**SPORTS SCIENCE FACULTY**

**Coaching Education Department Course Plan**

1. The Department of Coaching Education includes a 4-year (8HY) education.
2. **The rights and exemptions of the graduates of the coaching training department / program are** as follows:

According to the regulation published in the Official Gazette on December 4, 2019 (Number: 309978):

a) *Those who certify that they have taken the relevant sports branch as a specialization / expertise are exempt from basic training and exams, and if they succeed in the application training and exam, they are entitled to receive a senior coaching certificate (3rd level).*

b) Those who receive training for at least one semester other than the specialty / Specialization Sport branch are entitled to receive an assistant coaching (1st grade) certificate in only one sport branch of their choice..

c) Those within the scope of this paragraph are exempt from basic training and exams at senior coaching and basic coaching levels for four years from the date of graduation..

Also from athletes;

1. Winners in the Olympic, Paralympic and Deafolimpic games,
2. Those who have won at least two medals in the Olympic, Paralympic and Deafollympic games,
3. Winners of a medal in the Olympic, Paralympic and Deafollympic games and the top winners in the Senior World Championships,
4. World championship winners at least twice in Olympic sports,

At the level of coaching in the sport branch in which they are successful, they are entitled to participate in the coach training program. Our graduates are exempt from basic training and exams at senior coaching and basic coaching levels for four years from the date of graduation within the scope of this paragraph. Those who graduate from a double major in the field of sports sciences are entitled to receive a coaching certificate in the relevant sports branch, separately for each major.

1. Students who study in the coaching department can receive auxiliary expertise if they wish. For this, they can choose one of the following modules (Each module should consist of 24 ECTS, 6 Compulsory, 2 Elective). The codes of the module courses begin with the "SS". The codes of the module courses begin with the letter "SS". The next two letters are arranged in the form of abbreviating the name of that module.

**MODULES:**

* Athletic performance coaching (SSAP = Sport Science / Athletic Performance)
* Psychological performance coaching in sports and exercise (SSPP = Sport Science / Pyschological Performance)

In order to graduate from the Coaching Training Department, it is necessary to be SUCCESSFUL from the Practical Camp Training course (***THEMATIC ELECTIVE COURSES*)**. Application Camp Training can be taken at any desired time for 8 semesters.

1. In order to choose the Specialization Sport Branch, it is required to be successful from the courses previously opened related to that sport branch.

|  |
| --- |
| Specialization Sport Branch **Football** |
| Specialization Sport Branch **Basketball** |
| Specialization Sport Branch **Volleyball** |
| Specialization Sport Branch **Handball** |
| Specialization Sport Branch **Tennis** |
| Specialization Sport Branch **Underwater Scuba Diving** |
| Specialization Sport Branch **Bodybuilding and Fitness** |
| Specialization Sport Branch **Track and Fields** |
| Specialization Sport Branch **Swimming** |
| Specialization Sport Branch **Artistics Gymnastics** |
| Specialization Sport Branch **Golf** |
| Specialization Sport Branch **Karate- Do** |
| Specialization Sport Branch **Table Tennis** |
| Specialization Sport Branch **Yoga** |

