

GENEL TANIM / GENERAL DESCRIPTION

Ders Adı / Course Name	LECTURE ON SPECIALIZED FIELD IV (TRACK AND FIELD) / LECTURE ON SPECIALIZED FIELD IV (TRACK AND FIELD)	
Ders Kodu / Course Code	ATL404	
Ders Türü / Course Type		
Ders Seviyesi / Course Level	First Cycle / First Cycle	
Ders Akts Kredi / ECTS	5.00	
Haftalık Ders Saati (Kuramsal) / Course Hours For Week (Theoretical)	2.00	
Haftalık Uygulama Saati / Course Hours For Week (Objected)	1.00	
Haftalık Laboratuvar Saati / Course Hours For Week (Laboratory)	0.00	
Dersin Verildiği Yıl / Year	4	
Öğretim Sistemi / Teaching System	Face to Face / Face to Face	
Eğitim Dili / Education Language	Turkish / Turkish	
Ön Koşulu Olan Ders(ler) / Precondition Courses	Yok	None
Amacı / Purpose	Atletizmin orta-uzun mesafe koşuları, yürüyüş ve çoklu branşlarında (heptatlon/dekatlon) çift quadranyal (8 yıllık) quadranyal (olimpik döngü) ve yıllık antrenman planları konusunda mesleki deneyim, beceri, bilgi kazanmak. Atletizmin tüm branşlarında spor sakatlıkları ve sürantrenmanı engelleyebilecek şekilde antrenman programlarını beceriyle oluşturabilmeyi ve hassa bir şekilde zirveleme programları oluşturabilmeyi öğrenmek.	To gain vocational experience, skill and knowledge in double quadrennial (8 years), quadrennial (Olympic cycle) and annual training plans for middle and long distance running, walking and heptathlon or decathlon. Learn how to manipulate training programmes for peaking precisely and how to tailor training programs to prevent injuries and overtraining.
İçeriği / Content	1- Adolesan dönemdeki orta-uzun mesafe koşucuları, yürüyüşçüler, heptatlon ve dekatloncular için çift quadranyal, quadranyal ve yıllık planlar oluşturma. 2- Yetişkin orta-uzun mesafe koşucuları, yürüyüşçüler, heptatlon ve dekatloncular için çift quadranyal, quadranyal ve yıllık planlar oluşturma. 3-Tüm atletizm disiplinleri için zirveleme stratejileri oluşturma. 4-Sakatlıkların önlenmesini hedefleyen egzersizlerin atletizm antrenman programlarına yerleştirilmesi. 5- Sürantrenmanın engelleyici uygulamaların atletizm antrenman programlarına yerleştirilmesi.	1-Doble quadrennial, quadrennial and annual plan preparation for adolescent middle and long distance runners, walkers and heptathletes and decathletes. 2-Doble quadrennial, quadrennial and annual plan preparation for adult middle and long distance runners, walkers and heptathletes and decathletes. 3-Peaking Strategies (overreaching, tapering etc.) for all track and field events. 4-How to embed exercises for Injury prevention to training plans for track and field events? 5- How to install overtraining preventive applications into track and field training programs?
Önerilen Diğer Hususlar / Recommended Other Considerations	Yok	None
Staj Durumu / Internship Status	Yok	None

