirmity, Reasesons of sports injuries								
3	Preventions of sports injuries, Warm up								
4	Muscle injuries								
5	Sprains								
6	Fractures								
7	Dislocations								
8	Midterm exam								
9	Cramps								
10	Bandages								
11	Conservative cure in sports injuries,								
12	Resting, Elevation								
13	Cold cure, Bandage cure, heat cure								
14	Massage cure, exercise cure								



BSS 506 Nutrition, Ergogenic Aid and Doping in Sports					Institute of Health Science Physical Education and Sport, Sports and Health Master Program				
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
2	42	-	-	84	24	-	150	3	5
<b>Language</b>	Turkish								
<b>Compulsory / Elective</b>	Compulsory								
<b>Prerequisites</b>	No								
<b>Course Contents</b>	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.								
<b>Course Objectives</b>	Teaching fundamental principles of nutrition and sport nutrition. Explanation of functions nutrients and relationship with performance.								
<b>Learning Outcomes and Competences</b>	Knowing fundamental principles of nutrition and sport nutrition. Understanding of functions nutrients and relationship with performance.								
<b>Textbook and /or References</b>	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								
<b>Assessment Criteria</b>						<i>If any, mark as (X)</i>		<b>Percent (%)</b>	
	<b>Midterm Exams</b>								
	<b>Quizzes</b>								
	<b>Homeworks</b>							10	
	<b>Projects</b>							20	
	<b>Term Paper</b>							20	
	<b>Laboratory Work</b>						X		
	<b>Other</b>								
						X		60	
<b>Final Exam</b>									
<b>Instructors</b>	Yrd.Doç.Dr. İbrahim Cicioğlu								
<b>Week</b>	<b>Subject</b>								
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								



BSS 507 Protection And Rehabilitation From Sport Injuries					Institute of Health Science Physical Education and Sport, Sports and Health Master Program				
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
1	42	-	-	84	24	-	150	3	5
<b>Language</b>	Turkish								
<b>Compulsory / Elective</b>	Compulsory								
<b>Prerequisites</b>	No								
<b>Course Contents</b>	Factors that drive sports deformations, causes that drives sportsmen to deformations, mechanisms of sports deformations, to prevents sports deformations, the aim of warm up, principles, classifications, muscle injuries, twist, broken, dislocated, cramp, function, aim and varieties of bandage, conservative cure and rehabilitation in sports deformations.								
<b>Course Objectives</b>	Mechanisms of deformation, warm up, cool down, protection against sports deformations, understanding curing principles and techniques of sports deformations.								
<b>Learning Outcomes and Competences</b>	Advantages about sports deformations and getting rid of deformation factors.								
<b>Textbook and /or References</b>	-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, Eğitaş yayınları, Konya 2001. -Bağrıaçık, A.,Açak, M.: Spor Yaralanmaları ve Hastalıkları, Medya Eren, İstanbul 2000.								
<b>Assessment Criteria</b>						<b>If any, mark as (X)</b>	<b>Percent (%)</b>		
	<b>Midterm Exams</b>					X	20		
	<b>Quizzes</b>					-	-		
	<b>Homeworks</b>					X	20		
	<b>Projects</b>					-	-		
	<b>Term Paper</b>					-	-		
	<b>Laboratory Work</b>					-	-		
	<b>Other</b>					-	-		
<b>Final Exam</b>					X	60			
<b>Instructors</b>	Prof. Dr. Metin KAYA (mkaya@gazi.edu.tr)								
<b>Week</b>	<b>Subject</b>								
1	Terminology								
2	Factors that prepare sport infirmity, Reasesons of sports injuries								
3	Preventions of sports injuries, Warm up								
4	Muscle injuries								
5	Sprains								
6	Fractures								
7	Dislocations								
8	Midterm exam								
9	Cramps								
10	Bandages								
11	Conservative cure in sports injuries,								
12	Resting, Elevation								
13	Cold cure, Bandage cure, heat cure								
14	Massage cure, exercise cure								



