

**ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM**

Course Name						
ANATOMY						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
REK 105	1	4	4	3	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		Introduction to the anatomy, History, Terminology,Skeletal system,Locomotor system,Cardiovascular system,Respiratory System,Alimentary System,Uriner System,Genital System,Central nervous system,Peripheral nervous system,Autonomic Nervous System,Endocrine system,Sense organs				
Course Objectives		The aim of this course is; the basic structure of the body and the anatomical features of the structures and organs that make up the systems.				
Course Learning Outcomes		It describes the general morphology of whole body systems. Know the location of important neurovascular structures. Describe the location and function of distinct muscles. He remembers the general structure and terminology of the nervous system. Know the general functions of body systems.				

Textbook	
Other References	Prof. Dr.SEZGİN İLGİ,Dorland` s Gray` s Anatomi Cep Sözlüğü/Atlası, Güneş Kitabevi, 2010
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	0	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	0	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Introduction to the anatomy, History, Terminology	
2	Skeletal system	
3	Locomotor system	
4	Cardiovascular system	
5	Respiratory System	
6	Alimentary System	
7	Uriner System	
8	Genital System	
9	Central nervous system	
10	Central nervous system	
11	Peripheral nervous system	
12	Autonomic Nervous System	
13	Endocrine system	
14	Sense organs	
Program Outcomes		
bbb		

	PSIRA	
	P01	Total
All	5	5
Total	5	5

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
ATATÜRK'S PRINCIPLES AND THE HISTORY OF REVOLUTION I						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
ATA 101	1	2	2	2	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
					100	
Course Description		Concepts related to the Turkish revolution. Modernization of Ottomans The Period of Tanzimat ,New Ottomans and Constitutional Monarchy I,The Party of union and Progress and Constitutional Monarchy II, Trablusgarp and Balkan Wars,The First World War and Its Conclusions , Reasons for the collapse of the Ottoman Empire, Resistance Movements in Anatolia ,Amasya Circular ,Congresses of Erzurum and Sivas ,Opening of Grand National Assembly ,Independence War , Mudanya Armistice, Lausanne Peace Treaty .				
Course Objectives		The aim of the course is to enable students to develop an understanding of the historical sense and the importance of Turkish revolution.				
Course Learning Outcomes						

Textbook	
Other References	şerafettin Turan, Türk Devrim Tarihi
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	1	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
Program Outcomes		
bbb		

	PSIRA							
	P01	P03	P04	P05	P06	P07	P08	Total
C01			1	2	2	3	3	11
C02		2	3	2	2			9
C03				2	3	3	2	10
C04	2	2		2	3			9
Total	2	4	4	8	10	6	5	39

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
EFFECTIVE COMMUNICATION						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
REK 107	1	3	3	3	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
					40	
Course Description		Definition of communication concept, communication process and models, verbal / nonverbal communication and body language, individual communication development techniques, written communication and preparing effective reporting				
Course Objectives		The aim of this course, aware of themselves and others as possible in solving problems by using empathy skills to ensure proper communication.				
Course Learning Outcomes		To be able to understand general communication skills To be able to identify communication types To be able to aware of themselves and others To be able to empathize To be able to aware of communication problems as they occur in order to prevent To be able to understand and apply effective presentation techniques				

Textbook	
Other References	Schober,O. Beden Dili, ARION, 2003
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Communication concept	
2	Conceit and conscious	
3	Perception and phenomenon	
4	Awareness and Existence	
5	Listening and Communicating / Nonverbal communication	
6	Attitude and behaviors	
7	Defense mechanisms	
8	Midterm exam	
9	Attrition, conflicts and Bias	
10	Empathy – Emotional Intelligence	
11	Culture and Communication	
12	Communicating problems	
13	Effective Presentation Techniques	
14	Final	
Program Outcomes		
bbb		

	PSIRA							
	P01	P02	P03	P04	P05	P06	P12	Total
All	4	4	4	4	4	4	5	29
Total	4	4	4	4	4	4	5	29

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
INTRODUCTION TO RECREATIONAL						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
REK 103	1	4	4	3	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		It is examined what is leisure and recreation? The philosophy history, theories and meaning of leisure, theories and the meaning of recreation, the need for the individual and society, and the importance of leisure and recreation, delivery system in recreation, commercial recreation and tourism, therapeutic recreation, Outdoor adventure recreation, art and culture, Leisure and recreation across life span				
Course Objectives		It is aimed to examine what is leisure and recreation in life span, to identify recreational activities, history and diversification in terms of the importance of the sport. In this context, the issues associated with recreation that include experience to aimed improving the quality of life are examined as an area of research.				
Course Learning Outcomes		To be able to understand the importance of leisure and recreation To be able to explain recreation sectors as a work area To be able to explain the dynamics underlying leisure and recreation participation. To be able to interpret the results of leisure and recreation participation				

Textbook	
Other References	Arslan, S. (2013). Serbest Zaman-Rekreasyon ve Serbest Zaman Eğitimi (Yetişkin Eğitimi Bakış Açısıyla). Ankara: Nobel Akademik
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Leisure time and recreation concepts.	
2	Philosophy of leisure	
3	The meaning and leisure	
4	The meaning and theories of recreation	
5	Leisure and recreation for individuals	
6	Leisure and recreation for society	
7	Recreation delivery systems	
8	Midterm Exam	
9	Commercial Recreation and Turizm	
10	Outdoor and Advanture Recreation	
11	Therapeutic recreation	
12	Health, fitness, wellness	
13	Uniqe group recreation	
14	Final Exam	
Program Outcomes		
bbb		

PSIRA													
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	Total
All	5	4	3	3	4	4	4	4	3	3	3	4	44
C01	4	3	4	5	3	5	4	4	4	4	4	4	48
C02	5	3	4	4	4	3	4	3	3	3	3	4	43
C03	5	4	3	4	3	3	3	4	3	3	3	5	43
C04	5	4	4	3	4	4	4	4	3	3	3	3	44
Total	24	18	18	19	18	19	19	19	16	16	16	20	222

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

Textbook	
Other References	
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	0	0
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	0	0

	Total
Total	

Düzenleyen (Prepared by)	Tarih (Date) 01.09.2022	İmza (Signature)
---------------------------------	-----------------------------------	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
INTRODUCTION TO SPORT SCIENCES						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
REK 101	1	4	4	3	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		The emergence of sports sciences, the historical development of sports sciences combined with different fields, the basic concepts of physical education and sport, physical education and sport place, function, aims, philosophy, relation with other sciences, physical education and future of professional fields, and the sport's place in the Turkish education system and sports organizations and covers topics such as learning function.				
Course Objectives		The aim of this course is to provide students with an understanding of the basic concepts in the field of sport sciences by providing students with an understanding of the historical and scientific foundations of basic disciplines in sport sciences, the developments in sport sciences and the factors that influence them, and discussing all aspects of the sport sciences.				
Course Learning Outcomes		She/He will be able to explain scientific approaches to physical education and sport. She/He will recognize the multidisciplinary structure of physical education and sports. She/He will be able to explain the relationship between physical education and sports with other sciences. She/He will know the characteristics of sports structures in government and private organizations. She/He will be able to define the concept of physical education and sport. She/He will be able to explain the purposes of physical education and sport. She/He will know the historical basis of sports sciences.				

Textbook	
Other References	Ertan, H.(Ed) (2012) Introduction of Sport Science, Anadolu Üniversitesi Yayını, Eskişehir.,Mirzaoğlu, N.(ed) (2017) Introduction of Sport Science, Anadolu Üniversitesi Yayını, Eskişehir.
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Fundamentals concepts of sport science	
2	Historical fundamentals	
3	Philosophy Fundamentals	
4	Science Fundamentals	
5	Education Fundamentals	
6	Motor Behavior	
7	Sports Psychology	
8	Training Science	
9	Sport and Health	
10	Disabled and Sports	
11	Sport Management	
12	Recreation	
13	Children and Sport	
14	Computer Applications in Sport Sciences Career choice and Employment in Sports Sciences	
Program Outcomes		
bbb		

	Total
Total	

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
SPORTS CULTURE AND QUALITY OF LIFE						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
SEC 101.35	1	2	2	2	0	0
Department/Program	DEPARTMENT OF RECREATION / Recreation					
Course Type	Elective			Course Language	Turkish	
Course Prerequisites						
Course Category by Content, %	Basic Sciences	Engineering Science	Engineering Design	General Education		
				30		
Course Description	Sports culture and quality of life concepts, comparative study of social, physical, health, psychological and sports dimensions					
Course Objectives	Understanding of having regular exercise habit during lifelong and understanding of importance of physical fitness for developing and living quality life. Having knowledge and experience for preparing exercise program and doing it a part of their life. Understanding having strategies for gaining exercise habit for different groups.					
Course Learning Outcomes						

Textbook	
Other References	Torkildsen, G., (2005) Leisure and Recreation Management, Third Edition, London and New York Routledge
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Introduction of course, the goals of course.	
2	The history of recreation and quality of life, fundamental goals of sports for all ages and exercise	
3	Scientific fundamentals of recreation and quality of life	
4	The effects of regular application of Recreation and Quality of Life on human health	
5	Why aerobic exercises?	
6	Practice of recreation and quality of life	
7	Cardiovascular illnesses and exercise	
8	Midterm exam	
9	Overweight and exercise	
10	Low weight and exercise	
11	Recommended exercises for healthy life activities (walking, jogging, cycling, games, water activities)	
12	Recommended exercises for healthy life activities (walking, jogging, cycling, games, water activities)	
13	Recreational physical activities	
14	Recreational physical activities	
Program Outcomes		
bbb		

	PSIRA									
	P01	P02	P03	P04	P05	P06	P09	P11	P12	Total
All	3	4	3	3	4	2	5	4	4	32
Total	3	4	3	3	4	2	5	4	4	32

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
BASIC MOVEMENT EDUCATION						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
REK 109	1	2	2	1	2	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		The definition of basic movement training combines the concepts of body, effort (force, time and fluency) and space (level, direction, relationship, object and human) to enable them to learn and develop a variety of skills, balancing movements, displacement movements, object control, combined movements covers skills and teaching.				
Course Objectives		It is to enable them to learn basic movement skills.				
Course Learning Outcomes		It makes balancing movements by using body field awareness and movement relations Explain the concepts and principles of movement skills. Makes displacement movements with increased agility It makes displacement movements using body space awareness and movement relationships. Makes movements that require object control by using body space awareness and movement relations. Uses basic combined movement skills effectively and diligently.				

