**FBU SPORT SCIENCE FACULTY**

**DEPARTMENT OF EXERCİSE AND SPORT SCİENCES**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **1. Semester (Fall Term)** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Course Code** | | **Course Title** | | **Course Type** | | **Prerequisite** | | **T** | | | **P** | | | | **C** | | | **ECTS** | | | | | | |
| SCE129 | | Motor Development | | C | |  | | 3 | | | 0 | | | | 3 | | | 4 | | | | | | |
| UNI101 | | University Life and Culture | | C | |  | | 1 | | | 2 | | | | 2 | | | 2 | | | | | | |
| SCE123 | | Anatomy and Kinesiology | | C | |  | | 3 | | | 0 | | | | 3 | | | 4 | | | | | | |
| SES117 | | Fundamentals of Track and Fields | | C | |  | | 1 | | | 2 | | | | 2 | | | 4 | | | | | | |
| SCE111 | | Fundamentals of Sports Science | | C | |  | | 3 | | | 0 | | | | 3 | | | 4 | | | | | | |
|  | | Sports Elective | | E | |  | | 1 | | | 2 | | | | 2 | | | 4 | | | | | | |
|  | | Sports Elective | | E | |  | | 1 | | | 2 | | | | 2 | | | 4 | | | | | | |
| TURK101 | | Turkish Language I | | C | |  | | 2 | | | 0 | | | | 2 | | | 2 | | | | | | |
| ENG101 | | English I | | C | |  | | 2 | | | 0 | | | | 2 | | | 2 | | | | | | |
| **TOTAL** | | | | | | | | | | | | | | |  | | | **30** | | | | | | |
| **2. Semester (Spring Term)** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Course Code** | | | **Course Title** | | **Course Type** | | **Prerequisite** | | | **T** | | | **P** | | | | **C** | | **ECTS** | | | | | |
| COMP102 | | | Information Technologies | | C | |  | | | 1 | | | 2 | | | | 2 | | 4 | | | | | |
| SCE104 | | | Exercise Physiology | | C | |  | | | 3 | | | 0 | | | | 3 | | 4 | | | | | |
| SES108 | | | Gymnastics | | C | |  | | | 1 | | | 2 | | | | 2 | | 4 | | | | | |
| SES110 | | | Physical Fitness | | C | |  | | | 1 | | | 2 | | | | 2 | | 4 | | | | | |
| SPE106 | | | Health Information and First Aid | | C | |  | | | 2 | | | 0 | | | | 2 | | 2 | | | | | |
|  | | | Sports Elective | | E | |  | | | 1 | | | 2 | | | | 2 | | 4 | | | | | |
|  | | | Sports Elective | | E | |  | | | 1 | | | 2 | | | | 2 | | 4 | | | | | |
| TURK102 | | | Turkish Language II | | C | |  | | | 2 | | | 0 | | | | 2 | | 2 | | | | | |
| ENG102 | | | English II | | C | |  | | | 2 | | | 0 | | | | 2 | | 2 | | | | | |
| **TOTAL** | | | | | | | | | | | | | | | | |  | | | **30** | | | | |
| **3. Semester (Fall Term)** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Course Code** | **Course Title** | | | | **Course Type** | | **Prerequisite** | | **T** | | | | | **P** | | | **C** | | | | **ECTS** | | | |
| SCE201 | General Training Theory | | | | C | |  | | 3 | | | | | 0 | | | 3 | | | | 7 | | | |
| SES207 | Swimming | | | | C | |  | | 1 | | | | | 2 | | | 2 | | | | 4 | | | |
| SCE203 | Sport Physiology | | | | C | |  | | 3 | | | | | 0 | | | 3 | | | | 5 | | | |
| SES201 | Exercise and Nutrition | | | | C | |  | | 2 | | | | | 0 | | | 2 | | | | 4 | | | |
|  | Sports Elective | | | | E | |  | | 1 | | | | | 2 | | | 2 | | | | 4 | | | |
|  | Field Elective | | | | E | |  | |  | | | | |  | | | 2 | | | | 4 | | | |
| HIST201 | Atatürk's Principles and the History of Turkish Renovation I | | | | C | |  | | 2 | | | | | 0 | | | 2 | | | | 2 | | | |
| **TOTAL** | | | | | | | | | | | | | | | | | **17** | | | | | **30** | | |
| **4. Semester (Spring Term)** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Course Code** | **Course Title** | | | | **Course Type** | | **Prerequisite** | | **T** | | | **P** | | | | **C** | | | | | | | **ECTS** | |
| SCE202 | Training Periodization | | | | C | |  | | 3 | | | 0 | | | | 3 | | | | | | | 7 | |
| STAT232 | Research Methods and Statistics in Sports | | | | C | |  | | 2 | | | 2 | | | | 3 | | | | | | | 5 | |
| SSM106 | Physical Education and Sports for Disabled | | | | C | |  | | 2 | | | 2 | | | | 3 | | | | | | | 4 | |
| SSM116 | Management and Organization of Sports | | | | C | |  | | 3 | | | 0 | | | | 3 | | | | | | | 5 | |
|  | Field Elective | | | | E | |  | |  | | |  | | | | 2 | | | | | | | 4 | |
|  | Thematic Elective | | | | E | |  | | 2 | | | 0 | | | | 2 | | | | | | | 3 | |
| HIST202 | Atatürk's Principles and the History of Turkish Renovation II | | | | C | |  | | 2 | | | 0 | | | | 2 | | | | | | | 2 | |
| **TOTAL** | | | | | | | | | | | | | | | | |  | | | | | | |  |