<p>Kitabı / Malzemesi / Önerilen Kaynaklar / Books / Materials / Recommended Reading</p>	<p>Kitaplar: 1-Periodization: Theory and Methodology of Training, (Tudor Bompa). 2-Block Periodization (Vladimir Issurin) 3-Science of Hurdling and Speed (Brent Mc Farlane)</p> <p>Makalelr: 1-Bompa TO. Peaking for extended calender. New Studies in Athletics, 4: 29-43, 1987. 2-Suslov FP. Annual training programmes and the sport specific fitness levels of worl-class athletes (http://www.coachr.org/annual_training_programmes.htm) 3-Smith DJ. A framework for understanding the training process leading to elite performance. Sports Med 2003; 33 (15): 1103-1126 4-Anderson L.et al., Impact of training patterns on incidence of illness and injury during a Women's Collegiate Basketball Season. J. Strength Cond. Res. 17(4):734-738. 2003 5-Mujika I, Padilla S. Scientific bases for precompetition tapering strategies. Med Sci Sports Exerc., 35(7): 1182 - 1187, 2003. 6-Kebukely ZN, Noakes TD, Dennis SC.Training techniques to improve endurance exercise performances. Sports Med, 32: 489 - 509, 2002 7-Lehmann MJ et al., Training and overtraining: An overview and experimental results in endurance sports. Journal of Sports Medicine and Physical Fitness, (1997). 37: 7-17. 8-Steinacker JM etal., Training of junior rowers before world championships. Effects on performance, mood state and selected hormonal and metabolic responses. J Sports Med Phys Fitness. 2000 Dec;40(4):327-35. 9-Halson SL, Jeukendrup AE. Does overtraining exist? An analysis of overreaching and overtraining research. Sports Med., 34(14): 967 - 981, 2004. 10-Koutedakis Y, Sharp NC. Seasonal variations of injury and overtraining in elite athletes. Clin J Sport Med, 1988; 8(1): 18 - 21 11-Halson, SL, Bridge MW, Meeusen R, Busschaert B, Gleeson M, Jones DA, Jeukendrup AE. Time course of performancechanges and fatigue markers during intensified training in trained cyclists. J Appl Physiol 93: 947-956, 2002. 12-Synder AC, Kuipers H, Cheng B ve ark. Overtraining following intensified training with normal muscle glycogen. Med Sci Sports Exerc, 1995; 27(7): 1063 - 70 13-Hooper SL, MacKinnon LT, Gordon RD ve ark. Hormonal responses of elite swimmers to overtraining. Med Sci Sports Exerc, 1993; 25(6): 741 - 7 14-Jeukendrup AE, Hesselink MK, Synder AC ve ark. Physiological changes in male competitive cyclists after two weeks of intensified training. Int J Sports Med 1992; 13(7): 534 - 41 15-Hedelin R, Kentta G, Wiklund U ve ark. Short-term overtraining: effects on performance, circulatory responses, and heart rate variability. Med Sci Sports Exerc 2000; 32(8): 1480 - 4 16-Fry, AC. ACSM-Current Comments: Overtraining with Resistance Exercise. www.acsm.org 17-Smith DJ, Norris SR. Changes in glutamine and glutamate concentrations for tracking training tolerance in elite athletes. Med Sci Sports Exerc 2000; 32: 684-9</p>	<p>Books: 1-Periodization: Theory and Methodology of Training, (Tudor Bompa). 2-Block Periodization (Vladimir Issurin) 3-Science of Hurdling and Speed (Brent Mc Farlane)</p> <p>Articles: 1-Bompa TO. Peaking for extended calender. New Studies in Athletics, 4: 29-43, 1987. 2-Suslov FP. Annual training programmes and the sport specific fitness levels of worl-class athletes (http://www.coachr.org/annual_training_programmes.htm) 3-Smith DJ. A framework for understanding the training process leading to elite performance. Sports Med 2003; 33 (15): 1103-1126 4-Anderson L.et al., Impact of training patterns on incidence of illness and injury during a Women's Collegiate Basketball Season. J. Strength Cond. Res. 17(4):734-738. 2003 5-Mujika I, Padilla S. Scientific bases for precompetition tapering strategies. 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Time course of performancechanges and fatigue markers during intensified training in trained cyclists. J Appl Physiol 93: 947-956, 2002. 12-Synder AC, Kuipers H, Cheng B ve ark. Overtraining following intensified training with normal muscle glycogen. Med Sci Sports Exerc, 1995; 27(7): 1063 - 70 13-Hooper SL, MacKinnon LT, Gordon RD ve ark. Hormonal responses of elite swimmers to overtraining. Med Sci Sports Exerc, 1993; 25(6): 741 - 7 14-Jeukendrup AE, Hesselink MK, Synder AC ve ark. Physiological changes in male competitive cyclists after two weeks of intensified training. Int J Sports Med 1992; 13 (7): 534 - 41 15-Hedelin R, Kentta G, Wiklund U ve ark. Short-term overtraining: effects on performance, circulatory responses, and heart rate variability. Med Sci Sports Exerc 2000; 32(8): 1480 - 4 16-Fry, AC. ACSM-Current Comments: Overtraining with Resistance Exercise. www.acsm.org 17-Smith DJ, Norris SR. Changes in glutamine and glutamate concentrations for tracking training tolerance in elite athletes. Med Sci Sports Exerc 2000; 32: 684-9</p>
<p>Öğretim Üyesi (Üyeleri) / Faculty Member (Members)</p>	<p>Muzaffer Colakoglu, PhD</p>	