Textbook	
Other References	https://cdn-acikogretim.istanbul.edu.tr/auzefcontent/19_20_Guz/fiziksel_buyume_ve_motor_gelisim/7/index.html#konu-1
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	20
	Quizzes	2	20
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Movement training concepts (body awareness)	
2	Movement training concepts (effort awareness)	
3	Movement education concepts (field awareness)	
4	Movement education concepts (movement relationship awareness)	
5	Basic movement skill practices (displacement movements)	
6	Basic movement skill practices (displacement-object control movements)	
7	Basic movement skill practices (balancing movements)	
8	Basic movement skill practices (balancing movements)	
9	Basic movement skill practices (object control movements)	
10	Basic movement skill practices (displacement-object control movements)	
11	Basic movement skill practices (balancing? Displacement movements)	
12	Basic movement skill practices (displacement-balancing movements)	
13	Recognizing alternative teaching methods	
14	Final Exam	
Program Outcomes		
bbb		

	PSIRA			
	P01	P03	P11	Total
All	2	3	5	10
Total	2	3	5	10

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
TURKISH LANGUAGE I						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
TDB 101	1	2	2	2	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		Global description of the language, the position of Turkish in the language world , basic grammar features in Turkish.				
Course Objectives		To improve the comprehension and expression abilities of the students who are studying at bachelor's level is aimed by giving information related to general features of Turkish concerning the fact of the natural function of the language.				
Course Learning Outcomes						

Textbook	
Other References	Türk Dili ve Kompozisyon I-II, Tablet Yayınları, Konya, 2011., Türk Dil Bilgisi, Muharrem Ergin, Bayrak Yayınları, İstanbul, 1997., Dil
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
Program Outcomes		
bbb		

	PSIRA							Total
	P01	P02	P03	P04	P05	P06	P07	Total
All	5	5	5	5	5	5	5	35
Total	5	5	5	5	5	5	5	35

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
ADAPTATION TO UNIVERSITY LIFE (ORIENTATION TRAINING)						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
REK 113	1	2	2	0	2	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
					30	
Course Description		The awareness of being a university and being a university, introducing the academic and social opportunities of the university is to enable students to transition from high school to university without any problems.				
Course Objectives		The aim of this course is to ensure the students to have a general information about the concept of "university" and the directions and regulations of the university life; to learn about the national and international opportunities; to introduce the students the management and service units of the university and to increase the participation of the students in various scientific, cultural, arts and sports activities.				
Course Learning Outcomes		<p>To be able to understand the mission vision and strategic plan of ALKU</p> <p>To be able to use various services at the university</p> <p>To be able to learn the administration units of the university</p> <p>To be able to participate in student clubs at the university</p> <p>To be able to have the habit of participate in the cultural and scientific</p> <p>To be able to understand the concept of "university"</p>				

Textbook	
Other References	https://www.alanya.edu.tr
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	0	0
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	1	100
	Final examination	0	0

COURSE PLAN		
Weeks	Topics	Course Outcomes
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
Program Outcomes		
bbb		

	PSIRA		
	P03	P11	Total
All	4	4	8
Total	4	4	8

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
FOREIGN LANGUAGE I (ENGLISH)						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
ING 101	1	2	2	2	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
		12	13	12	13	
Course Description		<p>be and telling the Time 5)Simple present statements, yes-no questions, and short answers 6)Simple present information questions Frequency adverbs 7) Midterm Exam 8) Describing place with there's and There are and Prepositions Suggestions with Let's 9)Present continuous statements, yes-no questions, short answers, and information questions Imperatives 10)Like to, want to, need to, and have to Questions with How much . ? This, these; that, those</p>				
Course Objectives		<p>The aim of this course is to teach and expose the student to the target language in four basic teaching skills in order to help him/her communicate effectively at the A1 level of CEFR.</p>				
Course Learning Outcomes		<p>even though he / she can't usually understand enough to keep the conversation going him/ herself. Writing: The learner will be able to write short simple notes and messages relating to matters in areas of immediate need. Write a very simple personal letter for example thanking someone for something. Listening: The learner will be able to understand phrases and the highest - frequency vocabulary related to areas of the most immediate personal relevance (e.g. very basic personal and family information shopping the local area and employment). Catch the main point in short clear simple messages and announcements. Reading: The learner will be able to read very short simple texts. Find specific</p>				

Textbook	
Other References	OXFORD PRESS - Smart Choice, Level 1 -Wilson K- 2007,Mccarthy, M. (2014). Touchstone Level 2 Student's Book. Cambridge Uni
Homework & Projects	Yazılı ödevler
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Introduction- Classroom Language	
2	The verb be with I, you, and we in statements, yes-no questions, and short answers. Questions v	
3	The verb be with he, she, and they in statements, yes-no questions, and short answers Articles a	
4	Possessive adjectives The verb be in statements, yes-no questions, and short answers (summary)	
5	Simple present statements, yes-no questions, and short answers	
6	Simple present information questions Frequency adverbs	
7	Midterm Exam	
8	There's and There are Quantifiers Adjectives before nouns Telling time Suggestions with Let's	
9	Present continuous statements, yes-no questions, short answers, and information questions Impe	
10	Like to, want to, need to, and have to Questions with How much . . . ? This, these; that, those	
11	"Can ve can't" ability	
12	Simple past statements, yes-no questions, and short answers	
13	Simple past of be in statements, yes-no questions, and short answers Simple past information qu	
14	Countable and uncountable nouns How much . . . ? and How many . . . ? Would you like (to) . . .	
15	Final Exam	
Program Outcomes		
bbb		

	Total
Total	

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
SWIMMING						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
REK 111	1	3	3	1	2	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		Definition of swimming, history, physiological effects, scientific principles, competition and safety rules and basic preparatory work in water (water standing and progress), free-kicking and backing techniques, foot kick, breathing, breathing, coordination and return and dives.				
Course Objectives		To have the basic theoretical knowledge about swimming sport and free at least 25 meters in back and breaststroke techniques To be able to swim.				
Course Learning Outcomes		To have basic knowledge about swimming sport To be able to learn and apply free swimming technique together with teaching steps To learn and apply the technique of back suppression along with the teaching steps To be able to learn and apply the breaststroke swimming technique together with the teaching steps.				

Textbook	
Other References	Olaru, A.M; Sportive Swimming, Adanai 11994.,GSGM Swimming Jumping and Water Polo Federation; Swimming Teacher Handbo
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Basic scientific and biomechanical principles of swimming	
2	Fundamentals of water safety and first aid	
3	Getting used to water	
4	Progress in water and stay on water surface	
5	5 Backstroke in water on back and foot	
6	Arm pull on the back	
7	Foot and arm coordination	
8	Visa	
9	Foot, arm coordination in free technique	
10	Breathing and pulling in free swimming technique	
11	Foot-arm coordination in free swimming technique	
12	Footsteps in breaststroke technique	
13	Armping and coordination in breaststroke technique	
14	Dives and general review	
Program Outcomes		
bbb		

	Total
Total	

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
ATATÜRK'S PRINCIPLES AND THE HISTORY OF REVOLUTION II						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
ATA 102	2	2	2	2	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
					100	
Course Description		Abolition of Sultanate, Declaration of Republic ,Abolition of Caliphate ,Political Movement and Parties ,Juridical Revolution ,Revolution in the Field of Education and Culture ,Social Revaluations ,Turkish Foreign Policy in the Period of Atatürk ,Principles of Atatürk				
Course Objectives		The aim of the course is to enable students to develop an understanding of the historical sense and the importance of Turkish revolution. This course focuses on the Turkish revolutions and the principles of Kemalism				
Course Learning Outcomes		Explains Principles of Atatürk and their importance. Explains the relations / problems between Turkey and its neighbours. Explains Political Movement and Parties in Turkey Explains the effects of the developments at Europe and World on Turkish Republic. Learn political socio-economic and socio-cultural knowledge about Atatürk's revolutions.				

