



2024-2025 Academic Year
List of Courses Offered in Foreign Language
2024-2025 Akademik Yılı
Yabancı Dilde Açılacak Dersler Listesi

Faculty of Sport Sciences
Spor Bilimleri Fakültesi

	Department <i>Bölüm</i>	Course Code <i>Ders Kodu</i>	ECTS <i>AKTS</i>	Course Title <i>Dersin Adı</i>	Semester <i>Dönem</i>	Course Content <i>Dersin İçeriği</i>	Academic Staff <i>Dersi Veren Öğretim Elemanı</i>	Online Available <i>Çevrimiçi</i>
1	Antrenörlük Eğitimi <i>Coaching Education</i>	ANB 210	2	Sports Psychology	Bahar <i>Spring</i>	Concepts of Psychology and Sport Psychology, Psychological factors that influence success in sport (mental, emotional and personality factors), Concepts of Motivation and Achievement Motivation, Personality, Self, Self-Esteem, and Self-Confidence, arousal, anxiety, fear and stress. Aggression and violence in sport, psychological test and psychological and mental training techniques.	Prof. Dr. Abdurrahman AKTOP	
2	Antrenörlük Eğitimi <i>Coaching Education</i>	ANB 103	3	Athletics	Güz <i>Fall</i>	Definition, history, classification, rules, technical information, short, middle and long distance running, relay running, shot put, discus throw, long jump, high jump, walking.	Prof. Dr. Abdurrahman AKTOP	
3	Antrenörlük Eğitimi <i>Coaching Education</i>	ANB 278	3	Exercise Psychology	Bahar <i>Spring</i>	It covers definition and concepts of exercise psychology, exercise adherence, psychological aspects of exercise, physical fitness and personality, theoretical models of exercise behavior, motivating exercise behavior, principles of cognitive and behavioral change strategies, counseling in fitness profession, leadership and group dynamics, exercise and special groups.	Prof. Dr. Abdurrahman AKTOP	
4	Antrenörlük Eğitimi <i>Coaching Education</i>	ANB 375	3	Psychological Preparation for Competition	Güz <i>Fall</i>	This course includes exercise, concepts of sport and physical activity, theories of learning, theories of social psychology within the framework of sports psychology, motivation and motivation theories, personality and personality theories, individual differences and similarities, interpersonal processes affecting the relationships between people, psychological problems specific to psychological psychology.	Prof. Dr. Abdurrahman AKTOP	
5	Antrenörlük Eğitimi <i>Coaching Education</i>	ANB 209	3	Motor Development	Güz <i>Fall</i>	It includes essential concepts of development and motor development, theories of development, factors affecting development, stages of motor development, abilities of children, perceptual-motor development, games, developmental physical education, assessing children's motor behavior.	Prof. Dr. Abdurrahman AKTOP	
6	Antrenörlük Eğitimi <i>Coaching Education</i>	ANT 211	3	Nutrition for Sport	Güz <i>Fall</i>	Importance of adequate and balanced nutrition and Importance of sports nutrition Carbohydrates / Proteins / Lipids / Vitamins / Minerals / fluid / fiber Hydration Food groups Sports nutrition Energy Metabolism Pre-, During and Post-Event Eating Weight management Nutritional ergogenic aids	Doç. Dr. Tuba MELEKOĞLU	
7	Antrenörlük Eğitimi <i>Coaching Education</i>	ANT 108	3	Swimming	Bahar <i>Spring</i>	History of swimming, the structure of olympic swimming pools, pool dimensions and pool usage principles. Water adaptation, water resistance, swimming techniques, turns, exits and jumps.	Doç. Dr. Tuba MELEKOĞLU	
8	Antrenörlük Eğitimi <i>Coaching Education</i>	ANB 207	3	Exercise Physiology I	Güz <i>Fall</i>	The acute and chronic effects of exercise on physiology, energy systems, muscle system and exercise, respiratory system and exercise, cardiovascular system and exercise	Doç. Dr. Tuba MELEKOĞLU	
9	Antrenörlük Eğitimi <i>Coaching Education</i>	ANB 202	3	Exercise Physiology II	Bahar <i>Spring</i>	Exercise and endocrine system, environmental factors and exercise, exercise and health	Doç. Dr. Tuba MELEKOĞLU	