

## **Physical Education and Sports Culture (1-2) 2**

The role of physical education in human development, motor development characteristics of primary school children, general knowledge about exercises for healthy life, arrangements in physical education lessons, walks, turns, alignments, physical education course materials and equipment, their features, free gymnastics exercises, individual and dual gymnastic exercises, exercise on vehicle and with vehicle, disability, injury, strain and first aid in physical education lessons and daily life, basic techniques and rules of athletics, sports and social life, sport and life, sports in our country, general information about the Olympics.

### **Course Material:**

Spor Eđitiminin Temelleri, Gıyasettin Demirhan, Bađırgan Yayınevi, Ankara, 2006.

### **Supplementary Materials:**

- Moving and Learning. Beverly Nichols, Mosby College Pub., USA, 1990.
- Beden Eđitimi Öğretimi, Moonston M. Ashworth S. (Çev. Gıyasettin Demirhan), Bađırgan Yayınevi, Ankara , 2000.