***8 Semesters Course Schedule***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **1. Semester (Fall Semester)** | | | | | | | |
| **Course Code** | **Course name** | **Course Type** | **Precondition** | **T** | **U** | **K** | **ECTS** |
| **UNI101** | **University Life and Culture** | Z |  | **2** | **0** | **2** | **2** |
| **SCE111** | **Fundamentals of Sports Science** | Z |  | **3** | **0** | **3** | **4** |
| **SCE113** | **General Anatomy** | Z |  | **3** | **0** | **3** | **4** |
| **SCE115** | **Human Physiology** | Z |  | **3** | **0** | **3** | **4** |
| **SCE117** | **Fundamentals of Track and Field** | Z |  | **1** | **2** | **2** | **4** |
|  | **Area Elective** | S |  | **1** | **2** | **2** | **4** |
|  | **Area Elective** | S |  | **1** | **2** | **2** | **4** |
| **TURK101** | **Turkish language I** | Z |  | **2** | **0** | **2** | **2** |
| **ENG101** | **English I** | Z |  | **2** | **0** | **2** | **2** |
| **Total** | | | | | | **21** | **30** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **2. Semester (Spring Semester)** | | | | | | | |
| **Course Code** | **Course name** | **Course Type** | **Precondition** | **T** | **U** | **K** | **ECTS** |
| **COMP102** | **Information Technologies** | Z |  | **1** | **2** | **2** | **4** |
| **SCE104** | **Exercise Physiology** | Z |  | **3** | **0** | **3** | **4** |
| **SCE114** | **Functional Anatomy** | Z |  | **3** | **0** | **3** | **6** |
| **SCE106** | **Swimming** | Z |  | **1** | **2** | **2** | **4** |
|  | **Area Elective** | S |  | **1** | **2** | **2** | **4** |
|  | **Area Elective** | S |  | **1** | **2** | **2** | **4** |
| **TURK102** | **Turkish language II** | Z |  | **2** | **0** | **2** | **2** |
| **ENG102** | **English II** | Z |  | **2** | **0** | **2** | **2** |
| **Total** | | | | | | **18** | **30** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **3. Semester (Fall Semester)** | | | | | | | |
| **Course Code** | **Course name** | **Course Type** | **Precondition** | **T** | **U** | **K** | **ECTS** |
| **SCE201** | **General Training Information** | Z |  | **3** | **0** | **3** | **7** |
| **SCE211** | **Quinanthropometry** | Z |  | **2** | **2** | **3** | **5** |
| **NUTR231** | **Nutrition in Sports** | Z |  | **2** | **0** | **2** | **4** |
| **SCE207** | **Gymnastics** | Z |  | **1** | **2** | **2** | **4** |
|  | **Area Elective** | S |  | **1** | **2** | **2** | **4** |
|  | **Area Elective** | S |  | **1** | **2** | **2** | **4** |
| HIST201 | **Ataturk's Principles and History of Turkish Revolution I** | Z |  | **2** | **0** | **2** | **2** |
| **Total** | | | | | | **16** | **30** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **4. Semester (Spring Semester)** | | | | | | | |
| **Course Code** | **Course name** | **Course Type** | **Precondition** | **T** | **U** | **K** | **ECTS** |
| **SCE202** | **Training Planning** | Z |  | **3** | **0** | **3** | **7** |
| **SCE212** | **Psychomotor Development** | Z |  | **3** | **0** | **3** | **5** |
| **PSYC232** | **Sport Psychology** | Z |  | **2** | **0** | **2** | **4** |
| **SCE216** | **Sports Injuries and Rehabilitation** | Z |  | **3** | **0** | **3** | **4** |
|  | **Area Elective** | S |  | **1** | **2** | **2** | **4** |
|  | **Area Elective** | S |  | **1** | **2** | **2** | **4** |
| HIST202 | **Ataturk's Principles and History of Turkish Revolution II** | Z |  | **2** | **0** | **2** | **2** |
| **Total** | | | | | | **17** | **30** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **5. Semester (Fall Semester)** | | | | | | | |
| **Course Code** | **Course name** | **Course Type** | **Precondition** | **T** | **U** | **K** | **ECTS** |
| **SCE303** | **Sports Biomechanics** | Z |  | **3** | **0** | **3** | **4** |
| **SCE315** | **Skill Learning in Sports** | Z |  | **3** | **0** | **3** | **3** |
|  | **Specialization Sport Branch I** | S | Having a grade of 60 or higher from the previous course | **2** | **2** | **3** | **8** |
|  | **MODULE (Z)** | Z |  | **3** | **0** | **3** | **4** |
|  | **MODULE (Z)** | Z |  | **3** | **0** | **2** | **4** |
|  | **Area Elective** | S |  | **1** | **2** | **2** | **4** |
|  | **Thematic Elective** | S |  |  |  | 2 | **3** |
| **Total** | | | | | | **18** | **30** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **6. Semester (Spring Semester)** | | | | | | | |
| **Course Code** | **Course name** | **Course Type** | **Precondition** | **T** | **U** | **K** | **ECTS** |
| **SCE312** | **First Aid and Lifesaving** | Z |  | **3** | **0** | **3** | **4** |
| **STAT302** | **Research Methods and Statistics in Sports** | Z |  | **2** | **2** | **3** | **4** |
|  | **Specialization Sport Branch II** | S | Specialization Sport Branch I | **2** | **2** | **3** | **8** |
|  | **MODULE (Z)** | Z |  | **3** | **0** | **3** | **4** |
|  | **MODULE (Z)** | Z |  | **3** | **0** | **3** | **4** |
|  | **Thematic Elective** | S |  |  |  | 2 | **3** |
|  | **Thematic Elective** | S |  |  |  | 2 | **3** |
| **Total** | | | | | | **19** | **30** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **7. Semester (Fall Semester)** | | | | | | | |
| **Course Code** | **Course name** | **Course Type** | **Precondition** | **T** | **U** | **K** | **ECTS** |
|  | **MODULE (Z)** | Z |  | **3** | **0** | **3** | **4** |
|  | **MODULE (S)** | Z |  | **3** | **0** | **3** | **4** |
|  | **Specialization Sport Branch III** | S | Specialization Sport Branch II | **2** | **2** | **3** | **8** |
| **MIS431** | **Organization in Sports** | Z |  | **2** | **0** | **2** | **4** |
| **SCE413** | **Graduation Project I** | Z |  | **1** | **2** | **2** | **4** |
|  | **Thematic Elective** | S |  |  |  | 2 | **3** |
|  | **Thematic Elective** | S |  |  |  | 2 | **3** |
| **Total** | | | | | | **17** | **30** |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **8. Semester (Spring Semester)** | | | | | | | |
| **Course Code** | **Course name** | **Course Type** | **Precondition** | **T** | **U** | **K** | **ECTS** |
|  | **MODULE (Z)** | Z |  | **3** | **0** | **3** | **4** |
|  | **MODULE (S)** | Z |  | **3** | **0** | **3** | **4** |
| **SCE412** | **Coaching Education and Principles** | Z |  | **2** | **0** | **2** | **3** |
| **SCE414** | **Graduation Project II** | Z |  | **2** | **2** | **3** | **5** |
|  | **Coaching Practice** | S | Specialization Sport Branch III | **2** | **4** | **4** | **8** |
|  | **Thematic Elective** | S |  |  |  | 2 | **3** |
|  | **Thematic Elective** | S |  |  |  | 2 | **3** |
| **Total** | | | | | | **19** | **30** |
| **Grand total** | | | | | | **145** | **240** |

