



**Kafkas Üniversitesi**  
**SARIKAMIŞ SCHOOL OF PHYSICAL EDUCATION & SPORTS**

**Coach Training**  
**Antrenörlük Eğitimi**

1.Semester Course Plan				
Course Code	Course Name	T+A+L	Compulsory/Elective	ECTS
222004101	Turkish I Written Expression	2+0+0	Compulsory	2
222004103	Foreign Language I English	3+0+0	Compulsory	2
222004105	Introduction to Physical Education Science	3+0+0	Compulsory	5
222004107	Coaching Education and Principles	3+0+0	Compulsory	4
222004109	Human Anatomy and Kinesiology	4+0+0	Compulsory	5
222004111	Health Information and First Aid	3+2+0	Compulsory	5
222004113	Rhythm Education and Dance	3+2+0	Compulsory	5
222004115	Career Planning	1+0+0	Compulsory	2
<b>Total ECTS</b>				<b>30</b>

2.Semester Course Plan				
Course Code	Course Name	T+A+L	Compulsory/Elective	ECTS
222004102	Turkish II Oral Expression	2+0+0	Compulsory	2
222004104	Foreign Language II English	3+0+0	Compulsory	2
222004106	Lifetime Sport	2+2+0	Compulsory	6
222004108	General Gymnastics	3+2+0	Compulsory	7
222004110	Athletics I	3+2+0	Compulsory	7
BRYSI	INDIVIDUAL SPORTS III.CLASS SPRING	-	Elective	6
<b>Total ECTS</b>				<b>30</b>

222004112	Swimming	3+2+0	Elective	6
222004114	Badminton	3+2+0	Elective	6
222004116	Sporty Rhythmic Gymnastics (Female)	3+2+0	Elective	6
222004118	Wrestling (Male)	3+2+0	Elective	6
222004120	Ski	3+2+0	Elective	6
222004122	Tennis	3+2+0	Elective	6
222004124	Mountaineering	3+2+0	Elective	6
222004126	Ping pong	3+2+0	Elective	6
222004128	Fitness	3+2+0	Elective	6
222004130	Wellness	3+2+0	Elective	6
222004132	Futsal	3+2+0	Elective	6
222004134	Snowboarding	3+2+0	Elective	6
222004136	Life Coaching	3+2+0	Elective	6
222004138	Bike	3+2+0	Elective	6
222004140	Barbell	3+2+0	Elective	6
222004142	Orienteering	3+2+0	Elective	6
222004144	Fencing	3+2+0	Elective	6
222004146	Rowing	3+2+0	Elective	6
222004148	Step-Aerobics	3+2+0	Elective	6
222004150	Archery	3+2+0	Elective	6
222004152	Sailing	3+2+0	Elective	6
222004154	Chess	3+2+0	Elective	6
222004156	Scouting	3+2+0	Elective	6
222004158	Gymnastics	3+2+0	Elective	6
222004160	Judo	3+2+0	Elective	6
222004162	Shooting	3+2+0	Elective	6
222004164	Riding	3+2+0	Elective	6
222004166	Triathlon	3+2+0	Elective	6
222004168	Boxing	3+2+0	Elective	6
222004170	Taekwondo	3+2+0	Elective	6
222004172	Modern Pentathlon	3+2+0	Elective	6
222004174	Billiards	3+2+0	Elective	6

3.Semester Course Plan				
Course Code	Course Name	T+A+L	Compulsory/Elective	ECTS
222004201	Ataturk's Principles and History of Revolution I	2+0+0	Compulsory	2
222004203	Sports Physiology	3+2+0	Compulsory	5
222004205	Sports Nutrition	3+0+0	Compulsory	4
222004207	Athletics II	3+2+0	Compulsory	5

222004209	Training Information I	3+0+0	Compulsory	4
222004211	Handball	3+2+0	Compulsory	5
222004213	Basketball	3+2+0	Compulsory	5
<b>Total ECTS</b>				<b>30</b>

#### 4.Semester Course Plan

Course Code	Course Name	T+A+L	Compulsory/Elective	ECTS
222004202	Ataturk's Principles and History of Revolution II	2+0+0	Compulsory	2
222004204	Computer	2+2+0	Compulsory	5
222004206	Training Info II	3+0+0	Compulsory	4
222004208	Protection and Rehabilitation in Sports Accidents	3+0+0	Compulsory	4
222004210	Artistic Gymnastics	3+2+0	Compulsory	5
222004212	Volleyball	3+2+0	Compulsory	5
222004301	Sports Massage	2+2+0	Compulsory	5
<b>Total ECTS</b>				<b>30</b>

#### 5.Semester Course Plan

Course Code	Course Name	T+A+L	Compulsory/Elective	ECTS
222004303	Psychomotor Development	3+0+0	Compulsory	4
222004305	Physical Fitness	2+2+0	Compulsory	5
222004307	Educational Games	2+2+0	Compulsory	5
222004309	Ski	3+2+0	Compulsory	5
222004311	Football	3+2+0	Compulsory	5
BRYS-II	INDIVIDUAL SPORTS-II/3RD GRADE FALL	-	Elective	6
<b>Total ECTS</b>				<b>30</b>