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| **5. Semester (Fall Term)** | | | | | | | |
| **Course Code** | **Course Title** | **Course Type** | **Prerequisite** | **T** | **P** | **C** | **ECTS** | |
| SCE303 | Sports Biomechanics | C |  | 3 | 0 | 3 | 4 | |
| SES301 | Data Analysis in Sports | C |  | 2 | 2 | 3 | 6 | |
| SES309 | Ergogenic Aids and Anti-Doping | C |  | 2 | 0 | 2 | 5 | |
| SES307 | Exercise Prescription | C |  | 1 | 2 | 2 | 4 | |
|  | Thematic Elective | E |  | 2 | 0 | 2 | 3 | |
|  | Sports Elective | E |  | 1 | 2 | 2 | 4 | |
|  | Field Elective | E |  |  |  | 2 | 4 | |
| **TOTAL** | | | | | |  | 30 | |

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| **6. Semester (Spring Term)** | | | | | | | | | | | | | | |
| **Course Code** | **Course Title** | **Course Type** | **Prerequisite** | | **T** | | **P** | | **C** | | | **ECTS** | | |
| SES302 | Motor Control and Learning | C |  | | 3 | | 0 | | 3 | | | 5 | | |
| SCE306 | Performance Tests in Sports | C |  | | 2 | | 2 | | 3 | | | 4 | | |
| PSYC332 | Sport Psychology | C |  | | 2 | | 0 | | 2 | | | 4 | | |
| SES304 | Performance Analysis and Monitoring | C |  | | 2 | | 2 | | 3 | | | 5 | | |
| SCE322 | Sports İnjuries and Return to Sport Exercises | C |  | | 3 | | 0 | | 3 | | | 4 | | |
|  | Thematic Elective | E |  | | 2 | | 0 | | 2 | | | 4 | | |
|  | Field Elective | E |  | |  | |  | | 2 | | | 4 | | |
| **TOTAL** | | | | | | | | | |  | | 30 | | |
| **7. Semester (Fall Term)** | | | | | | | | | | | | | | |
| **Course Code** | **Course Title** | **Course Type** | **Prerequisite** | | **T** | | **P** | | **C** | | | **ECTS** | | |
| SES407 | Graduation Projects I | C |  | | 3 | | 0 | | 3 | | | 4 | | |
| SES491 | Vocational Training Evaluation in Business I | C |  | | 4 | | 0 | | 4 | | | 6 | | |
| SES493 | Vocational Training Practice in Business I | C |  | | 0 | | 24 | | 12 | | | 20 | | |
| **TOTAL** | | | | | | | | | **18** | | | **30** | | |
| **8. Semester (Spring Term)** | | | | | | | | | | | | | | |
| **Course Code** | **Course Title** | **Course Type** | | **Prerequisite** | | **T** | | **P** | | | **C** | | | **ECTS** |
| SES408 | Graduation Projects II | C | |  | | 3 | | 0 | | | 3 | | | 4 |
| SES492 | Vocational Training Evaluation in Business II | C | |  | | 4 | | 0 | | | 4 | | | 6 |
| SES494 | Vocational Training Practice in Business II | C | |  | | 0 | | 24 | | | 12 | | | 20 |
| **TOTAL** | | | | | | | | | | **18** | | | **30** | |