BSS 508 CHRONIC DISEASES AND EXERCISE					Institute of Health Science Physical Education and Sport, Sports and Health Master Program				
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
2	42	-	-	84	24	-	150	3	5
<b>Language</b>	Turkish								
<b>Compulsory / Elective</b>	Elective								
<b>Prerequisites</b>	No								
<b>Course Contents</b>	Exercise is very important treatment modalities of some chronic diseases defense mechanism. Risk factors and symptoms of chronic disease and exercise treatment								
<b>Course Objectives</b>	What kind of chronic diseases and importance of exercise for treatment these diseases.								
<b>Learning Outcomes and Competences</b>	To learn of chronic diseases, causes and exercise practices								
<b>Textbook and /or References</b>	1- Sodeman W.A, Sodeman T.M.Pathologic Physiology Mechanisms of Disease, 7th Ed. W.B Saunders Company, 1985. 2- H.Ü. Fizyoterapi Rehabilitasyon Bölümü Ders Notları, Ankara, 2005. 3- Gürçay A.A. Hipertansiyon, Ankara, 1987								
<b>Assessment Criteria</b>						<i>If any, mark as (X)</i>	<b>Percent (%)</b>		
	<b>Midterm Exams</b>								
	<b>Quizzes</b>								
	<b>Homeworks</b>								
	<b>Projects</b>								
	<b>Term Paper</b>					X	40		
	<b>Laboratory Work</b>								
	<b>Other</b>								
<b>Final Exam</b>					X	60			
<b>Instructors</b>									
<b>Week</b>	<b>Subject</b>								
1	Definition of chronic diseases								
2	Exercise prescription in cardiovascular diseases								
3	Exercise prescription in cardiovascular diseases								
4	Hypertension and exercise prescription								
5	Diabet and exercise prescription								
6	Osteoporozis and exercise prescription								
7	Cancer and exercise prescription								
8	Obesity and exercise prescription								
9	CORD and exercise prescription								
10	Presentation of research								
11	Presentation of research								
12	Presentation of research								
13	Presentation of research								
14	Presentation of research								



BSS 509 Sports Massage and Recovery Application					Institute of Health Science Physical Education and Sport, Sports and Health Master Program				
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
1	42	-	-	84	24	-	150	3	5
<b>Language</b>	Turkish								
<b>Compulsory / Elective</b>	Elective								
<b>Prerequisites</b>	No								
<b>Course Contents</b>	Definition of massage, historical development, massage equipment, indications and contraindications of massage, kinds of massage, competition and training massage, general principles of massage, massage manipulations, massage for different parts of body								
<b>Course Objectives</b>	To be able to understand the importance of massage in sports, to be able to follow development in massage, to be able to do massage in different part of body.								
<b>Learning Outcomes and Competences</b>	In general meaning to be able to understand and to be able to do different type of massage								
<b>Textbook and /or References</b>	-Kanbir, o.: Klasik Masaj, Ekin Kitapevi, Bursa 1998 -Hazır, M.: Spor Masajı, Bağırçan Yayınevi, Ankara 2001 -Tuna, N.: Masaj, (Klasik Masaj, Spor Masajı, Spor Yaralanmaları), Nobel Tıp Kitabevi, 3. Baskı, İstanbul 1986								
<b>Assessment Criteria</b>						<i>If any, mark as (X)</i>		<b>Percent (%)</b>	
	<b>Midterm Exams</b>					X		20	
	<b>Quizzes</b>								
	<b>Homeworks</b>								
	<b>Projects</b>								
	<b>Term Paper</b>						X		20
	<b>Laboratory Work</b>								
	<b>Other</b>								
						X		60	
<b>Instructors</b>	Prof.Dr. Metin KAYA								
<b>Week</b>	<b>Subject</b>								
1	Massage room, massage bed, planning of a massage								
2	Greasy materials used in massage								
3	Sport massages, massage maneuver in sports, effects of sports massage								
4	Back massage								
5	Waist massage								
6	Neck and shoulder massage,								
7	Mid-term exam								
8	Massage to back side of leg								
9	Massage to front side of leg								
10	Chest massage								
11	Abdominal massage								
12	Arm massage								
13	Face massage								
14	Massage in sport injuries								
15	Final								



