



**2025-2026 Academic Year**  
**List of Courses Offered in Foreign Language**  
**2025-2026 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	Coaching Education	ANB 210	2	Sports Psychology	Spring	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	Coaching Education	ANB 103	3	Athletics	Fall	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	Coaching Education	ANB 278	3	Exercise Psychology	Spring	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	Coaching Education	ANB 375	3	Psychological Preparation for Competition	Fall	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	Coaching Education	ANB209	3	Motor Development	Fall	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	