Textbook	
Other References	ŞERAFETTİN TURAN, TÜRK DEVRİM TARİHİ
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14	Turkish Policy in the Period of İnönü	
15		
Program Outcomes		
bbb		

PSIRA									
	P01	P02	P03	P04	P05	P06	P07	P08	Total
All	3	4	3	4	3	3	3	4	27
Total	3	4	3	4	3	3	3	4	27

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
ATHLETICS						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
REK 108	2	3	3	1	2	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
		0	0	0	0	
Course Description		Running, throwing, basic techniques of throwing, competition rules and skills.				
Course Objectives		The purpose of this course is Teaching athletics at all disciplines to the students as throws, jumps, running.				
Course Learning Outcomes		<p>To be able to apply the stages of fundamental education in all events of athletics</p> <p>To be able to analyze athletes and their characteristics according to their events</p> <p>To be able to explain performance components according to the events in athletics</p> <p>To be able to explain the philosophy of athletics</p> <p>competition rules</p> <p>field and material knowledge</p> <p>To know national and world record in athletics events</p>				

Textbook	
Other References	Demir, M (2008) Athletics: Running, Jumping, Throwing, Müller, H., Ritzdorf, W. (2009) Run! Jump! Throw!, IAAF
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Identifications, History and Classification of Track & Field	
2	Warm-up in Athletics (Jogging, gymnastics, running drills, increasing running	
3	Sprint Running, Block Starts, Reaction starts, Running Mechanics	
4	Hurdle Runs: Hurdle drills, transitions, hurdle runs	
5	Shot put Technique ,motor skills and movement patterns,theory and practice	
6	Javelin Throw Technique ,motor skills and movement patterns,theory and practice	
7	Long jump Technique ,motor skills and movement patterns,theory and practice	
8	mid-term exam	
9	Hammer throw Technique ,motor skills and movement patterns,theory and practice	
10	Discus Throw Technique ,motor skills and movement patterns,theory and practice	
11	Triple jump Technique ,motor skills and movement patterns,theory and practice	
12	High Jump Technique ,motor skills and movement patterns,theory and practice	
13	Pole vault and race walk Techniques ,motor skills and movement patterns,theory and practice	
14	Middle and Long Distance Technique ,motor skills and movement patterns,theory and practice	
15	IAAF Kids' Athletics - athletics applications for kids	
16	Final Exam	
Program Outcomes		
bbb		

	PSIRA												Total
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	
C01	5	4	2	3	5	1	1	5	5	2	5	4	42
C02	5	4	2	3	5	1	1	5	5	2	5	4	42
C03	5	4	2	3	5	1	1	5	5	2	5	4	42
C04	5	4	2	3	5	1	1	5	5	2	5	4	42
Total	20	16	8	12	20	4	4	20	20	8	20	16	168

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

**ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM**

Course Name						
PHYSIOLOGY						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
REK 106	2	2	3	2	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		To give an overview of cell, tissue, organ and system physiology				
Course Objectives		Learning of the principles of the normal function of body cells, tissues, organs and systems				
Course Learning Outcomes		<p>Explains the function of all body cells tissues organs and systems in healthy individuals. Explains the working mechanisms of all the body cells tissues organs and systems. Explains the interaction and communication between the parts (cell-tissue-organ-system) of the organism. Explains the relations between the whole organism and the environment. Acquires knowledge about the possible pathologies that can be seen due to dysfunction of the body cells tissues organs or systems. Defines the physical and chemical factors that support development till the beginning of life.</p>				

Textbook	
Other References	Guyton and Hall Textbook of Medical Physiology,2015,Ganong. Review of Medical Physiology 2014,Medical Physiology: Principles f
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Introduction To Physiology, Physiologic Control Systems, Body Fluid Composition And Its Charact	
2	Cell Physiology (Functions Of Organelles, Cellular Signaling)	
3	Cell Physiology (The Cell Membrane, Membrane Transport, Resting Membrane Potential)	
4	Introduction To Nervous System, Nerve Cell Structure, Action Potential And Synaptic Transmissio	
5	Autonomic Nervous System.	
6	Muscle Physiology	
7	Muscle Physiology	
8	Blood Physiology	
9	Blood Physiology	
10	Immune System Physiology.	
11	Cardiovascular System Physiology	
12	Cardiovascular System Physiology	
13	Respiratory System Physiology.	
14	Respiratory System Physiology.	
Program Outcomes		
bbb		

	PSIRA							Total
	P01	P02	P03	P04	P05	P06	P07	
All	4	4	1	2	3	4	3	21
C01	4	4	1	2	3	4	3	21
C02	4	4	1	2	3	4	3	21
C03	4	4	1	2	3	4	3	21
C04	4	4	1	2	3	4	3	21
C05	4	4	1	2	3	4	3	21
C06	4	4	1	2	3	4	3	21
Total	28	28	7	14	21	28	21	147

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
GENERAL GYMNASTICS						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
REK 110	2	3	3	1	2	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		Definition of general gymnastics, historical development, order exercises, basic gymnastics postures, general gymnastic movements, individual and partner movements, instrumental individual and partner movements, music accompanied by all kinds of portable tools can be used in the dance and a variety of gymnastics movements of a particular theme is covered in the group includes cimnastiji and work.				
Course Objectives		The purpose of this course is to enable students to use the basic knowledge and skills related to gymnastics and enable them to learn the basic skills and techniques of promotion and education.				
Course Learning Outcomes		She/He will be able to apply basic skills related to gymnastics. She/He will be able to demonstrate and teach basic skills and techniques. She/He will learn to move in music accompaniment. She/He will be able to explain the basic knowledge and concepts about gymnastics. She/He will be able to improve mobility by moving from simple gymnastic movements to complex movements. She/He will be able to develop skills in group harmony and group work. She/He will be able to organize musical activities that can be done for demonstration.				

Textbook	
Other References	•Şengül, E. Serbest Cimnastik, Sporsal Uygulama Dizisi 5, 2. baskı, 1996, Ankara. ,•Bohumil K/Zdenek T/ Rudolf V . Gymnastque
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	1	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Introduction of the course: Content, necessity, importance and requirements	
2	Sportive warming and varieties	
3	Apprentice exercises in gymnastics (commands, postures, turns, sorting and lining, walking and r	
4	Basic gymnastics downtime	
5	Sporda rhythm and movement relation	
6	Individual and partner movements in gymnastics	
7	Group work in gymnastics	
8	MIDTERM EXAM	
9	Front and Back Rolls, Tumbling and Tumbling Types (Front Tumbling, Back Tumbling, turn on the	
10	Handstand cascading studies, handstand, handstand somersault	
11	Circle cascading studies, circle, cartwell cascading studies, cartwell	
12	Accessing handstand cascade of studies, access to handstand	
13	Überslak cascading studies, überslak	
14	Criteria and studies of series preparation	
15	Preparatory work and demonstration preparations	
16	FINAL EXAM	
Program Outcomes		
bbb		

	PSIRA												Total
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	Total
All	4	4	4	4	4	4	4	4	4	4	4	4	48
Total	4	4	4	4	4	4	4	4	4	4	4	4	48

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

**ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM**

Course Name						
CAREER PLANNING						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
KRY 102	2	2	2	2	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Elective		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		Career concept Career planning Relationship between career planning and vocational counseling Individual career development CV preparation and CV types Job interview Career planning process Evaluation of the Turkish education system in line with career planning Applicability of career counseling in schools Lifelong career planning Career planning in retirement				
Course Objectives		Learn the development process of this course and try to learn the talents and learning experiences of individuals.				
Course Learning Outcomes		Students shall restates principles techniques of career planning. Students shall use approaches and techniques of career planning and debates identification of individual characteristics in career decision-making. Students shall explain career development. Students shall plan according to education grades career development process and serves Students shall help individuals for career planning				

Textbook	
Other References	Kuzgun, Y. (2003). Meslek Rehberliđi ve Danışmanlıđına Giriş. Ankara: Nobel Erdođmuş, N. (2003). Kariyer Geliştirme. Ankara, No
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Career concept	
2	Career planning	
3	The relation between career planning and professional counseling	
4	The relation between career planning and professional counseling	
5	Preperation of CV and types	
6	Job interview	
7	Career planning process	
8	Midterm 1	
9	general asesment	
10	Evaluating Turkish Educational System in terms of career planning	
11	Applicability of career planning at schools	
12	Applicability of career planning at schools	
13	Lifelong career planning	
14	Career planning in retirement	
15	Final	
Program Outcomes		
bbb		

	PSIRA	
	P01	Total
All	5	5
C01	4	4
C02	4	4
C03	5	5
C04	4	4
C05	4	4
Total	26	26

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

**ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM**

Course Name						
RECREATION PHILOSOPHY						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
REK 104	2	3	4	3	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
					40	
Course Description		View of recreation from historical perspective, the meaning and applications of societies to recreation. Recreation perception of typical and atypical behavior, the relationship between pleasure and ethical values.				
Course Objectives		It is aimed to examine what is leisure and recreation in life span, to identify philosophy and history in leisure. In this context, the issues associated with recreation that include experience to aimed improving the quality of life are examined as an area of research				
Course Learning Outcomes		<p>To be able to understand the importance of leisure and recreation</p> <p>To be able to Explain leisure and recreation movement with traditional and contemporary philosophical views</p> <p>To be able to Recreation and sports recreation area</p> <p>explains what it is about the practical and theoretical knowledge</p> <p>To be able to plans and implements activities for development of the recreation area</p>				

Textbook	
Other References	Jenkins J. M., Pigram, J., J., (2003) Encyclopedia of Leisure and Outdoor Recreation Routledge, London Human kinetics (editor)
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	What is leisure and recreation?	
2	Leisure in Prehistoric societies	
3	Leisure in Ancient Greece, Egypt and Rome	
4	Industrial Revolution	
5	Leisure Theories: Marxist Theory	
Program Outcomes		
bbb		

PSIRA													
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	Total
All	5	5	4	5	4	5	5	4	4	4	5	5	55
Total	5	5	4	5	4	5	5	4	4	4	5	5	55

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

**ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM**

Course Name						
RECREATIONAL ACTIVITIES I						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
SEÇ 112	2	5	5	1	2	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Elective		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description						
Course Objectives						
Course Learning Outcomes		<p>To be able to identify the characteristics of all ages and the needs of sports performances To be able to design different physical fitness methods before during and after exercise in relation to different exercise types and their applications.</p>				

Textbook	
Other References	Kennedy-Armbruster C, Yoke MM (2009), Methods of Group Exercise Instruction, Second Edition, Human Kinetics
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	0	0
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	0	0