ÖĞRENME ÇIKTILARI / LEARNING OUTCOMES

1	Orta-uzun mesafe, yürüyüş, heptatlon ve dekatlon disiplinlerinde çift quadranal ve quadranal ve yıllık antrenman planları oluşturmada beceri, deneyim ve bilgi sahibi olur.	Makes a detailed technical analysis in Long Jump, Triple Jump, High Jump and Pole Vault, Shot Put, Disk Throw, Javelin Throw and Hammer Throw branches.
2	Orta-uzun mesafe, yürüyüş, heptatlon ve dekatlon disiplinlerinde yarışan sporcular için doğru periotlama türlerini belirleyip, yaş, sportif düzey ve sporcunun hedeflerine göre en uygun yıllık antrenman programlarını yapabilecek yeterliliğe sahip olur.	Accordance with age groups by training exercises used to develop training program design in Long Jump, Triple Jump, High Jump and Pole Vault branches,
3	Gülle Atma, Disk Atma, Cirit Atma ve Çekiç Atma branşlarında performansın geliştirilmesinde kullanılacak antrenman alıştırmalarını özümseyerek, yaş gruplarına uygun programlar yazar.	Accordance with age groups by training exercises used to develop training program design in Shot Put, Disk Throw, Javelin Throw and Hammer Throw branches,
4	Çoklu Yarışmaların genel yapısını özümseyerek, yaş gruplarına uygun çoklu yarışma organizasyonları planlar.	. Internalizing the general structure of multiple competitions and make a organization plan in multiple competition.
5	Çoklu Yarışma sporcularında performansın geliştirilmesi için yaş gruplarına uygun antrenman programları yazar,	Accordance with age groups makes a training program for develop performance in Heptathlon and Decathlon.
6	Atletizmde performans testleri uygulayabilme ve branşlara özgü değerlendirir.	Performance tests in track and field and evaluates it specifically.

HAFTALIK DERS İÇERİĞİ / DETAILED COURSE OUTLINE

Hafta / Week					
	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
1	Detailed technical analysis of Long jump and make training program for develop technical performance.	Practice training for development of technical performance in Long jump			
	Detailed technical analysis of Long jump and make training program for develop technical performance.	Practice training for development of technical performance in Long jump			
2	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
	Detailed technical analysis of Triple jump and make training program for develop technical performance.	Practice training for development of technical performance in Triple jump.			
	Detailed technical analysis of Triple jump and make training program for develop technical performance.	Practice training for development of technical performance in Triple jump.			
3	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
	Detailed technical analysis of High jump and make training program for develop technical performance.	Practice training for development of technical performance in High jump.			
	Detailed technical analysis of High jump and make training program for develop technical performance.	Practice training for development of technical performance in High jump.			
4	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
	Detailed technical analysis of Pole vault and make training program for develop technical performance.	Practice training for development of technical performance in Pole vault.			
	Detailed technical analysis of Pole vault and make training program for develop technical performance.	Practice training for development of technical performance in Pole vault.			