***Area Elective Courses***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **First 1., 2., 3., 4., 5. Semesters (Fall Semester)** | | | | | | | |
| **Course Code** | **Course name** | **Course Type** | **Precondition** | **T** | **U** | **K** | **ECTS** |
| SCE153 | Karate - Do | S |  | 1 | 2 | 2 | 4 |
| SCE154 | Aikido | S |  | 1 | 2 | 2 | 4 |
| SCE155 | Riding | S |  | 1 | 2 | 2 | 4 |
| SCE156 | Canoe | S |  | 1 | 2 | 2 | 4 |
| SCE157 | Archery | S |  | 1 | 2 | 2 | 4 |
| SCE158 | Tennis | S |  | 1 | 2 | 2 | 4 |
| SCE159 | Underwater Scuba Diving | S |  | 1 | 2 | 2 | 4 |
| SCE160 | Sail | S |  | 1 | 2 | 2 | 4 |
| SCE161 | Golf | S |  | 1 | 2 | 2 | 4 |
| SCE162 | Football | S |  | 1 | 2 | 2 | 4 |
| SCE163 | Basketball | S |  | 1 | 2 | 2 | 4 |
| SCE164 | Volleyball | S |  | 1 | 2 | 2 | 4 |
| SCE165 | Handball | S |  | 1 | 2 | 2 | 4 |
| SCE166 | Korfball | S |  | 1 | 2 | 2 | 4 |
| SCE167 | Pilates | S |  | 1 | 2 | 2 | 4 |
| SCE168 | Stretching | S |  | 1 | 2 | 2 | 4 |
| SCE170 | Yoga | S |  | 1 | 2 | 2 | 4 |
| SCE173 | Physical Fitness | S |  | 1 | 2 | 2 | 4 |
| SCE174 | Preparing Exercise Prescriptions | S |  | 1 | 2 | 2 | 4 |
| SCE175 | Talent Selection | S |  | 1 | 2 | 2 | 4 |
| SCE176 | Competition Analysis and Statistics | S |  | 1 | 2 | 2 | 4 |
| SCE177 | Bodybuilding and Fitness | S |  | 1 | 2 | 2 | 4 |
| SCE178 | Track and Field 1 | S |  | 1 | 2 | 2 | 4 |
| SCE179 | Swimming 1 | S |  | 1 | 2 | 2 | 4 |
| SCE190 | Artistics Gymnastics | S |  | 1 | 2 | 2 | 4 |
| SCE191 | Table Tennis | S |  | 1 | 2 | 2 | 4 |
| SCE192 | Row | S |  | 1 | 2 | 2 | 4 |