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	The history of futsal and futsal in Turkey	
2	Futsal rules knowledge	
3	The athlete profile and energy systems in futsal	
4	The basic technics in futsal	
5	Game systems	
6	Organization about educational games.	
7	Organization about educational games.	
8	Midterm Exam	
9	Organization about educational games.	
10	Organization about educational games.	
11	Organization about educational games.	
12	Organization about educational games.	
13	Organization about educational games.	
14	Organization about educational games.	
Program Outcomes		
bbb		

PSIRA													
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	Total
All	4	4	4	4	4	4	4	4	4	4	4	4	48
C03	4	4	4	4	4	4	4	4	4	4	4	4	48
C04	4	4	4	4	4	4	4	4	4	4	4	4	48
Total	12	12	12	12	12	12	12	12	12	12	12	12	144

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
RECREATIVE FUTSAL						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
SEC 112.3	2	5	5	1	2	0
Department/Program	DEPARTMENT OF RECREATION / Recreation					
Course Type	Elective			Course Language	Turkish	
Course Prerequisites						
Course Category by Content, %	Basic Sciences	Engineering Science	Engineering Design	General Education		
Course Description	Dersin içeriği; futsal branşının tarihi gelişimi futsal müsabaka kuralları, saha ölçüleri, topsuz yapılan teknikler ve futsal vuruş teknikleri, aldatma teknikleri, top kontrolü teknikleri, futsal branşında dripling (top sürme) teknikleri, futsal branş teknikleri: pas ve paslaşma çeşitleri, hücum setleri, hücum taktikleri, futsal branşında savunma taktikleri, alan savunması, adam savunması, duran top çalışması, futsal branşına özgü oyun stratejileri konuları kapsamaktadır.					
Course Objectives	To gain basic knowledge, skills and example organizations about recreational futsal as a recreational activity.					
Course Learning Outcomes	Being able to acquire knowledge related to recreational indoor football					

Textbook	
Other References	Vic Hermans, Gregor Gdawietz, Rainer Engler and Wolfgang Schwehm, Futsal: Technique, Tactics, Training, Meyer & Meyer Verlag
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	The history of futsal and futsal in Turkey	
2	Rules and field measurements	
3	The athlete profile and energy systems in futsal	
4	The basic technics in futsal	
5	The offence practices in futsal	
6	The defence practices in futsal	
7	Midterm	
8	Fast attack practices	
9	Game systems	
10	Freekick practices	
11	Improving game strategies	
12	Game systems	
13	General repetition	
14	Final	
Program Outcomes		
bbb		

PSIRA													
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	Total
All	5	5	5	5	5	5	5	5	5	5	5	5	60
C01	5	5	5	5	5	5	5	5	5	5	5	5	60
Total	10	10	10	10	10	10	10	10	10	10	10	10	120

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
LEISURE SOCIOLOGY						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
REK 102	2	3	4	3	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
					40	
Course Description		The definition of leisure time, the importance for individuals and community, the formation of leisure time in the context of production and consumption, the progression during the historical process, evaluation of leisure time according to cultural structures and different socio-cultural structures toward the past and today, entertainment culture, popular culture and the relationship between leisure time.				
Course Objectives		This course, the importance of free time on their individual and social development by providing social, rural-urban structure of children and young people, adults, elderly and by identifying the characteristics of disabilities, these groups which function in the free-time activities through the free-time activities undertaken by institutions and which has to be organized is intended to provide information about.				
Course Learning Outcomes		<p>The impact of production-consumption balance of Leisure time to teach the culture of evaluation.</p> <p>Ancient and modern societies</p> <p>Leisure of time knows how to be a sociological phenomenon.</p> <p>Leisure time activities</p> <p>effects on quality of life</p> <p>you know</p> <p>understand the implements.</p> <p>Leisure time activities</p> <p>social conditions</p> <p>they will held.</p> <p>Defines the leisure time</p> <p>recognize the importance.</p> <p>Leisure time as well as the individual in the community realize that it is important</p>				

Textbook	
Other References	Tezcan, M. (1993). Boş Zamanlar Sosyolojisi, Ankara Üniversitesi Eğitim Bilimleri Fakültesi Yayınları, Ankara.
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Basic concepts of leisure time	
2	Basic concepts of leisure time	
3	Leisure time in Antiquity and medieval age	
4	Leisure time in modern period	
5	Leisure timeand posmodern period	
6	Theories of leisure time	
7	Theories of leisure time	
8	mid-term exam	
9	Family and leisure	
10	Education and leisure	
11	Religion and leisure	
12	Demographic variables and leisure time	
13	Sport and leisure	
14	Final	
Program Outcomes		
bbb		

PSIRA													
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	Total
All	5	5	5	5	5	5	5	5	5	5	5	5	60
Total	5	5	5	5	5	5	5	5	5	5	5	5	60

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
TREKKING						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
SEC 112.2	2	5	5	1	2	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Elective		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		It includes subjects such as adapting to the life in natural environment, acquiring safe movement information and skills, and application of these information and skills.				
Course Objectives		The aim is to gain knowledge about movement and skills in order to know, live and adapt to nature; and to give information about nature walks.				
Course Learning Outcomes		To be able to understand the trekking theory Being able to practice trekking				

Textbook	
Other References	Bicho, N. F., Haws, J. A., & Davis, L. G. (2011). Trekking the shore: Changing coastlines and the antiquity of coastal settlement. N
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	The benefits of nature walks	
2	The concept of trekking	
3	Navigation techniques	
4	Materials and their use	
5	General rules and use of breaks	
6	Planning an event	
7	Midterm	
8	Principles of planning a nature walk	
9	Nature and nature protection	
10	Group walks and application techniques	
11	Trekking practice	
12	Trekking practice	
13	Trekking practice	
14	Final	
Program Outcomes		
bbb		

PSIRA													
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	Total
All	5	5	5	5	5	5	5	5	5	5	5	5	60
Total	5	5	5	5	5	5	5	5	5	5	5	5	60

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
TURKISH LANGUAGE II						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
TDB 102	2	2	2	2	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		The historical process of the Turkish language is the processing, teaching and use by giving semantic qualifications in the frame of basic language				
Course Objectives		The department of Turkish language aims to improve the comprehension and expression abilities of the students who are studying at bachelo's level and associate degree by giving infotmation related to general features of Turkish concerning the fact of the natural function of the language				
Course Learning Outcomes		The grammatical features of the Turkish language in general terms and analyse the sentence structure The student gets the knowledge of the natural function of the language and the reflection of this function on Turkish				

Textbook	
Other References	COURSE NOTES
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	What is language?The place and importance of the language as a social concept in the nation life	
2	Language-culture knowledge	
3	The place of Turkish language among the world languages	
4	The position of Turkish language today and its range	
5	Sound features of Turkish	
6	Syllable knowledge	
7	Writing rules and application	
8	Rules related to sounds and affixes	
9	Punctuation and application	
10	MID-TERM EXAMS	
11	Derivational affix and application	
12	Derivational affix and application	
13	Nouns and verb inflections in Turkish	
14	General informations about composition	
15	Plan to use while writing a composition and application	
Program Outcomes		
bbb		

	PSIRA	
	P05	Total
C01	5	5
C02	5	5
Total	10	10

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
FOREIGN LANGUAGE II (ENGLISH)						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
ING 102	2	2	2	2	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
		0	0	0	100	
Course Description		Can understand sentences and frequently used expressions related to areas of most immediate relevance (e.g. very basic personal and family information, shopping, local geography, employment). Can communicate in simple and routine tasks requiring a simple and direct exchange of information on familiar and routine matters. Can describe in simple terms aspects of his/her background, immediate environment and matters in areas of immediate need.				
Course Objectives		To understand and use the target language on A1 - A2 level.				
Course Learning Outcomes		<p>Student learn and use verb to be Present and subject pronouns.</p> <p>student learns and uses subject pronouns and imperatives</p> <p>student learns and can use possessives and possessive adjectives</p> <p>student learns and can use predictions with be going to</p> <p>Student learns and can use have got</p> <p>has got plural nouns definite and indefinite articles</p> <p>Student learns and can use there is there are some any</p> <p>Student learns and can use "want/would like to"</p> <p>Student learns and can use prepositions of time and place</p> <p>Student learns and can use imperatives</p> <p>Student learns and can use can</p> <p>cant</p> <p>Student learns and can use simple present tense</p> <p>Student learns and can use object pronouns</p> <p>Student learns and can use frequency adverbs</p>				

Textbook	
Other References	New Total English (Pearson Publishing)
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	1.Say where people and things are from2. Exchange information about family3. Talk about jobs.4	
2	1. Describe what you do everyday.2. Describe other people's routines.3. Talk about everyday obj	
3	1.Talk about what you do in your free time.2. Talk about your abilities.3. Take and leave a simple	
4	1. Talk about quantities2. Talk about your diet and lifestyle.3. Order food in restaurant4. Ask peo	
5	1. Talk about your home.2. Talk about the things you have.3. Describe where you live.4. Talk abo	
6	1. Talk about the past2. Describe a visit to a city.3. Talk about past events in your life.4. To want	
7	Revision and practice	
8	Midterm	
9	1. Understand and tell a simple story.2. Describe people and understand descriptions.3. Understa	
10	1. Describe what people are doing now.2. Talk about what you wear.3. Talk about the weather.4	
11	1. Make comparisons.2. Talk about personal preferences.3. Make and respond to suggestions.4. V	
12	1. Book a ticket.2. Talk about personal experiences.3. Give directions.4. Describe an event.	
13	1. Understand signs and rules2. Talk about your education.3. Give and understand instructions.4.	
14	1. To talk about intentions.2. Talk about reasons of your actions.3. Discuss plans4. write a thank	
15	Revision and Practice	
16	Final Exams	
Program Outcomes		
bbb		

