



## P.E COURSES

### TABLE TENNIS

Table tennis (also known as ping-pong) is a ball game in which two (singles) or four (doubles) players hit a ball between themselves with rackets. The game is played on a table divided by a net. The aim of the lesson is to familiarise the students with the rules of the game and the basic forms of hitting and serving. The first half of the lesson is spent practising the technical elements after a warm-up, and the second half is spent applying the techniques learnt in both individual and doubles play. The main aim of the class is to make the sport more enjoyable. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.

### BODY-SHAPING AEROBICS

The training session is characterized by exercises that develop strength, increase muscle tone, and improve posture. The class starts with a 15-minute warm-up, followed by a 60-minute full-body strength-developing program involving all muscle groups. To perform the exercises, we use different tools (rubber band, fit-ball, softball, step pad or dumbbell). At the end of the training session there is a 15-minute-long cooling down and stretching. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.

### DEEP WORK

DeepWork is an extremely intense form of exercise that moves the entire body. Deep musical rhythms help and enhance performance, effort, and the release of emotional tension. Super fat-burning, stress-relieving cardio training. Deep work is based on a form of training called body art, which, in addition to conscious training, builds and develops the harmony of the trinity of body, soul and spirit. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.

### CIRCUIT TRAINING

An easy-to-learn, simple choreography built up from basic aerobic steps, and strength-developing exercises alternate in the class. To perform the exercises, we use a variety of tools (sticks, dumbbells, rubber ropes and fit-balls), and our goal is to engage all muscle groups in the activities. The class ends with 15 minutes of relaxation and stretching. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.



## P.E COURSES

### YOGA

Yoga is a thousands-year-old tradition method, that consists of various body exercises - asanas, breathing exercises, relaxation and meditation techniques. In the yoga classes, we practice classical hatha yoga exercises, with special focus on the improving of the trunk muscles and correct breathing. In the classes, we focus on the correct execution of each asana and calming the mind. Participation in yoga classes you don't need special physical abilities. In addition to physical activity, our goal is to bring the body and mind into harmony, to reduce stress, and leaving the class refreshed feelings. In addition to the above, the course program includes teaching the basics of fall technique-self-defense.

### FLOORBALL

Floorball is a ball game belonging to the group of ball games, each team consists of five field players and a goalkeeper. Floorball carries the different characteristics of lawn football, ice hockey, bandy (ice ball) and small-field football. The main goal of the session is to make people fall in love with the sport. In the class, students will learn the rules of the game, learn the basic techniques and practice them in a game situation. In addition to the above, the course program includes teaching the basics of fall technique-self-defense.

### GYMNASTIC

Gymnastics is a complex sport consisting of different types of exercises performed on different equipment, and is played by both men and women. The aim of the course is to familiarise students with the different types of gymnastics for men and women. During the warm-up, they will learn stretching and relaxation exercises. They should be able to master simple exercise elements - exercise sequences - in the given sport. Improve their conditioning and coordination skills using gymnastic movement material. By the end of the course, they should be able to perform an exercise of their own choice on the apparatus of their choice. In addition to the above, the course program includes teaching the basics of fall technique-self-defense.

### FRISBEE

The aim of the Frisbee physical education classes is to provide students with an opportunity to exercise based on the basic movements of ultimate Frisbee, taking into account their age, physical abilities and fitness, thus promoting the health of the students, including fitness, strength and coordination. Ultimate Frisbee is a unique team sport in which spectacular throws, and lots of running can be used to win. The toy is a plastic frisbee of a specific diameter and weight. The game is played between two teams competing against each other to score points by getting the disc into the opponent's zone. The winner of the game is the team that scores more points in the time allowed despite the opponent's defensive play. The first half of the lesson is spent practising technical elements after the warm-up, and the second half is spent applying the techniques learned during the game, the main aim of the lesson being to make the sport more enjoyable. In addition to the above, the course program includes teaching the basics of fall technique-self-defense.



## P.E COURSES

### FUTSAL

Futsal is the official indoor version of soccer, played by two teams, where each team has four fielders and a goalkeeper. The ball bounces less and is smaller than the one used in soccer. The size of the court is the same as that of a handball court. Besides mastering several technical elements, this sport enables students to develop their tactical skills excellently. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.