***Specialization Elective Courses***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **5. Semester (Fall Semester)** | | | | | | | |
| **Course Code** | **Course name** | **Course Type** | **Precondition** | **T** | **U** | **K** | **ECTS** |
| SCE331 | Specialization Sport Branch I (Football) | S | SCE162 | 2 | 2 | 3 | 8 |
| SCE333 | Specialization Sport Branch I (Basketball) | S | SCE163 | 2 | 2 | 3 | 8 |
| SCE335 | Specialization Sport Branch I (Volleyball) | S | SCE164 | 2 | 2 | 3 | 8 |
| SCE337 | Specialization Sport Branch I (Handball) | S | SCE165 | 2 | 2 | 3 | 8 |
| SCE339 | Specialization Sport Branch I (Tennis) | S | SCE158 | 2 | 2 | 3 | 8 |
| SCE341 | Specialization Sport Branch I (Underwater Scuba Diving) | S | SCE159 or SCE179 or SCE106 | 2 | 2 | 3 | 8 |
| SCE343 | Specialization Sport Branch I (Bodybuilding and Fitness) | S | SCE177 | 2 | 2 | 3 | 8 |
| SCE345 | Specialization Sport Branch I (Track and Fields) | S | SCE178 or SCE117 | 2 | 2 | 3 | 8 |
| SCE347 | Specialization Sport Branch I (Swimming) | S | SCE179 or SCE106 | 2 | 2 | 3 | 8 |
| SCE349 | Specialization Sport Branch I (Gymnastics) | S | SCE190 or SCE207 | 2 | 2 | 3 | 8 |
| SCE351 | Specialization Sport Branch I (Golf) | S | SCE161 | 2 | 2 | 3 | 8 |
| SCE353 | Specialization Sport Branch I (Karate - Do) | S | SCE153 | 2 | 2 | 3 | 8 |
| SCE355 | Specialization Sport Branch I (Table Tennis) | S | SCE191 | 2 | 2 | 3 | 8 |
| SCE357 | Specialization Sport Branch I (Yoga) | S | SCE170 | 2 | 2 | 3 | 8 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **6. Semester (Spring Semester)** | | | | | | | |
| **Course Code** | **Course name** | **Course Type** | **Precondition** | **T** | **U** | **K** | **ECTS** |
| SCE332 | Specialization Sport Branch II (Football) | S | SCE331 | 2 | 2 | 3 | 8 |
| SCE334 | Specialization Sport Branch II (Basketball) | S | SCE333 | 2 | 2 | 3 | 8 |
| SCE336 | Specialization Sport Branch II (Volleyball) | S | SCE335 | 2 | 2 | 3 | 8 |
| SCE338 | Specialization Sport Branch II (Handball) | S | SCE337 | 2 | 2 | 3 | 8 |
| SCE340 | Specialization Sport Branch II (Tennis) | S | SCE339 | 2 | 2 | 3 | 8 |
| SCE342 | Specialization Sport Branch II (Underwater Scuba Diving) | S | SCE341 | 2 | 2 | 3 | 8 |
| SCE344 | Specialization Sport Branch II (Bodybuilding and Fitness) | S | SCE343 | 2 | 2 | 3 | 8 |
| SCE346 | Specialization Sport Branch II (Track and Fields) | S | SCE345 | 2 | 2 | 3 | 8 |
| SCE348 | Specialization Sport Branch II (Swimming) | S | SCE347 | 2 | 2 | 3 | 8 |
| SCE350 | Specialization Sport Branch II (Gymnastics) | S | SCE349 | 2 | 2 | 3 | 8 |
| SCE352 | Specialization Sport Branch II (Golf) | S | SCE351 | 2 | 2 | 3 | 8 |
| SCE354 | Specialization Sport Branch II (Karate - Do) | S | SCE353 | 2 | 2 | 3 | 8 |
| SCE356 | Specialization Sport Branch II (Table Tennis) | S | SCE355 | 2 | 2 | 3 | 8 |
| SCE358 | Specialization Sport Branch II (Yoga) | S | SCE357 | 2 | 2 | 3 | 8 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **7. Semester (Fall Semester)** | | | | | | | |
| **Course Code** | **Course name** | **Course Type** | **Precondition** | **T** | **U** | **K** | **ECTS** |
| SCE431 | Specialization Sport Branch III (Football) | S | SCE332 | 2 | 4 | 4 | 8 |
| SCE433 | Specialization Sport Branch III (Basketball) | S | SCE334 | 2 | 4 | 4 | 8 |
| SCE435 | Specialization Sport Branch III (Volleyball) | S | SCE336 | 2 | 4 | 4 | 8 |
| SCE437 | Specialization Sport Branch III (Handball) | S | SCE338 | 2 | 4 | 4 | 8 |
| SCE439 | Specialization Sport Branch III (Tennis) | S | SCE340 | 2 | 4 | 4 | 8 |
| SCE441 | Specialization Sport Branch III (Underwater Scuba Diving) | S | SCE342 | 2 | 4 | 4 | 8 |
| SCE443 | Specialization Sport Branch III (Bodybuilding and Fitness) | S | SCE344 | 2 | 4 | 4 | 8 |
| SCE445 | Specialization Sport Branch III (Track and Fields) | S | SCE346 | 2 | 4 | 4 | 8 |
| SCE447 | Specialization Sport Branch III (Swimming) | S | SCE348 | 2 | 4 | 4 | 8 |
| SCE449 | Specialization Sport Branch III (Gymnastics) | S | SCE350 | 2 | 4 | 4 | 8 |
| SCE451 | Specialization Sport Branch III (Golf) | S | SCE352 | 2 | 4 | 4 | 8 |
| SCE453 | Specialization Sport Branch III (Karate - Do) | S | SCE354 | 2 | 4 | 4 | 8 |
| SCE455 | Specialization Sport Branch III (Table Tennis) | S | SCE356 | 2 | 4 | 4 | 8 |
| SCE457 | Specialization Sport Branch III (Yoga) | S | SCE358 | 2 | 4 | 4 | 8 |