	PSIRA					Total
	P03	P04	P05	P06		
All	5	5	4	4		18
C01	5	5	4	4		18
C02	5	5	4	4		18
C03	5	5	4	4		18
C04	5	5	4	4		18
C05	5	5	4	4		18
C06	5	5	4	4		18
C07	5	5	4	4		18
C08	5	5	4	4		18
C09	5	5	4	4		18
C10	5	5	4	4		18
C11	5	5	4	4		18
C12	5	5	4	4		18
C13	5	5	4	4		18
C14	5	5	4	4		18
C15	5	5	4	4		18
Total	80	80	64	64		288

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
BICYCLE						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
SEC 211.2	3	5	5	1	2	0
Department / Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Elective		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		<p>"Differences between sport, transport and recreational cycling Equipment, competition rules and basic skills specific to cycling disciplines Driving technique, safe driving, choosing a bike, basic bike maintenance Anatomical, aerodynamic, biomechanical and physiological factors affecting cycling performance Movement skill acquisitions that can be achieved with cycling activities "</p>				
Course Objectives		It includes the transfer of general theoretical knowledge about bicycles, introduction of basic skills and techniques and teaching.				
Course Learning Outcomes		<p>Gains general knowledge of equipment specific to cycling disciplines competition rules and basic skills. Gains knowledge of correct driving technique safe driving bicycle selection basic bicycle maintenance. Understands the relationships between anatomical aerodynamic biomechanical and physiological elements that affect performance while cycling. Through cycling activities he / she acquires knowledge and participates in exercises related to movement skills and physical fitness development. Understands the needs related to sports transportation and recreational bicycle use in Turkey cycling recreational cycling activities associated with expansions and learn about job opportunities.</p>				

Textbook	
Other References	Hugh McClintock. (2002) Planning for Cycling: Principles, Practice, and Solutions for Urban Planners
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Cycling for sports, transportation and recreational purposes, Cycling disciplines	
2	Bicycle parts, accessories, basic bike care	
3	Bicycle and equipment selection, Arrangements for the correct driving technique	
4	Teaching cycling	
5	Mobility skills that can be achieved with cycling activities	
6	Anatomical, aerodynamic and biomechanical elements that affect performance in cycling	
7	Physiological factors affecting performance in cycling	
8	Supporting physical fitness with cycling activities	
9	Planning cycling activities for recreation, group	
10	Turkey? S Bicycle: Old buildings, institutions, athletes, projects	
11	Projects associated with recreational cycling activities, new openings and job opportunities	
12	Transportation bicycle use infrastructure, regulations	
13	Bicycle teaching, movement skills educational games practice	
14	Planning and implementing bicycle-themed recreational activities	
15	General exam preparation	
16	General Exam	
Program Outcomes		
bbb		

PSIRA													
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	Total
All	4	3	3	4	4	3	4	5	3	4	3	2	42
Total	4	3	3	4	4	3	4	5	3	4	3	2	42

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
EXERCISE PHYSIOLOGY						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
REK 207	3	3	3	2	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		the elements of energy transfer in the human body, and apply these to exercise conditions - techniques for the measurement of energy expenditure and calorimetry - the relationships between METS and kilocal to exercise and weight control - methods for determining body composition and their role in energy balance - the anatomy of the pulmonary system and pulmonary circulation -the mechanisms of respiration, gas exchange, and the dynamics of pulmonary ventilation- Fundamental physiological principles as they pertain to human adaptation to acute and chronic physical activity.				
Course Objectives		The objectives of this course are to; 1. compare aerobic, anaerobic, and nonaerobic metabolism and identify the role of each in exercise 2. analyze the elements of energy transfer in the human body, and apply these to exercise conditions 3. discuss techniques for the measurement of energy expenditure and calorimetry 4. compare the relationships between METS and kilocal to exercise and weight control 5. describe methods for determining body composition and their role in energy balance 6. identify the anatomy of the pulmonary system and pulmonary circulation 7. explain the mechanisms of respiration, gas exchange, and the dynamics of pulmonary ventilation				
Course Learning Outcomes		to be able to the completion of the program the student will be able to; learn acute and chronic responses of physiological systems to exercise to be able to Learn fundamental physiological basis of performance related physical fitness in environments to be able to Compare differences between gender physical activity level and intensity in terms of physiological basis.				

Textbook	
Other References	Porcari, J., Bryant, C., & Comana, F. (2015). Exercise physiology. FA Davis.
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Introduction to the course and advance exercise physiology."	
2	Exercise Physiology: past, present and future	
3	Anaerobic glycolysis, ATP and aerobic sources	
4	Energy consumption, oxygen intake and deficiency, OBLA, lactic acid threshold steady state, spor	
5	Recovery after exercise60m running and vertical jump test	
6	Muscle structure, myofibril, muscle fibril movements, skeletal muscle and movement.	
7	Midterm	
8	Motor unit types and Athletic success	
9	Nervous system and movement, neuron, nerve impulse, synapse, neuro-muscular junction, action	
10	Training neuromuscular adaptations.	
11	Types of muscle contraction, strength, endurance, strength muscle hypertrophy.	
12	Acute and delayed muscle fatigue	
13	Body fat measurements; Underwater measurements, skinfold, bio. Res. measurementsBody fat p	
14	Final	
Program Outcomes		
bbb		

PSIRA													
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	Total
All	5	5	5	5	5	5	5	5	5	5	5	5	60
C01	5	5	5	5	5	5	5	5	5	5	5	5	60
C02	5	5	5	5	5	5	5	5	5	5	5	5	60
C03	5	5	5	5	5	5	5	5	5	5	5	5	60
Total	20	20	20	20	20	20	20	20	20	20	20	20	240

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
GENERAL TRAINING KNOWLEDGE						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
REK 201	3	5	5	2	1	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		Definition of training, aims, planning principles, types and supercompensation theory. Energy metabolisms in sports, loading methods, basic biomotor abilities and their relations with each other. Defining the basic features of speed, endurance and strength training and sample training forms. Coordinative abilities, elevation training, overtraining, Olympic and annual training planning fundamentals.				
Course Objectives		The aim of this course is to provide basic information about the basic concepts, definitions, principles, aims and biomotor abilities of the science of training.				
Course Learning Outcomes		To be able to explain and comprehend the factors affecting the efficiency of basic engine characteristics; To be able to comprehend and apply the training loading principles of basic motor features.				

Textbook	
Other References	
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	0	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	0	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Definition and aims of training,	
2	Planning principles and types of training,	
3	supercompensation theory,	
4	loading methods,	
5	Basic biomotor abilities and their relations with each other,	
6	Defining the basic features of endurance training and sample training forms,	
7	midterm exam	
8	Defining the basic features of speed training and sample training forms,	
9	Defining the basic features of strength training and sample training forms,	
10	Definition of coordinative abilities and exemplary training forms,	
11	Causes and elimination of overtraining,	
12	Detraining causes and elimination,	
13	Fundamentals of Olympic and annual training planning,	
14	Fimal exam	
Program Outcomes		
bbb		

PSIRA													
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	Total
All	4												4
C01	4	3	5										12
C02				4	3	3	2	3	3	4	4	4	30
Total	8	3	5	4	3	3	2	3	3	4	4	4	46

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

**ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM**

Course Name						
PROFESSIONAL FOREIGN LANGUAGE						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
SEC 201	3	2	2	2	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Elective		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		It includes the terms and gramatical subjects in English language related to Recreation				
Course Objectives		The aim is to teach the students the terms and structures in English language that they will need in their vocational lives.				
Course Learning Outcomes		To be able to acquire language skills to be used in vocational life				

Textbook	
Other References	Reader at Work - 2 Aysun Veliođlu, Bülent Kandiller / Odtü
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Basics of English	
2	The structure and magnitude of leisure and recreation sector	
3	Regulations of health and safety in work-life and risk evaluation	
4	Regulations of health and safety in work-life and risk evaluation	
5	Sports industry and organization history	
6	Review of sports sciences articles	
7	Midterm	
8	Studies carried out in Recreation sector and translation	
9	Studies carried out on safety in leisure and recreation and translation	
10	Studies carried out on sports and community and translation	
12	Studies carried out on consumer services in recreation and translation	
13	Studies carried out on nature and adventure recreation and translation	
14	Final	
Program Outcomes		
bbb		

	PSIRA												Total
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	Total
All	5	5	5	5	5	5	5	5	5	5	5	5	60
C01	5	5	5	5	5	5	5	5	5	5	5	5	60
Total	10	10	10	10	10	10	10	10	10	10	10	10	120

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
PROFESSIONAL FOREIGN LANGUAGE (ENGLISH I)						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
SEC 201.1	3	2	2	2	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Elective		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		To give information about the definition of the course, its historical development, application areas and basic concepts.				
Course Objectives		To give information about the definition of the course, its historical development, application areas and basic concepts.				
Course Learning Outcomes						

Textbook	
Other References	Zorba, E. (2005). Sport for all. Morpa Cultural Publications.
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Basics of English	
8	Midterm	
Program Outcomes		
bbb		

PSIRA													
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	Total
All	4	3	5	4	5	4	4	4	5	3	3	5	49
Total	4	3	5	4	5	4	4	4	5	3	3	5	49

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
ARCHERY						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
SEC 209.8	3	5	5	1	2	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Elective		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		Archery competition rules, Turkish and World archery history, basic techniques specific to archery (posture, holding, bow pull, aim, release and final carry), skill selection specific to archery, individual and team racing tactics, how to teach others how to shoot arrows, general tactical to teach the information and teaching methods of this information.				
Course Objectives		Archery competition rules, Turkish and World archery history, basic techniques specific to archery (posture, holding, bow pull, aim, release and final carry), skill selection specific to archery, individual and team racing tactics, how to teach others how to shoot arrows, general tactical to teach the information and teaching methods of this information.				
Course Learning Outcomes		Understanding archery philosophy and game rules To practice and transfer the basic techniques of archery Viewing player and team attributes Implementing and transferring individual-team training Associating player attributes with competition tactics				

