

BALIKESİR UNIVERSITY
FACULTY OF ARTS AND SCIENCES
UNIVERSITY ELECTIVE COURSE INTRODUCTION FORM

Department	Sosyoloji					
Course Name	Aikido					
Course Semester	Fall x			Spring x		
Course Language	Turkish x			English		
Course Credit	Theory x		Application		Total Credit 2	
Course ECTS	3					
Course Type	Face-to-face			Demonstration and Practice		
Course Objective	The aim of the program is to contribute to the progress of students in getting to know and developing themselves by explaining the Aikido Martial Art to them.					
Course Content	Examination and application of exercises for theoretical and practical reinforcement of Aikido, the necessary for this sport learning motoric characteristics.					
Course Prerequisites	Physician approval to practice sports					
Instructor	Assoc. Prof. Dr. Barış Şentuna			mail :barissentuna@balikesir.edu.tr		
Teaching Assistants				mail :		
Internship Status						
Course Materials	Leonard.G. (2002). Uсталık. Ötesi Yayıncılık. Açıklan,B. (2003). Aikido Ders Notları. Nokta Ofset. Yamada,Y. (1996). UltimadeAikido. Carol Publishing Group Edition					
Course Structure						
Planned Learning Activities and Methods	Interactive education					
Course Evaluation Criteria			Course ECTS Calculation Content			
Semester Work	Number	Contribution (%)	Activity	Number	Duration	Total Workload (Hours)
Midterm Exam		x	Course Duration	14	2	28
Short Quiz			Out-of-Class Study Time			
Assignment			Midterm Exams	1	2	4
Attendance			Final Exam	1	2	
Application		100	Total Workload:32			
Proje			ECTS Credit :4			
Final Exam		x				
Course Learning Outcomes						
DÖÇ 1:		Discipline				
DÖÇ 2:		Self-confidence				
DÖÇ 3:		Ability to provide immediate solutions to problems				
DÖÇ 4:		Ability to make correct decisions instantly				
Course Topics						

Week	Topic
1	Rei (greeting), Ukemi (falling, rolling)
2	Sabaki (movements)
3	Kokyuho, Ikkyō, Nikkyo
4	Sankyo, Yonkyo, Gokyo
5	Barehanded defense techniques against weapon attacks
6	Sokumen Iriminage, Tekagami
7	Midterm Exam
8	Shihonage, Kotageashi
9	Shihonage, Kotageashi
10	Koshinage, Tembinnage
11	Sumiotoshi, Ushirowaza
12	Atemiwaza, Iriminage, Iriminage ura
13	Defense techniques against multiple attackers (niningake, sanningake)
14	Final Exam
Contribution to Program Outcomes	