**Sports Elective Courses**

**1,2,3,5. Semester (Fall-Spring Term)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Course Code** | **Course Title** | **Course Type** | **Prerequisite** | **T** | **P** | **C** | **ECTS** |
| SES153 | Karate - Do | E |  | 1 | 2 | 2 | 4 |
| SES155 | Equestrian | E |  | 1 | 2 | 2 | 4 |
| SES156 | Canoeing | E |  | 1 | 2 | 2 | 4 |
| SES157 | Archery | E |  | 1 | 2 | 2 | 4 |
| SES158 | Tennis | E |  | 1 | 2 | 2 | 4 |
| SES159 | Underwater Scuba Diving | E |  | 1 | 2 | 2 | 4 |
| SES160 | Sailing | E |  | 1 | 2 | 2 | 4 |
| SES161 | Golf | E |  | 1 | 2 | 2 | 4 |
| SES162 | Soccer | E |  | 1 | 2 | 2 | 4 |
| SES163 | Basketball | E |  | 1 | 2 | 2 | 4 |
| SES164 | Volleyball | E |  | 1 | 2 | 2 | 4 |
| SES165 | Handball | E |  | 1 | 2 | 2 | 4 |
| SES166 | Corfball | E |  | 1 | 2 | 2 | 4 |
| SES167 | Pilates | E |  | 1 | 2 | 2 | 4 |
| SES170 | Yoga | E |  | 1 | 2 | 2 | 4 |
| SES177 | Body Building and Fitness | E |  | 1 | 2 | 2 | 4 |
| SES184 | Wrestling | E |  | 1 | 2 | 2 | 4 |
| SES186 | Triathlon | E |  | 1 | 2 | 2 | 4 |
| SES187 | Dance Sports | E |  | 1 | 2 | 2 | 4 |
| SES190 | Artistic Gymnastics | E |  | 1 | 2 | 2 | 4 |
| SES191 | Table Tennis | E |  | 1 | 2 | 2 | 4 |
| SES192 | Rowing | E |  | 1 | 2 | 2 | 4 |
| SES195 | Cycling | E |  | 1 | 2 | 2 | 4 |
| SES199 | Boxing | E |  | 1 | 2 | 2 | 4 |
| SES168 | Wellness | E |  | 1 | 2 | 2 | 4 |

**5. Semester\***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Course Code** | **Course Title** | **Course Type** | **Prerequisite** | **T** | **P** | **C** | **ECTS** |
| SES316 | Swimming Teaching | E | SES207, SCE106 | 1 | 2 | 2 | 4 |
| SES367 | Pilates Teaching | E | SES167, SCE167 | 1 | 2 | 2 | 4 |
| SES370 | Yoga Teaching | E | SES170, SCE170 | 1 | 2 | 2 | 4 |
| SES395 | Cycling Teaching | E | SES195, SCE195 | 1 | 2 | 2 | 4 |
| SES364 | Volleyball Teaching | E | SES164, SCE164, | 1 | 2 | 2 | 4 |
| SES377 | Body Building and Fitness Teaching | E | SES177, SCE177 | 1 | 2 | 2 | 4 |
| SES361 | Golf Teaching | E | SES161, SCE161 | 1 | 2 | 2 | 4 |
| SES358 | Tennis Teaching | E | SES158, SCE158 | 1 | 2 | 2 | 4 |
| SES386 | Triathlon Teaching | E | SES186, SCE186 | 1 | 2 | 2 | 4 |

**Field elective Courses**

**3,4,5,6. Semester (Fall-Spring Term)**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Course Code** | **Course Title** | **Course Type** | **Prerequisite** | **T** | **P** | **C** | **ECTS** | **Opening period** |
| SES150 | Fitness Centers Management | E |  | 3 | 0 | 3 | 4 | Spring /4 |
| SES171 | Sports Sociology | E |  | 3 | 0 | 3 | 4 |  |
| SES152 | Sports Philosophy | E |  | 3 | 0 | 3 | 4 |  |
| SES172 | Fatigue, Overtraining and Recovery Strategies | E |  | 3 | 0 | 3 | 4 | Fall/ 5 |
| SES174 | Corrective and Preventive Exercises | E |  | 3 | 0 | 3 | 4 |  |
| SES151 | Current Fitness Applications | E |  | 1 | 2 | 2 | 4 | Fall /3 |
| SES154 | Personal Coaching | E |  | 3 | 0 | 3 | 4 | Spring/ 6 |
| SES169 | Sports and Recreation | E |  | 3 | 0 | 3 | 4 |  |
| SES175 | Exercise in Special Populations | E |  | 3 | 0 | 3 | 4 |  |
| SES176 | Sports Massage | E |  | 1 | 2 | 2 | 4 |  |
| SCE175 | Talent Selection | E |  | 3 | 0 | 3 | 4 |  |
| SCE194 | Match Analysis in Football | E |  | 3 | 0 | 3 | 4 |  |
| SCE193 | Mobilization Training | E |  | 1 | 2 | 2 | 4 |  |
| SCE197 | Movement Education | E |  | 1 | 2 | 2 | 4 |  |
| SCE181 | Strength Training | E |  | 1 | 2 | 2 | 4 |  |
| SCE182 | Endurance Training | E |  | 1 | 2 | 2 | 4 |  |
| SCE180 | Neuroscience in Sports | E |  | 3 | 0 | 3 | 4 |  |
| SSM467 | Career Management in Sport | E |  | 3 | 0 | 3 | 4 |  |
| SSM434 | Child Protection in Sport | E |  | 3 | 0 | 3 | 4 |  |

**Thematic (University) Elective Courses**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Course Code** | **Course Title** | **Course Type** | **Prerequisite** | **T** | **P** | **C** | **ECTS** |
| SES151 | Current Fitness Applications | E |  | 1 | 2 | 2 | 4 |
| SES309 | Ergogenic Aids and Anti-Doping | E |  | 2 | 0 | 2 | 5 |
| SES110 | Physical Fitness | E |  | 1 | 2 | 2 | 4 |

\*In order to take elective sports courses opened in the 5th semester, it is required to have taken the previously chosen sports course in previous terms.