Textbook	
Other References	F.I.T.A. Okçuluk Kuralları Çeviren Doç. Dr. Hayri Ertan
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Introduction of archery, history of archery, modern archery today, archery competition rules, field	
2	Security measures to be taken during the works. Posture and holding exercises.	
3	Traction and taking a shooting position	
4	Aiming (aiming at the target with a bow)	
5	drop off and final transport	
6	Taking a shooting position (standing positions on the firing line)	
7	Tactics to be followed in individual competitions	
8	Shooting styles and tactics in team competitions	
9	Basic material information and spring settings	
10	Stable broadcast settings, broadcast movement at the moment of pull and shot, settings	
11	Selection and adjustment of materials suitable for the physical characteristics of the athlete	
12	Teaching people of all ages how to shoot arrows	
Program Outcomes		
bbb		

PSIRA													
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	Total
All	4	4	3	5	4	5	4	5	4	4	5	3	50
Total	4	4	3	5	4	5	4	5	4	4	5	3	50

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
RECREATION MANAGEMENT AND ORGANIZATION						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
REK 203	3	5	5	3	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		The terms relating general and recreation administration contain subjects such as; the development of administration thought, contemporary administration theories and approaches, the application of administration process in recreation administration and organizations, the application area of Turkish institutions relating recreation.				
Course Objectives		Defining main terms pertaining general and recreation administration, discussing the theory, principal, model, approach and process of administration science, assessing the recreational organizations in the light of contemporary administration processes, designing the different activities relating recreation organizations, and helping choosing the appropriate institutions.				
Course Learning Outcomes		To be able to learn the basic concepts of management science To be able to transfer the knowledge of management science into leisure and recreation management area.				

Textbook	
Other References	Blahna, D. J. (2007). Introduction: recreation management. Introduction: recreation management., (PNW-GTR-698), 101-113.
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	The terms relating quality and importance of Management	
2	The Theory of Management (Classic Organization and Approaches)	
3	The Theory of Management (Neo-Classic Organization and Approaches)	
4	The Theory of Management (Modern Organization and Approaches)	
5	The Theory of Management (Post-Modern Organization and Approaches)	
6	Leisure Time and Recreation: Concepts and Features	
7	Midterm	
8	Leisure and Recreation Industry	
9	Leisure and Recreation Marketing	
10	Recreation Activities Planning	
11	Leadership and Decision Making in Recreation	
12	Education of Recreation Management	
13	Project Management in Recreation	
14	Final	
Program Outcomes		
bbb		

PSIRA													
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	Total
All	5	5	5	5	5	5	5	5	5	5	5	5	60
C01	5	5	5	5	5	5	5	5	5	5	5	5	60
C02	5	5	5	5	5	5	5	5	5	5	5	5	60
Total	15	15	15	15	15	15	15	15	15	15	15	15	180

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

Textbook	
Other References	
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	0	0
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	0	0

	Total
Total	

Düzenleyen (Prepared by)	Tarih (Date) 01.09.2022	İmza (Signature)
---------------------------------	-----------------------------------	-------------------------

Textbook	
Other References	
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	0	0
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	0	0

	Total
Total	

Düzenleyen (Prepared by)	Tarih (Date) 01.09.2022	İmza (Signature)
---------------------------------	-----------------------------------	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
LEISURE EDUCATION						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
REK 205	3	5	5	3	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		It includes subjects such as leisure education and classification of leisure activities				
Course Objectives		Learning the individual and group attitudes towards leisure and recreation as well as planning organizations in the light of human needs and expectations.				
Course Learning Outcomes		To be able to comprehend the basic concepts of leisure education and recreation To be able to plan leisure activities in different features				

Textbook	
Other References	Stebbins, R. A. (1999). Educating for serious leisure: Leisure education in theory and practice. World Leisure & Recreation, 41(4),
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Introduction of the lesson	
2	time, leisure and recreation	
3	Individual and social side of leisure	
4	Classification of leisure	
5	Classification of leisure according to its purposes	
6	Reasons for leisure needs	
7	Midterm	
8	Comparison of recreation education and traditional education	
9	Leisure and tourism	
10	Leisure and nature	
11	Leadership in recreational activities	
12	Planning a recreation activity	
13	National and international studies	
14	Final	
Program Outcomes		
bbb		

	PSIRA												Total
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	
All	5	5	5	5	5	5	5	5	5	5	5	5	60
C01	5	5	5	5	5	5	5	5	5	5	5	5	60
C02	5	5	5	5	5	5	5	5	5	5	5	5	60
Total	15	15	15	15	15	15	15	15	15	15	15	15	180

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
STEP- AEROBIK-PILATES						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
SEC 209.4	3	3	5	1	2	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Elective		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		Covers the learning of topics such as Step-Aerobic definition, similarities and differences, Basic terms and steps used in Step-Aerobic, General muscle groups used in step-aerobics, Preparation of choreography according to the structure of music, Managing a group with command and number, Level training program, Platform and stage use.				
Course Objectives		To provide basic knowledge and skills about step-aerobics, to create the integrity of movement with music, to develop creativity and ability to manage a group.				
Course Learning Outcomes		She/He will be able to define and apply the basic technical teaching and stepping of Step-Aerobic exercises. She/He will be able to define and use Step-Aerobic basic tools and equipments. She/He will have the knowledge and skills to choose music and use the stage. She/He will be able to select and apply the correct step aerobic training programs appropriate to the level of the individual or group. She/He will be able to form foot-arm combinations for level. She/He will be able to create series with Step-Aerobic movements. She/He will have the ability to use the platform from all directions with the basic steps of step.				

Textbook	
Other References	Kurtaral M., Adım Adım Step, İlpress Basım Yayın, 2003, İstanbul,Altay, F., Bulca, Y., 2006, Ritim Eğitimi ve Dans, Spor Yayınevi, A
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Definition of step and aerobic concepts, historical development in the world and in our country	
2	General principles of step-aerobic training	
3	Individual training planning in step-aerobics, issues to be considered in group training planning	
4	Muscle system, muscle groups used in step-aerobics	
5	Terms used in step-aerobic exercises	
6	Factors affecting density in step training	
7	Exercise types used in step-aerobics	
8	Midterm Exam	
9	Basic aerobic steps, commands, number and musical accompaniment	
10	Basic step exercises, commands, number and musical accompaniment	
11	Arm movements in step-aerobic exercises, work with command, numbers and music	
12	Combination of high and low-impact movements, performance determination methods for partici	
13	Step-aerobic movement combinations and group studies	
14	Step-Aerobic steps with choreography preparation techniques	
15	Step platform and stage use techniques	
16	Final exam	
Program Outcomes		
bbb		

	PSIRA												Total
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	
All	1	1	1	3	2		2	3	5	3	3	5	29
C01	1	1	1	3	2	5	2	3	5	3	3	5	34
C02	1	1	1	3	2	5	2	3	5	3	3	5	34
C03	1	1	1	3	2	5	2	3	5	3	3	5	34
C04	1	1	1	3	2	5	2	3	5	3	3	5	34
C05	1	1	1	3	2	5	2	3	5	3	3	5	34
C06	1	1	1	3	2	5	2	3	5	3	3	5	34
C07	1	1	1	3	2	5	2	3	5	3	3	5	34
Total	8	8	8	24	16	35	16	24	40	24	24	40	267

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

**ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM**

Course Name						
SEARCH AND RESCUE						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
SEC 212.3	4	5	5	1	2	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Elective		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		It includes urban search and rescue, rural search and rescue, lost, search from avalanche.				
Course Objectives		It aims to examine theoretically and practically urban and rural search and rescue operations.				
Course Learning Outcomes		To be able to awarev of the importance of search and rescue To be able to accept rsearc and rescue destination as a profession.				

Textbook	
Other References	Koester, R. J. (2008). Lost Person Behavior: A Search and Rescue. dbs Productions LLC.
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Introduction to Search and Rescue (SAR)	
2	Processes of SAR	
3	Factors which affect SAR alive	
4	Search approach	
5	Urban search	
6	Urban search practices	
7	Midterm	
8	Organisations charged in Urban SAR	
9	Rural SAR	
10	Rural SAR processes	
11	SAR Operation headquarters	
12	Rural SAR in different terrain and atmospheric condition	
13	First aid and transfer	
14	Final	
Program Outcomes		
bbb		

	PSIRA												Total
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	
All	5	5	5	5	5	5	5	5	5	5	5	5	60
C01	5	5	5	5	5	5	5	5	5	5	5	5	60
C02	5	5	5	5	5	5	5	5	5	5	5	5	60
Total	15	15	15	15	15	15	15	15	15	15	15	15	180

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
FOLK DANCES I						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
SEC 212.1	4	5	5	1	2	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Elective		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		Definition of folklore and definition of folk dances, analysis of regions in folk dances, forms of movement, types of rhythm of motion, types of separation and teaching of all kinds, teaching methods, competition rules, staging knowledge and skills.				
Course Objectives		To teach how to look at folk dances with historical perspective, Republican efforts to teach people before and after the game in Turkey classification of folk dances in Turkey, to discuss the types and characteristics, To give general, historical and structural information about the regions, to ensure the realization and execution of the local games.				
Course Learning Outcomes		<p>She/He will have information about the game and the birth of the game.</p> <p>She/He will be able to perform step analysis of the regions determined in folk dances and perform execution with tune.</p> <p>She/He will be able to explain the concepts and culture of culture.</p> <p>She/He will be able to apply warm-up and cooling techniques according to game types.</p> <p>She/He will be able to have knowledge about the folk dances of various regions</p> <p>the costumes of the region and the accompanying instruments will be able to define reeds.</p> <p>She/He will be able to explain the definition of folklore and culture.</p> <p>She/He will be able to define the folk dances and classify folk dances according to their genres.</p> <p>She/He will be able to have knowledge of performing techniques in folk dances.</p>				