BSS 510 Exercise in Child, Women and Elders					Institute of Health Science Physical Education and Sport, Sports and Health				
Semester	Teaching Methods							Credits	
	Lecture	Recit	Lab.	projekt	Homeworks	Other	Total	Credit	ECTS Credit
2	42	-	-	84	24	-	150	3	5
Language	Turkish								
Compulsory / Elective	Elective								
Prerequisites	-								
Course Contents	- Physical and physiological characteristics of women, elders and children Loading principles and kind of activities in women, elders and children Physical and physiological effects of training on women, elders and children								
Course Objectives	To investigate the effects of physical exercises on women, elders and children								
Learning Outcomes and Competences	Comprehension of working with women, elders and children								
Textbook and /or References	-The Physiological Basis of Physical Education and Sports and Athletics , Fox, E.L., 1988 - Fiziksel Uygunluk, Erdal Zorba, Gazi Kitabevi, 2001								
Assesment Criteria							Number	%	
	Midterm Exams						X	20	
	Quizzes								
	Homeworks						X	20	
	Projects								
	Term Paper								
	Laboratory Work								
	Other								
	Final Exam						X	60	
Instructors	Doç.Dr.İbrahim CİCİOĞLU								
Week	Subject								
1	The characteristics of childhood period. The risks and dangers of training in children and adolescents								
2	Responses of children to exercise and Planning of training in children								
3	Physical and physiological differences of women and exercise								
4	Menstrual and pregnancy periods in women and exercise								
5	Physical and physiological changes in elderly people and exercise								
6	Principles of improving of conditional properties in children and progressive education								
7	Training samples								
8	Principles of improving of conditional properties in women and progressive education								
9	Training samples								
10	Methods and Principles to improve technical properties specific for branches in children and women								
11	Methods and Principles to improve exercise in elders								

12	Developing of rehabilitative exercise sample in elderly people
13	Applications
14	Exam

BSS511 Training Planning And Principles					Institute of Health Science Physical Education and Sport, Sports and Health Master Program				
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
1	42	-	-	84	24	-	150	3	5
<b>Language</b>	Turkish								
<b>Compulsory / Elective</b>	Elective								
<b>Prerequisites</b>	No								
<b>Course Contents</b>	Concept of training and fundamental principles. Definition of trainer, working methods of trainer,, types of trainer, trainer education, monitor trainer education program, draft stages of trainer education, education stages. Draft structure of trainer education in European Union an trainer education models in other countries. Effects of training on organizm, fatigue recovery, parts of training, planning, micro, macro, annual plan, load and basic principles, overtraining, arability selection in sport, development of biomotor ability								
<b>Course Objectives</b>	Informing about coaching ant its development								
<b>Learning Outcomes and Competences</b>	Learning of trainer development								
<b>Textbook and /or References</b>	Sevim, Y.; Antrenman Bilgisi, Nobel yayinevi, Ankara, 2002								
<b>Assessment Criteria</b>						<i>If any, mark as (X)</i>	<b>Percent (%)</b>		
	<b>Midterm Exams</b>					X	20		
	<b>Quizzes</b>								
	<b>Homeworks</b>								
	<b>Projects</b>								
	<b>Term Paper</b>					X	20		
	<b>Laboratory Work</b>								
	<b>Other</b>								
<b>Final Exam</b>					X	60			
<b>Instructors</b>	Prof.Dr. Ömer ŞENEL								
<b>Week</b>	<b>Subject</b>								
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 cimnastics 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								



BSS 512 Physical Fitness						Institute of Health Science Physical Education and Sport, Sports and Health Master Program		
Semester	Teaching Methods						Credits	
	Lecture	Recite	Lab	Project	Other	Total	Credit	ECTS Credit
1	42	-	-	84	24	150	3	5
Language	Turkish							
Compulsory/Elective	Elective							
Prerequisites	No							
Course Contents	Definition and importance of Physical Fitness. Some concepts related with Physical Fitness. Introduction and application of basic training methods to improve and maintain Physical Fitness.							
Course Objectives	Teaching some knowledge and some training methods related with improving and maintaining physical fitness.							
Learning Outcomes and Competences	Knowing basic concepts related with physical fitness and training methods for improving it							
Textbook and/or References	E. Zorba: Fiziksel Uygunluk, Ankara, 2006 K. Özer: Fiziksel Uygunluk, Nobel Yayınevi, Ankara, 2001							
Assessment Criteria							<i>If any, mark as (X)</i>	Percent (%)
	Midterm Exams						X	20
	Quizzes							
	Homeworks							
	Projects							
	Term Paper						X	20
	Laboratory Work							
	Other							
Final Exam						X	60	
Instructors	Prof.Dr. Mehmet Günay , Prof. Dr Erdal Zorba Doç.Dr. İbrahim Cicioğlu							
Week	Subject							
1	History of Physical Fitness, Definition and importance of Physical Fitness							
2	Aims of Fitness and health,definition of some terms related with health							
3	Definition of component of Physical Fitness,health and performance							
4	Comparison of Performance and Fitness							
5	Relationship between Physical Fitness and Basic motor skills							
6	Relationship between Physical Fitness and Nutrition							
7	Relationship between Kardiac Risk Factors and Physical Fitness							
8	Mid-term							
9	Physical Fitness for Woman and Children							
10	Physical Fitness for Elderly							
11	Physical Fitness for handicap							
12	Healthy weightlost and weihgt control							