	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
5	- How to determine most suitable periodization type for middle-long distance runners, walkers and heptathletes/deathletes in Training to Compete phase? Project-1 Determine most suitable periodization type and prepare an annual plan for middle/long distance runners or walkers in Training to Compete phase.	Discussions on course topics of week. Project preparation.			
	- How to determine most suitable periodization type for middle-long distance runners, walkers and heptathletes/deathletes in Training to Compete phase? Project-1 Determine most suitable periodization type and prepare an annual plan for middle/long distance runners or walkers in Training to Compete phase.	Discussions on course topics of week. Project preparation.			
	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
6	Detailed technical analysis of Shot Put and make training program for develop technical performance.	Practice training for development of technical performance in Shot Put.			
	Detailed technical analysis of Shot Put and make training program for develop technical performance.	Practice training for development of technical performance in Shot Put.			
	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
7	Detailed technical analysis of Disk Throw and make training program for develop technical performance.	Practice training for development of technical performance in Disk Throw.			
	Detailed technical analysis of Disk Throw and make training program for develop technical performance.	Practice training for development of technical performance in Disk Throw.			
	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
8	Mid-term exam				
	Mid-term exam				
	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
9	Detailed technical analysis of Javelin Throw and make training program for develop technical performance.	Practice training for development of technical performance in Javelin Throw.			
	Detailed technical analysis of Javelin Throw and make training program for develop technical performance.	Practice training for development of technical performance in Javelin Throw.			

	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
10	Discussions on Project-2 processes.	Discussions. Project preparations (continuing)			
	Discussions on Project-2 processes.	Discussions. Project preparations (continuing)			
11	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
	Make general and specific strength training program in throwing branches.	Practice general and specific strength training program in throwing branches.			
	Make general and specific strength training program in throwing branches.	Practice general and specific strength training program in throwing branches.			
12	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
	General structure of multiple competitions and make a organization plan in multiple competition	Example of multiple competition practices in children.			
	General structure of multiple competitions and make a organization plan in multiple competition	Example of multiple competition practices in children.			
13	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
	-Aims and methods of tapering. -Tapering models usable for peaking in track and field events. -Tailoring peaking programs with overreaching and tapering for important competitions. Project-3 Plan a peaking program with overreaching and tapering for the most important competition of year	Discussions on course topics of week. Project preparation.			
	-Aims and methods of tapering. -Tapering models usable for peaking in track and field events. -Tailoring peaking programs with overreaching and tapering for important competitions. Project-3 Plan a peaking program with overreaching and tapering for the most important competition of year	Discussions on course topics of week. Project preparation.			
14	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
	Discussions on Project-3 processes.	Discussions. Project preparations (continuing)			
	Discussions on Project-3 processes.	Discussions. Project preparations (continuing)			

15	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
	Presentations of Project-3.	Project presentation. Discussions.			
	Presentations of Project-3.	Project presentation. Discussions.			
16	Teorik Dersler / Theoretical	Uygulama	Lab	Öğretim Yöntem ve Teknikleri/Teaching Methods Techniques	Ön Hazırlık / Preliminary
	Final exam				
	Final exam				

DEĞERLENDİRME / EVALUATION

Yarıyıl (Yıl) İçi Etkinlikleri / Term (or Year) Learning Activities	Sayı / Number	Katkı Yüzdesi / Percentage of Contribution (%)
Ara Sınav / Midterm Examination	1	100
Toplam / Total:	1	100
Başarı Notuna Katkı Yüzdesi / Contribution to Success Grade(%):		40
Yarıyıl (Yıl) Sonu Etkinlikleri / End Of Term (or Year) Learning Activities	Sayı / Number	Katkı Yüzdesi / Percentage of Contribution (%)
Final Sınavı / Final Examination	1	100
Toplam / Total:	1	100
Başarı Notuna Katkı Yüzdesi / Contribution to Success Grade(%):		60
Etkinliklerinin Başarı Notuna Katkı Yüzdesi(%) Toplamı / Total Percentage of Contribution (%) to Success Grade:		100
Değerlendirme Tipi / Evaluation Type:		