Textbook	
Other References	Ay, G., 1999, FOLKLOR (HALKBİLİM) GENEL BİLGİLER - OYUN - MÜZİK,Eroğlu T., Halk oyunları el kitabı,Kut, B., Halk Oyunları,B
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	The definition of folklore and folk dances, the correct use of folklore and folk dances, the definitio	
2	The concept of the game and general information about the birth of the game	
3	The history of folk dances, folk dances performed in Turkey before and after the Republic genera	
4	Gaining the rhythmic movement skill of the step structure of the determined region, performing v	
5	Gaining the rhythmic movement skill of the step structure of the determined region, performing v	
6	Providing the rhythmic movement skills of the step structure of the region, step analysis and melo	
7	Taught stage arrangements related to the local game	
8	Midterm Exam	
9	Gaining the rhythmic movement skill of the step structure of the determined region, performing v	
10	Gaining the rhythmic movement skill of the step structure of the determined region, performing v	
11	Gaining the rhythmic movement skill of the step structure of the determined region, performing v	
12	Gaining the rhythmic movement skill of the step structure of the determined region, performing v	
13	Providing the rhythmic movement skills of the step structure of the region, step analysis and melo	
14	Providing the rhythmic movement skills of the step structure of the region, step analysis and melo	
15	Taught stage arrangements related to the local game	
16	Final Exam	
Program Outcomes		
bbb		

	PSIRA													Total
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12		
All	5	4	5	5	5	4	4	5	5	4	5	4	55	
C01	5	4	5	5	5	4	4	5	5	4	5	4	55	
C02	5	4	5	5	5	4	4	5	5	4	5	4	55	
C03	5	4	5	5	5	4	4	5	5	4	5	4	55	
C04	5	4	5	5	5	4	4	5	5	4	5	4	55	
C05	5	4	5	5	5	4	4	5	5	4	5	4	55	
C06	5	4	5	5	5	4	4	5	5	4	5	4	55	
C07	5	4	5	5	5	4	4	5	5	4	5	4	55	
C08	5	4	5	5	5	4	4	5	5	4	5	4	55	
Total	45	36	45	45	45	36	36	45	45	36	45	36	495	

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
FIRST AID						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
REK 208	4	3	3	3	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		Emergency action plan, emergency services, basic body systems, first aid and basic life support.				
Course Objectives		After all house, work, traffic accidents, natural disaster injuries, drowning and sudden illness emergencies first aid and basic life support knowledge and skills.				
Course Learning Outcomes		To be able to learn to call the emergency assistance in an emergency ensure the security of the scene To be able to learn organize and manage the scene rescue and recovery techniques to implement. To be able to learn evaluate the victims with respiratory and circulatory problems.				

Textbook	
Other References	Everly Jr, G. S., & Lating, J. M. (2017). The Johns Hopkins guide to psychological first aid. JHU Press.
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	The basic concepts of first aid, emergency services	
2	Human body systems, emergency action plan	
3	Respiratory and cardio emergencies, CPR	
4	CPR: Child and infant CPR	
5	CPR: Two rescuer CPR	
6	Airway obstructions: Airway obstructions conscious adult child and infants	
7	Midterm	
8	Airway obstructions: Airway obstructions conscious adult child and infants	
9	Severe bleeding, shock, soft tissue injuries	
10	Eye, face, chest, abdomen injuries.	
11	Bone, muscle, joint injuries.	
12	Environmental emergencies, lifesaving.	
13	Transporting and carrying victims	
14	Final	
Program Outcomes		
bbb		

PSIRA													
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	Total
All	5	5	5	5	5	5	5	5	5	5	5	5	60
C01	5	5	5	5	5	5	5	5	5	5	5	5	60
C02	5	5	5	5	5	5	5	5	5	5	5	5	60
C03	5	5	5	5	5	5	5	5	5	5	5	5	60
Total	20	20	20	20	20	20	20	20	20	20	20	20	240

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

Textbook	
Other References	
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	0	0
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	0	0

	Total
Total	

Düzenleyen (Prepared by)	Tarih (Date) 01.09.2022	İmza (Signature)
---------------------------------	-----------------------------------	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
PROFESSIONAL FOREIGN LANGUAGE (ENGLISH II)						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
SEC 202.1	4	2	2	2	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Elective		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		It contains to define sports and recreation sector, structural investigation of an industry as an sport business, fields of study and career, working conditions, risk and safety conditions, the marketing of sports products, goods and services, consumer services, activities in the service area of ??health issues including fitness, and physical development contribution includes works for the improvement of speaking and writing skills in English.				
Course Objectives		To equip students with effective professional language and communicative skills in Physical education and sport.				
Course Learning Outcomes		To be able To understand the importance of English grammar rules To be able To learn concepts of recreation and sport in English				

Textbook	
Other References	Gibson,J., Wood, I., (2000) Longman Vocational A-Level Leisure and Recreation, Harlow; Pearson Education Limited Scientific arti
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Control of basic English skills	
2	Studies related to health and sports in English	
3	Studies related to recreation sector in English	
4	Studies on history of sport industry, organisations and funding	
5	Studies on marketing in recreation	
6	Studies on safe Working environment and security	
7	Midterm	
8	Studies on Market research, marketing in recreation	
9	Studies on decision making in nature and adventure recreation	
10	Studies on serious leisure perspective	
11	Studies on leisure education	
12	Studies on Therapeutic recreation	
13	Studies on Tourism recreation	
14	Final	
Program Outcomes		
bbb		

	PSIRA												Total
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	Total
All	5	5	5	5	5	5	5	5	5	5	5	5	60
C01	5	5	5	5	5	5	5	5	5	5	5	5	60
C02	5	5	5	5	5	5	5	5	5	5	5	5	60
Total	15	15	15	15	15	15	15	15	15	15	15	15	180

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
ARCHERY						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
SEC 210.8	4	5	5	1	2	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Elective		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		Archery competition rules, Turkish and World archery history, basic techniques specific to archery (posture, holding, bow pull, aim, release and final carry), skill selection specific to archery, individual and team racing tactics, how to teach others how to shoot arrows, general tactical to teach the information and teaching methods of this information.				
Course Objectives		Archery competition rules, Turkish and World archery history, basic techniques specific to archery (posture, holding, bow pull, aim, release and final carry), skill selection specific to archery, individual and team racing tactics, how to teach others how to shoot arrows, general tactical to teach the information and teaching methods of this information.				
Course Learning Outcomes		Understanding archery philosophy and game rules To practice and transfer the basic techniques of archery Viewing player and team attributes Implementing and transferring individual-team training Associating player attributes with competition tactics				

Textbook	
Other References	F.I.T.A. Okçuluk Kuralları Çeviren Doç. Dr. Hayri Ertan
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Introduction of archery, history of archery, modern archery today, archery competition rules, field	
2	Security measures to be taken during the works. Posture and holding exercises.	
3	Traction and taking a shooting position	
4	Aiming (aiming at the target with a bow)	
5	drop off and final transport	
6	Taking a shooting position (standing positions on the firing line)	
7	Tactics to be followed in individual competitions	
8	Shooting styles and tactics in team competitions	
9	Basic material information and spring settings	
10	Stable broadcast settings, broadcast movement at the moment of pull and shot, settings	
11	Selection and adjustment of materials suitable for the physical characteristics of the athlete	
12	Teaching people of all ages how to shoot arrows	
Program Outcomes		
bbb		

	PSIRA												Total
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	Total
All	4	4	3	5	4	5	4	5	4	4	5	3	50
Total	4	4	3	5	4	5	4	5	4	4	5	3	50

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
LEADERSHIP OF RECREATION						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
REK 204	4	5	5	3	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		Students learn that Leaders now and in the future must have the ability to draw together others in order to promote synergy and create a framework that encourages coherence among the efforts of individuals. It will be the ability of the leader to pull individuals together to work as a team.				
Course Objectives		Leadership is the practice of teens exercising authority over themselves or others. Youth leadership has been elaborated upon as a theory of youth development in which young people gain skills and knowledge necessary to lead civic engagement, education reform and community organizing activities.				
Course Learning Outcomes		To be able to improve lidership skills To be able to improve communication skills throughg recreational sport activities To be able to encaourage young people to learn leadership skill through social activities				

Textbook	
Other References	Ball, J., Simpson, S., Ardovino, P., & Skemp-Arlt, K. (2008). Leadership competencies of university recreational directors in Wisconsin
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Definition of concepts of leader and leadership	
2	The characteristics of a successful leader	
3	Differences between leadership and manager	
4	The nature and scope of Leadership	
5	The concept of managerial leadership in sport	
6	Leadership types within recreation, and leisure services	
7	Midterm	
8	Features of leader	
9	Presentation of the event to lead	
10	Students' examples on leadership practices	
11	Students' examples on leadership practices	
12	Students' examples on leadership practices	
13	Students' examples on leadership practices	
14	Final	
Program Outcomes		
bbb		

PSIRA													
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	Total
All	5	5	5	5	5	5	5	5	5	5	5	5	60
C01	5	5	5	5	5	5	5	5	5	5	5	5	60
C02	5	5	5	5	5	5	5	5	5	5	5	5	60
C03	5	5	5	5	5	5	5	5	5	5	5	5	60
Total	20	20	20	20	20	20	20	20	20	20	20	20	240