13	Exercise leadership and exercise program,individual exercise program
14	Physical Fitness test battaries

BSS 513 Physical Performance Tests, Practice and Exercise Prescriptions					Institute of Health Science Physical Education and Sport, Sports and Health Master Program				
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
1	42	-	-	84	24	-	150	3	5
<b>Language</b>	Turkish								
<b>Compulsory / Elective</b>	Elective								
<b>Prerequisites</b>	No								
<b>Course Contents</b>	Measurement of different components of sportive performance using various test methods.								
<b>Course Objectives</b>	Different motor skills, evaluation of performance in individual and team sports, examination of physical competence and performance tests,								
<b>Learning Outcomes and Competences</b>	Exercise prescriptions for sedans, application of tests on subjects and preparation of exercise and training programs according to test results.								
<b>Textbook and/or References</b>	Fox, Bowers, Foss, "Beden Eğitimi Ve Sporun Fizyolojik Temelleri" 1999 Ankara, Tamer, Kemal; "Sporda Fiziksel- Fizyolojik Performansın Ölçülmesi ve Değerlendirilmesi, 2000 Ankara, Montey, Harry J., Kemper Han C.G., Saris, Wim H.M, Walshburn, Richard A.; "Measuring Physical Activity and Energy Expenditure" 1996 USA.								
<b>Assessment Criteria</b>						<i>If any, mark as (X)</i>	<b>Percent (%)</b>		
	<b>Midterm Exams</b>					X	20		
	<b>Quizzes</b>								
	<b>Homeworks</b>								
	<b>Projects</b>								
	<b>Term Paper</b>					X	20		
	<b>Laboratory Work</b>								
	<b>Other</b>								
<b>Final Exam</b>					X	60			
<b>Instructors</b>	Prof. Dr. Mehmet GÜNAY Doç. Dr. İbrahim CİCİOĞLU								
<b>Week</b>	<b>Subject</b>								
1	ECG and blood pressure measurements								
2	Force EMG and elasticity measurements								
3	Reaction and movement time measurements								
4	Gas (air) laws and lung functions								
5	Calculation of O2 consumption and CO2 production								
6	Measurement of energy consumption								
7	Maximal aerobic power tests (laboratory tests)								
8	Maximal aerobic power tests (field tests)								
9	Maximal anaerobic power tests (laboratory tests)								
10	Maximal anaerobic power tests (field tests)								
11	Determination of body composition								
12	Exercise prescription writing principles								
13	Exercise prescription for sedanters								
14	Exercise prescription for sportsmen								

BSS 514 Special Area Study					Institute of Health Science Physical Education and Sport, Sports and Health Master Program				
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
2	42	-	-	84	24	-	150	3	5
<b>Language</b>	Turkish								
<b>Compulsory / Elective</b>	Compulsory								
<b>Prerequisites</b>	No								
<b>Course Contents</b>	Critical analysis of a research article, basic criteria, planning or making a research project and writing an article								
<b>Course Objectives</b>	To develop the property of making research and examine an article and making its critiques								
<b>Learning Outcomes and Competences</b>	To research, investigate, prepare a report, writing an article and critical analysis of research papers								
<b>Textbook and /or References</b>	<ul style="list-style-type: none"> <li>- Karasar,N.,Bilimsel Araştırma Yöntemi.Nobel Yayın Dağıtım, 12.Baskı, .Ankara, 2003.</li> <li>- Kaptan,S.,Bilimsel Araştırma Teknikleri ve İstatistik Yöntemleri, Rehber Dağıtım, Ankara, 1981.</li> <li>- Research paper and articles</li> </ul>								
<b>Assessment Criteria</b>						<i>If any,mark as (X)</i>	<b>Percent (%)</b>		
	<b>Midterm Exams</b>					X	25		
	<b>Quizzes</b>								
	<b>Homeworks</b>								
	<b>Projects</b>								
	<b>Term Paper</b>					X	25		
	<b>Laboratory Work</b>								
<b>Other</b>									
<b>Final Exam</b>					X	50			
<b>Instructors</b>	Prof. Dr. Ömer ŞENEL								
<b>Week</b>	<b>Subject</b>								
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								