İŞ YÜKÜ / WORKLOADS

Etkinlikler / Workloads	Sayı / Number	Süresi (Saat) / Duration (Hours)	Toplam İş Yüğü (Saat) / Total Work Load (Hour)
Proje Hazırlama / Project Preparation	3	18.00	54.00
Proje Sunma / Project Presentation	3	18.00	54.00
Ara Sınav / Midterm Examination	1	12.00	12.00
Tartışma / Discussion	6	3.00	18.00
Final Sınavı / Final Examination	1	12.00	12.00
Toplam / Total:	14	63.00	150.00

Dersin AKTS Kredisi = Toplam İş Yüğü (Saat) / 30.00 (Saat/AKTS) = 150.00/30.00 = 5.00 ~ 5.00 / Course ECTS Credit = Total Workload (Hour) / 30.00 (Hour / ECTS) = 150.00 / 30.00 = 5.00 ~ 5.00

PROGRAM VE ÖĞRENME ÇIKTISI / PROGRAM LEARNING OUTCOMES

Öğrenme Çıktıları / Learning Outcomes	Program Çıktıları / Program Outcomes										
	1.1.1	1.1.2	1.1.3	1.1.4	1.1.5	1.1.6	1.1.7	1.1.8	1.1.9	1.1.10	1.1.11
1.Orta-uzun mesafe, yürüyüş, heptatlon ve dekatlon disiplinlerinde çift quadranyal ve quadranyal ve yıllık antrenman planları oluşturmada beceri, deneyim ve bilgi sahibi olur. / Makes a detailed technical analysis in Long Jump, Triple Jump, High Jump and Pole Vault, Shot Put, Disk Throw, Javelin Throw and Hammer Throw branches.	5	3	4	2	3	1	1	2	2	1	1

2.Orta-uzun mesafe, yürüyüş, heptatlon ve dekatlon disiplinlerinde yarışan sporcular için doğru periotlama türlerini belirleyip, yaş, sportif düzey ve sporcunun hedeflerine göre en uygun yıllık antrenman programlarını yapabilecek yeterliliğe sahip olur. / Accordance with age groups by training exercises used to develop training program design in Long Jump, Triple Jump, High Jump and Pole Vault branches,	5	4	4	2	3	1	1	5	1	1	1
3.Gülle Atma, Disk Atma, Cirit Atma ve Çekiç Atma branşlarında performans geliştirilmesinde kullanılacak antrenman alıştırmalarını özümseyerek, yaş gruplarına uygun programlar yazar. / Accordance with age groups by training exercises used to develop training program design in Shot Put, Disk Throw, Javelin Throw and Hammer Throw branches,	4	3	4	2	3	1	1	2	2	1	1
4.Çoklu Yarışmaların genel yapısını özümseyerek, yaş gruplarına uygun çoklu yarışma organizasyonları planlar. / . Internalizing the general structure of multiple competitions and make a organization plan in multiple competition.	4	3	4	2	3	1	1	2	1	1	1
5.Çoklu Yarışma sporcularında performansın geliştirilmesi için yaş gruplarına uygun antrenman programları yazar. / Accordance with age groups makes a training program for develop performance in Heptathlon and Decathlon.	3	3	4	2	3	1	1	5	3	1	1
6.Aletizmde performans testleri uygulayabilme ve branşlara özgü değerlendirir. / Performance tests in track and field and evaluates it specifically.	3	3	3	2	3	1	5	3	1	1	1