***Coaching Practice Elective Courses***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **8. Semester (Spring Semester)** | | | | | | | |
| **Course Code** | **Course name** | **Course Type** | **Precondition** | **T** | **U** | **K** | **ECTS** |
| SCE432 | Coaching Practice (Football) | S | SCE431 | 2 | 4 | 4 | 8 |
| SCE434 | Coaching Practice (Basketball) | S | SCE433 | 2 | 4 | 4 | 8 |
| SCE436 | Coaching Practice (Volleyball) | S | SCE435 | 2 | 4 | 4 | 8 |
| SCE438 | Coaching Practice (Handball) | S | SCE437 | 2 | 4 | 4 | 8 |
| SCE440 | Coaching Practice (Tennis) | S | SCE439 | 2 | 4 | 4 | 8 |
| SCE442 | Coaching Practice (Underwater Scuba Diving) | S | SCE441 | 2 | 4 | 4 | 8 |
| SCE444 | Coaching Practice (Bodybuilding and Fitness) | S | SCE443 | 2 | 4 | 4 | 8 |
| SCE446 | Coaching Practice (Track and Fields) | S | SCE445 | 2 | 4 | 4 | 8 |
| SCE448 | Coaching Practice (Swimming) | S | SCE447 | 2 | 4 | 4 | 8 |
| SCE450 | Coaching Practice (Gymnastics) | S | SCE449 | 2 | 4 | 4 | 8 |
| SCE452 | Coaching Practice (Golf) | S | SCE451 | 2 | 4 | 4 | 8 |
| SCE454 | Coaching Practice (Karate - Do) | S | SCE453 | 2 | 4 | 4 | 8 |
| SCE456 | Coaching Practice (Table Tennis) | S | SCE455 | 2 | 4 | 4 | 8 |
| SCE458 | Coaching Practice (Yoga) | S | SCE457 | 2 | 4 | 4 | 8 |