BSS 515 KINANTROPOMETRY					Institute of Health Science Physical Education and Sport, Sports and Health Master Program				
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
1	42	-	-	84	24	-	150	3	5
<b>Language</b>	Turkish								
<b>Compulsory / Elective</b>	Elective								
<b>Prerequisites</b>	No								
<b>Course Contents</b>	Anatomical positions, Definitions, Anatomical points; Somatic growth and development; Measurement techniques and definitions: Length and Width, Environment, Skinfold: Somatotypes distribution and punctuation; Somatogram (Body Profile); Methods of evaluating body compositions; Anthropometric evaluation of body composition: Body structure and fitness studies; Ability								
<b>Course Objectives</b>	The aim of the course is to give the basic knowledge of body measurement to the students and to improve the knowledge of the athletes by using this information.								
<b>Learning Outcomes and Competences</b>	Students can evaluate anthropometric characteristics of athletes.								
<b>Textbook and /or References</b>	-Özer, K (1993) Antropometri. İstanbul: Kazancı -Özer, K. (2001) Fiziksel Uygunluk. Ankara: Nobel -Tamer, K. (2001) Fiziksel Performansın Ölçülmesi ve Değerlendirilmesi. Ankara: Gökçe								
<b>Assessment Criteria</b>						<b>If any, mark as (X)</b>	<b>Percent (%)</b>		
	<b>Midterm Exams</b>					X	20		
	<b>Quizzes</b>								
	<b>Homeworks</b>								
	<b>Projects</b>								
	<b>Term Paper</b>					X	20		
	<b>Laboratory Work</b>								
	<b>Other</b>								
<b>Final Exam</b>					X	60			
<b>Instructors</b>									
<b>Week</b>	<b>Subject</b>								
1	Anatomical positions, definitions								
2	Anatomical points								
3	Somatic growth and development								
4	Measurement techniques and definitions								
5	Length Measurements, Environmental Measurements, Diameter Measurements, Skinfold Meas.								
6	Distribution and punctuation of somatotypes, somatograms								
7	Body composition evaluation methods								
8	Anthropometric evaluation of body composition								
9	Body structure and fitness studies								
10	Structural factors in talent selection								
11	Presentation of research projects								
12	Presentation of research projects								
13	Presentation of research projects								
14	Presentation of research projects								

BSS 516 STATISTICS					Institute of Health Science Physical Education and Sport, Sports and Health Master Program				
Semester	Teaching Methods					Credits			
	Lecture	Recite	Project	Lab.	Homework	Other	Total	Credit	ECTS Credit
2	42	-	-	84	24	-	150	3	5
<b>Language</b>	Turkish								
<b>Compulsory / Elective</b>	Elective								
<b>Prerequisites</b>	No								
<b>Course Contents</b>	Definition of statistics and importance of sport statistic to get datas. Classification of datas, prepare tables and graphics. Some statistics studies.(Arithmetic averages, percentages, deviations, correlation, meaningfulness tests)								
<b>Course Objectives</b>	Teaching fundamental principles of sport statistics. Understanding of functions statistics.								
<b>Learning Outcomes and Competences</b>	Knowing fundamental principles of sport statistics. Understanding of functions statistics.								
<b>Textbook and /or References</b>	-Erkan, Öngel: Araştırmacılar İçin Kısmi İstatistiksel Teknikler,Ankara,1980. -Mehmet Ural, Müfide Tüzün: Eğitimde Ölçme Değerlendirme,Ankara,1984. -Özkan Ünver, Hazma Gangam:Uygulamalı İstatistik Yöntemler,Ankara,1986. -Erdoğan Yılmaz:Voleybolda Servis Atışlarının İstatistiksel ve Biomekanik Analizleri,Ankara,1987.								
<b>Assessment Criteria</b>						<b>If any,mark as (X)</b>	<b>Percent (%)</b>		
	<b>Midterm Exams</b>					X	20		
	<b>Quizzes</b>					-	-		
	<b>Homeworks</b>					-	-		
	<b>Projects</b>					-	-		
	<b>Term Paper</b>					X	20		
	<b>Laboratory Work</b>					-	-		
	<b>Other</b>					-	-		
<b>Final Exam</b>					X	60			
<b>Instructors</b>	Yrd. Doç. Dr. Erdoğan YILMAZ								
<b>Week</b>	<b>Subject</b>								
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								