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
RECREATION AND ENVIRONMENT						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
REK 202	4	5	5	3	0	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
					40	
Course Description		The content of the course includes; Environment, ecology science, and recreation concepts, research in ecology and its relationship with recreation, basic principles of ecology, eco-system and recreation, fundamental environmental problems and recreation, urbanization, environment and recreation, population changes and environment, environment, recreation and sports relationship, recreative Environmental issues by activity and organization types, positive and negative effects of nature sports on environment and tourism, Sustainable recreation, Recreation, and environmental awareness, environmentalist recreation education.				
Course Objectives		The objective of the course is to help students to gain knowledge to discuss the effects of nature sports and recreation practices on environment and tourism and to examine the practices of environmental recreation education.				
Course Learning Outcomes		To be able to define the concepts of ecology and environment To be able to define the concepts related to living To be able to interpret the concepts related to recreation and environment				

Textbook	
Other References	Badau, D., & Badau, A. (2018). The motric, educational, recreational and satisfaction impact of adventure education activities in th
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Basic concepts for ecology and environment	
2	Ecological factors	
3	Ecosystem	
4	Forest and water ecosystems	
5	Factors affecting quality of environment	
6	Air pollution	
7	Midterm	
8	Air pollution	
9	Environment pollution	
10	Protection of natural environments	
11	Ecological economy	
12	Ecology and environment in terms of sustainability	
13	Recreation and overview of environment	
14	Final	
Program Outcomes		
bbb		

	PSIRA												Total	
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12		
All	5	5	5	5	5	5	5	5	5	5	5	5	5	60
C01	5	5	5	5	5	5	5	5	5	5	5	5	5	60
C02	5	5	5	5	5	5	5	5	5	5	5	5	5	60
C03	5	5	5	5	5	5	5	5	5	5	5	5	5	60
Total	20	20	20	20	20	20	20	20	20	20	20	20	20	240

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

Textbook	
Other References	
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	0	0
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	0	0

	Total
Total	

Düzenleyen (Prepared by)	Tarih (Date) 01.09.2022	İmza (Signature)
---------------------------------	-----------------------------------	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
RHYTHM EDUCATION AND DANCE						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
REK 206	4	5	5	1	2	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Required		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		To give information about the definition of the course, its historical development, application areas and basic concepts.				
Course Objectives		To give information about the definition of the course, its historical development, application areas and basic concepts.				
Course Learning Outcomes		<p>Learning and teaching the concepts related to the field and the relationships between concepts To be able to use the teaching programs teaching strategies methods and techniques related to the field in place and effectively planning coordination orientation and control functions To be able to follow the developments and applications related to the field and use them in practice To be able to use different teaching methods appropriately taking into account student characteristics To be able to share his thoughts on his field and his views on problems with relevant people by supporting qualitative and quantitative data. Taking responsibility in individual and group work related to the field and being able to fulfill the task effectively Collaborate with colleagues from other disciplines in teaching and evaluating the student and the program</p>				

Textbook	
Other References	Zorba, E. (2005). Sport for all. Morpa Cultural Publications.
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Providing information about the definition, purpose and content of the course	
2	Historical development	
3	Teaching methods and techniques	
4	Preparing a plan in accordance with the teaching plan and applying models to groups	
5	Field-specific theoretical knowledge acquisition	
6	Providing information about application areas	
7	Measuring and evaluating field knowledge	
8	Midterm	
9	Reviewing current research	
10	Learning application areas in sports	
11	Providing effective time management	
12	Having knowledge about ethical principles	
13	An overview	
14	Final exam	
Program Outcomes		
bbb		

PSIRA													
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	Total
All	4	4	5	4	3	4	3	4	4	4	5	4	48
Total	4	4	5	4	3	4	3	4	4	4	5	4	48

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

Textbook	
Other References	
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	0	0
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	0	0

	Total
Total	

Düzenleyen (Prepared by)	Tarih (Date) 01.09.2022	İmza (Signature)
---------------------------------	-----------------------------------	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
STEP-AEROBIC-PILATES						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
SEC 210.4	4	5	5	1	2	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Elective		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		Covers the learning of topics such as Step-Aerobic definition, similarities and differences, Basic terms and steps used in Step-Aerobic, General muscle groups used in step-aerobics, Preparation of choreography according to the structure of music, Managing a group with command and number, Level training program, Platform and stage use.				
Course Objectives		To provide basic knowledge and skills about step-aerobics, to create the integrity of movement with music, to develop creativity and ability to manage a group.				
Course Learning Outcomes		<p>She/He will be able to define and apply the basic technical teaching and stepping of Step-Aerobic exercises.</p> <p>She/He will be able to define and use Step-Aerobic basic tools and equipments.</p> <p>She/He will have the knowledge and skills to choose music and use the stage.</p> <p>She/He will be able to select and apply the correct step aerobic training programs appropriate to the level of the individual or group.</p> <p>She/He will be able to form foot-arm combinations for level.</p> <p>She/He will be able to create series with Step-Aerobic movements.</p> <p>She/He will have the ability to use the platform from all directions with the basic steps of step.</p>				

Textbook	
Other References	Kurtaral M., Adım Adım Step, İlpress Basım Yayın, 2003, İstanbul,Altay, F., Bulca, Y., 2006, Ritim Eğitimi ve Dans, Spor Yayınevi, A
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Definition of step and aerobic concepts, historical development in the world and in our country	
2	General principles of step-aerobic training	
3	Individual training planning in step-aerobics, issues to be considered in group training planning	
4	Muscle system, muscle groups used in step-aerobics	
5	Terms used in step-aerobic exercises	
6	Factors affecting density in step training	
7	Exercise types used in step-aerobics	
8	Midterm Exam	
9	Basic aerobic steps, commands, number and musical accompaniment	
10	Basic step exercises, commands, number and musical accompaniment	
11	Arm movements in step-aerobic exercises, work with command, numbers and music	
12	Combination of high and low-impact movements, performance determination methods for participants	
13	Step-aerobic movement combinations and group studies	
14	Step-Aerobic steps with choreography preparation techniques	
15	Step platform and stage use techniques	
16	Final exam	
Program Outcomes		
bbb		

	PSIRA												Total
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	
All	1	1	1	3	2		2	3	5	3	3	5	29
C01	1	1	1	3	2	5	2	3	5	3	3	5	34
C02	1	1	1	3	2	5	2	3	5	3	3	5	34
C03	1	1	1	3	2	5	2	3	5	3	3	5	34
C04	1	1	1	3	2	5	2	3	5	3	3	5	34
C05	1	1	1	3	2	5	2	3	5	3	3	5	34
C06	1	1	1	3	2	5	2	3	5	3	3	5	34
C07	1	1	1	3	2	5	2	3	5	3	3	5	34
Total	8	8	8	24	16	35	16	24	40	24	24	40	267

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

ALANYA ALAADDIN KEYKUBAT UNIVERSITY
COURSE CATALOGUE FORM

Course Name						
UNDERWATER DIVING						
Code	Semester	Local Credits	ECTS Credits	Course Implementation, Hours/Week		
				Theoretical	Tutorial	Laboratory
SEC 212.4	4	5	5	1	2	0
Department/Program		DEPARTMENT OF RECREATION / Recreation				
Course Type		Elective		Course Language		Turkish
Course Prerequisites						
Course Category by Content, %		Basic Sciences	Engineering Science	Engineering Design	General Education	
Course Description		It includes subjects such as history of diving, language under water, physical principles, ABC and SCUBA equipments, SCUBA diving techniques, rules of safe diving.				
Course Objectives		The aim is to teach diving techniques and rules, and diving plan.				
Course Learning Outcomes		To be able to acquire information about scuba To be able to plan and organize scuba diving				

Textbook	
Other References	Buzzacott, P., Schiller, D., Crain, J., & Denoble, P. J. (2018). Epidemiology of morbidity and mortality in US and Canadian recreation
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	1	40
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	1	60

COURSE PLAN		
Weeks	Topics	Course Outcomes
1	Definitions and information about equipments	
2	Diving signs	
3	Diving physiology	
4	Maintainance and protection of equipments	
5	Safe diving rules and emergencies	
6	Diving tables and illnesses	
7	Midterm	
8	Under water navigation and SAR	
9	Diving practices	
10	Diving practices	
11	Diving practices	
12	Diving practices	
13	Diving practices	
14	Final	
Program Outcomes		
bbb		

	PSIRA												Total
	P01	P02	P03	P04	P05	P06	P07	P08	P09	P10	P11	P12	
All	5	5	5	5	5	5	5	5	5	5	5	5	60
C01	5	5	5	5	5	5	5	5	5	5	5	5	60
C02	5	5	5	5	5	5	5	5	5	5	5	5	60
Total	15	15	15	15	15	15	15	15	15	15	15	15	180

Düzenleyen (Prepared by) HAMDİ ALPER GÜNGÖRMÜŞ	Tarih (Date) 01.09.2022	İmza (Signature)
---	--	-------------------------

Textbook	
Other References	
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	0	0
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	0	0

	Total
Total	

Düzenleyen (Prepared by)	Tarih (Date) 01.09.2022	İmza (Signature)
---------------------------------	-----------------------------------	-------------------------

Textbook	
Other References	
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	0	0
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	0	0

	Total
Total	

Düzenleyen (Prepared by)	Tarih (Date) 01.09.2022	İmza (Signature)
---------------------------------	-----------------------------------	-------------------------

Textbook	
Other References	
Homework & Projects	
Laboratory Work	
Computer Use	
Other Activities	

Assessment Criteria	Activities	Quantity	Effects on Grading, %
	Mid-terms	0	0
	Quizzes	0	0
	Assignment	0	0
	Attendance	0	0
	Practice	0	0
	Project	0	0
	Final examination	0	0

	Total
Total	

Düzenleyen (Prepared by)	Tarih (Date) 01.09.2022	İmza (Signature)
---------------------------------	-----------------------------------	-------------------------