***THEMATIC ELECTIVE COURSES***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Course Code** |  | **Course Type** | **T** | **U** | **K** | **ECTS** |
| **SSF101** | Applied Camp Education | S | **1** | **2** | **2** | **5** |
| **SRP301** | Project of Social Responsibility | S | **1** | **2** | **2** | **5** |
| **SCE153** | Karate Do | S | **1** | **2** | **2** | **4** |
| **SCE158** | Tennis | S | **1** | **2** | **2** | **4** |
| **SCE167** | Pilates | S | **1** | **2** | **2** | **4** |
| **SCE170** | Yoga | S | **1** | **2** | **2** | **4** |
| **SCE177** | Bodybuilding and Fitness | S | **1** | **2** | **2** | **4** |
| **SCE191** | Table Tennis | S | **1** | **2** | **2** | **4** |
| **SCE192** | Row | S | **1** | **2** | **2** | **4** |

**MODULES:**

* + - * + Athletic performance coaching
        + Psychological performance coaching in sports and exercise

**1. ATHLETIC PERFORMANCE COACHING MODULE**

**V. Semester (Fall)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Course Code** | **COURSE NAME** | **T** | **U** | **ECTS** | **Type** |
| **SSAP301** | **Introduction to Athletic Performance Coaching** | **3** | **0** | **4** | **Z** |
| **SSAP302** | **Stabilization and Mobilization (Flexibility) Training** | **3** | **0** | **4** | **Z** |

**VI. Semester (Spring)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Course Code** | **COURSE NAME** | **T** | **U** | **ECTS** | **Type** |
| **SSAP303** | **Muscular Strength and Muscular Endurance Training** | **3** | **0** | **4** | **Z** |
| **SSAP304** | **Cardiovascular Endurance Training** | **3** | **0** | **4** | **Z** |

**VII. Semester (Fall)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Course Code** | **COURSE NAME** | **T** | **U** | **ECTS** | **Type** |
| **SSAP305** | **Speed, Agility, Quickness, Balance and Coordination Training** | **3** | **0** | **4** | **Z** |
|  | **Module Elective Theoretical Course I** | **3** | **0** | **4** | **S** |

**VII. Semester (Spring)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Course Code** | **COURSE NAME** | **T** | **U** | **ECTS** | **Type** |
| **SSAP306** | **Training Periodization** | **3** | **0** | **4** | **Z** |
|  | **Module Elective Theoretical Course II** | **3** | **0** | **4** | **S** |