### RUNNING CLASS

You don't have to make the distance alone on this course. It's been fifteen years since beginners and advanced runners started signing up for the running group. Since then, many of them have started in amateur competitions, even though they were reluctant to run for such a long time before. Our goal is for the students to be able to complete at least 4-6 kilometers at a good pace without stopping. We hope that, as a result of the regularity, they will feel like going for a run several times a week. With the help of running applications that can be used on a smartphone, progress can be monitored and new training plans can be created as needed. The classes are outdoors. Students run in the forest or on the athletic field. This is how they get to know each other and discover themselves. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.

### SPINAL TRAINING

Some of the neck, back, and waist pains don't lie in the incorrect structure of the spine, but in its incorrect use. Good statics, correct posture, symmetry of the muscles, and the development of good load conditions are aimed at preventing spinal complaints. The movement program of spinal gymnastics restores the balance of the trunk muscles, reduces the vulnerability of the disc, and prevents the development of chronic back pain and spinal pain. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.

### HANDBALL

Handball is a team sport. Students have the chance to learn the main and the complex elements of handball, which can be used to improve their knowledge. In addition to the continuous teaching of handball rules, they are able to play different types of games to improve their ball skills. The game against each other also has importance in this course. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.



## P.E COURSES

### **BODY ART**

We recommend the bodyART form of movement primarily to those who would like to strengthen their soul as well as their body, who would like to feel physically and mentally more balanced, to be in greater harmony with their inner world and the outside world.

BodyART is based on the unity of opposites: its main characteristic is the balance of strengthening and stretching exercises performed to the rhythm of inhalation and exhalation, tightening and relaxing of muscles, dynamic movement and relaxation. Slow, persistent exercises performed consciously, with attention, and even with concentrated attention, teach you to know the functioning of your breathing, your locomotory organs and your whole body, and to control them all more effectively. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.

### **SPINAL TRAINING**

The class is facilitated physical education for students with locomotor or internal medicine problems, not only medically recommended or exempted. In the classes, we perform posture-improving strengthening exercises while standing and mostly lying down with the help of various sports equipment, such as balls, rubber ropes, dumbbells, and gymnastic sticks. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.

### **BASKETBALL**

Basketball is one of the most popular college team games in which players play 5-on-5. During the course, we follow a training program. In small sided games, students are given technical and tactical tasks. The goal is for them to be able to play on the entire court as soon as possible and to improve their playing skills. Later, students often participate in the university's afternoon and evening amateur championships. Hopefully, the participants of the class will have a passion for basketball for the rest of their lives. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.



## P.E COURSES

### **SOCCER**

Soccer is a sports game belonging to the group of ball games. During the first half of the lesson, after the warm-up, the students can improve their skills by practicing ball skill exercises and technical elements. In the second half of the lesson, informal play provides an opportunity to practice the already mastered technical elements. The emphasis in the class is on playing the game, so that the students can enjoy themselves and relax. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.

### **PILATES**

The method was founded by Joseph Pilates at the beginning of the 20th century. Pilates is a complex form of movement, which combines the anatomy of the "Western" world knowledge with the the "Eastern" movement culture. During the practice the stabilizing muscles of the spine (deep muscles), and the special breathing technique get a big role. The goal of Pilates is connecting the body and soul, but the mind should not be limited and the body moves gracefully in balance. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.

### **VOLLEYBALL**

Volleyball is considered to be one of those ball games where you have to play in teams. These teams consist of 6 members. The aim of the class is that students will get to know the rules, the basics of the volleyball's techniques. In the first half of the class participants will be practicing these mentioned techniques after the warm up session. After that players will be playing practice matches using what they have learnt previously, during the second half of the class. The primary aim of this class is to get people to like the sport. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.