***Athletic Performnce Coaching Module Elective Pool***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Course Code** | **COURSE NAME** | **T** | **U** | **ECTS** | **Type** |
| **SSAP101** | **Functional Training** | **3** | **0** | **4** | **S** |
| **SSAP102** | **Resistance Exercise Models** | **3** | **0** | **4** | **S** |
| **SSAP103** | **Regulatory and Protective Exercises** | **3** | **0** | **4** | **S** |
| **SSAP104** | **Performance Psychology: Integrating Physical and Mental Training** | **3** | **0** | **4** | **S** |
| **SSAP105** | **Learning with Difference** | **3** | **0** | **4** | **S** |
| **SSAP106** | **Endurance Tests and Evaluation** | **3** | **0** | **4** | **S** |
| **SSAP107** | **Force and Strength Tests and Evaluation** | **3** | **0** | **4** | **S** |
| **SSAP108** | **Speed Agility Quickness Tests and Evaluation** | **3** | **0** | **4** | **S** |
| **SSAP109** | **Flexibility Tests and Evaluation** | **3** | **0** | **4** | **S** |
| **SSAP110** | **Organization of the Loading** | **3** | **0** | **4** | **S** |
| **SSAP111** | **Loading Principles According to Development Stages** | **3** | **0** | **4** | **S** |
| **SSAP112** | **Flexibility Exercise** | **3** | **0** | **4** | **S** |
| **SSAP113** | **Olympic lifts** | **3** | **0** | **4** | **S** |
| **SSAP114** | **Recovery Strategies** |  |  |  |  |

**2. MENTAL PERFORMANCE COACHING MODULE**

**V. Semester (Fall)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Course Code** | **COURSE NAME** | **T** | **U** | **ECTS** | **Type** |
| **SSPP301** | Introduction to Psychology | **3** | **0** | **4** | **Z** |
| **SSPP303** | Introduction to Psychological Performance Coaching | **3** | **0** | **4** | **Z** |

**VI. Semester (Spring)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Course Code** | **COURSE NAME** | **T** | **U** | **ECTS** | **Type** |
| **SSPP302** | Individual And Group Counseling Strategies İn Sports And Exercise Areas | **3** | **0** | **4** | **Z** |
| **SSPP304** | Psychological Skills Training in Sport and Exercise | **3** | **0** | **4** | **Z** |

**VII. Semester (Fall)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Course Code** | **COURSE NAME** | **T** | **U** | **ECTS** | **Type** |
| **SSPP305** | Advanced Applications in Sport and Exercise Psychology | **3** | **0** | **4** | **Z** |
|  | **Module Elective Theoretical Course I** | **3** | **0** | **4** | **S** |

**VIII. Semester (Spring)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Course Code** | **COURSE NAME** | **T** | **U** | **ECTS** | **Type** |
| **SSPP306** | Emotions and Emotion Regulation Studies in Sports | **3** | **0** | **4** | **Z** |
|  | **Module Elective Theoretical Course II** | **3** | **0** | **4** | **S** |

***Mental Performance Coaching Module Elective Pool***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Course Code** | **COURSE NAME** | **T** | **U** | **ECTS** | **Type** |
| **SSPP101** | Ethics and Limitations in Sport and Exercise Psychology | **3** | **0** | **4** | **S** |
| **SSPP102** | Individual Recognition Techniques | **3** | **0** | **4** | **S** |
| **SSPP103** | Cognitive Psychology in Sport and Exercise | **3** | **0** | **4** | **S** |
| **SSPP104** | Case Study Analysis in Sport and Exercise Psychology | **3** | **0** | **4** | **S** |
| **SSPP105** | Motivation in Sport and Exercise | **3** | **0** | **4** | **S** |
| **SSPP106** | Group Unity and Teaming Strategies | **3** | **0** | **4** | **S** |
| **SSPP107** | Personality Traits in Sport and Exercise | **3** | **0** | **4** | **S** |
| **SSPP108** | Motor Behavior and Motor Learning | **3** | **0** | **4** | **S** |
| **SSPP109** | Leadership and Strategic Management | **3** | **0** | **4** | **S** |
| **SSPP110** | Psychology of Sports Injuries | **3** | **0** | **4** | **S** |
| **SSPP111** | Creative Drama | **3** | **0** | **4** | **S** |
| **SSPP112** | Applied Sport and Exercise Psychology | **3** | **0** | **4** | **S** |