### **STEP AEROBIK**

Step aerobics is traditional aerobics improved version, which is step by step with the exercises he performs, he makes intense movements possible. The basis of training is simple movement material, which varies according to the tempo of the music complete with choreographies. The training its course and difficulty largely depend on the chosen one from choreography, the composition of step combinations difficulty and the tempo of the music. The hour is 40 minutes consists of step and 30 minutes of reinforcement. The amplifier part strength developer, muscle tone enhancer and posture improver consists of exercises for the execution of which we use different tools (rubber band, fit- ball, softball, step pad, dumbbell,). The class ends with 15 minutes of cooling and stretching. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.





## P.E COURSES

### STRETCHING

During the stretching class, students get to know the static and dynamic stretching exercises, which are performed passively or actively. During the stretching tasks we also place emphasis on breathing. In the second part of the classes, normally various breathing exercises are completed. This combination provides us with a level of relaxation that can be useful for students on gray weekdays. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.

### TENNIS

In the tennis physical education class, students can get to know the rules and strokes of the tennis game. Students get to know the rules of the game, forehand, backhand and serve forms. After warming up, the students practice the technical elements together, the more skilled ones can also play matches. The main goal of the lesson is to get to know tennis and to fall in love with the game. We provide equipment, racket and ball for the class. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.

### WORKOUT

Our goal is the harmonious development of conditional skills within the circuit training session. To this end, we use varied exercise sequences involving all muscle groups with various tools (jumping rope, medicine ball, bench, stool, dumbbells) and the development of aerobic skills is achieved with cardio-type movements and the appropriate application of the ratio of load and rest. We manage the regulation of the load by selecting the exercises, but it is also possible to change it according to the abilities of each individual. After the main part of the program, stretching plays an important role with application of Stretching exercises. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.

### BODY-BUILDING

During the lessons, the students learn about the correct use of disc-weight strength developing machines, free weights, and benches. We place a great emphasis on warm-up and stretching exercises, being aware of their physiological effects. We pay special attention to the training of problematic body parts, in the case of both women and men. In the class, students can also train freely according to their own training plan, under the supervision of a teacher. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.



## P.E COURSES

### BADMINTON

Badminton is a racquet game in which two (singles) or four players (doubles) hit a badminton ball between each other with racquets. The game is played on a badminton court divided by a net. The aim of the lesson is to familiarise the students with the rules of the game and the basic forms of hitting and serving. The first half of the lesson is spent practising the technical elements after the warm-up, the second half is spent applying the techniques learnt during the game, the main aim of the lesson being to make the sport enjoyable. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.

### TRX

TRX is a functional training program developed for US Marinez. TRX (Total-body Resistance e Xercise) is a tool that works with the resistance of our own body, and with it we simultaneously develop our muscles, endurance, mobility, sense of balance, and shape our body. TRX is versatile, simple and effective. During the classes, after the warm-up, we perform strengthening, balance and strength exercises individually or in pair, supplemented by the use of other sports equipment (dumbbell, medicine ball, fit ball, stool, bench, etc.) The TRX suspension allows us to perform the exercises at an angle other than vertical. By changing the direction of the effort, we can make the exercises easier or harder. Due to the instability caused by the suspension, our trunk and other stabilizing muscles are constantly working and receiving loads. Therefore, it is a very effective sports exercise. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.

### SWIMMING

During the semester students will be learning the 4 fundamental swimming techniques (Front Crawl, Breaststroke, Backstroke, Butterfly) and also how they are performed during a competition. The aim of this class is to get the participating students into liking this sport and also to grant them personal progress in it. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.

### MUSICAL GYMNASTICS

Taking into account all characteristics of the female body, we perform aerobics exercises to music, with or without the use of hand tools. During the lessons, the students learn about the functioning of their own body, and receive information about their current physical and health status. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.

### WELLNESS

Wellness is a programme of general well-being, total physical and mental balance. The aim of the class is to help students achieve optimal body composition through exercise, which is complemented by a psychological relaxation and tension release. In the first half of the class, the students will perform gymnastic exercises to improve the circulatory - respiratory system and the coordination of movements, followed by strengthening and postural exercises. In the second half of the class, a more informal form of play will be provided and other sports will be tried out. In addition to the above, the course program includes teaching the basics of fall technique- self-defense.