222004313	Badminton	3+2+0	Elective	6
222004315	Sporty Rhythmic Gymnastics (Female)	3+2+0	Elective	6
222004317	Wrestling (Male)	3+2+0	Elective	6
222004319	Ski	3+2+0	Elective	6
222004321	Tennis	3+2+0	Elective	6
222004323	Mountaineering	3+2+0	Elective	6
222004325	Ping pong	3+2+0	Elective	6
222004327	Bike	3+2+0	Elective	6
222004329	Barbell	3+2+0	Elective	6
222004331	Orienteering	3+2+0	Elective	6
222004333	Fencing	3+2+0	Elective	6
222004335	Rowing	3+2+0	Elective	6
222004337	Step-Aerobics	3+2+0	Elective	6
222004339	Archery	3+2+0	Elective	6
222004341	Sailing	3+2+0	Elective	6
222004343	Chess	3+2+0	Elective	6
222004345	Scouting	3+2+0	Elective	6
222004347	Gymnastics	3+2+0	Elective	6
222004349	Judo	3+2+0	Elective	6
222004351	Shooting	3+2+0	Elective	6
222004353	Riding	3+2+0	Elective	6
222004355	Triathlon	3+2+0	Elective	6
222004357	Boxing	3+2+0	Elective	6
222004359	Taekwondo	3+2+0	Elective	6
222004361	Modern Pentathlon	3+2+0	Elective	6
222004363	Billiards	3+2+0	Elective	6
222004365	Swimming	3+2+0	Elective	6
222004367	Fitness	3+2+0	Elective	6
222004369	Wellness	3+2+0	Elective	6
222004371	Futsal	3+2+0	Elective	6
222004373	Snowboarding	3+2+0	Elective	6
222004375	Life Coaching	2+2+0	Elective	6

#### 6.Semester Course Plan

Course Code	Course Name	T+A+L	Compulsory/Elective	ECTS
222004302	Skill Learning in Sports	3+0+0	Compulsory	5
222004304	Physical Education and Sports for the Disabled	3+0+0	Compulsory	5
222004306	Sports Psychology	3+0+0	Compulsory	5
222004308	Biomechanics	3+0+0	Compulsory	5
222004310	Conditioning Training and Methods	2+0+0	Compulsory	4
USDT-I	SPECIALIZATION SPORTS THEORY-I/3RD CLASS SPRING	-	Elective	6
<b>Total ECTS</b>				<b>30</b>

222004312	Ski	3+2+0	Elective	6
222004314	Taekwondo	3+2+0	Elective	6
222004316	Baseball	3+2+0	Elective	6
222004318	Ice Hockey	3+2+0	Elective	6
222004320	Football	3+2+0	Elective	6
222004322	Volleyball	3+2+0	Elective	6
222004324	Handball	3+2+0	Elective	6
222004326	Basketball	3+2+0	Elective	6
222004328	Swimming	3+2+0	Elective	6
222004330	Badminton	3+2+0	Elective	6
222004332	Sporty Rhythmic Gymnastics (Female)	3+2+0	Elective	6
222004334	Wrestling	3+2+0	Elective	6
222004336	Ski	3+2+0	Elective	6
222004338	Tennis	3+2+0	Elective	6
222004340	Mountaineering	3+2+0	Elective	6
222004342	Artistic Gymnastics	3+2+0	Elective	6
222004344	Barbell	3+2+0	Elective	6
222004346	Bike	3+2+0	Elective	6
222004348	Fencing	3+2+0	Elective	6
222004350	Rowing	3+2+0	Elective	6
222004352	Tennis	3+2+0	Elective	6
222004354	Step-Aerobics	3+2+0	Elective	6
222004356	Archery	3+2+0	Elective	6
222004358	Sailing	3+2+0	Elective	6
222004360	Boxing	3+2+0	Elective	6
222004362	Judo	3+2+0	Elective	6
222004364	Shooting	3+2+0	Elective	6
222004366	Riding	3+2+0	Elective	6
222004368	Field Hockey	3+2+0	Elective	6
222004370	Billiards	3+2+0	Elective	6
222004372	Fitness	3+2+0	Elective	6
222004374	Wellness	3+2+0	Elective	6
222004376	Futsal	3+2+0	Elective	6
222004378	Snowboarding	3+2+0	Elective	6

#### 7.Semester Course Plan

Course Code	Course Name	T+A+L	Compulsory/Elective	ECTS
222004401	Recreation	3+0+0	Compulsory	4
222004403	Specialization Coaching Practice I	2+4+0	Compulsory	7
222004405	Talent Selection and Principles in Sports	2+0+0	Compulsory	3
222004407	Research and Project in Coaching Education I	2+0+0	Compulsory	3
222004409	Competition Analysis and Evaluation in Sports	2+0+0	Compulsory	3
SEÇ-I	ELECTIVE-I/4TH CLASS FALL	-	Elective	4
USDT-II	SPECIALIZATION SPORTS THEORY-II/4TH GRADE FALL	-	Elective	6
<b>Total ECTS</b>				<b>30</b>

222004411	Ski	3+2+0	Elective	6
222004413	Taekwondo	3+2+0	Elective	6
222004415	Baseball	3+2+0	Elective	6
222004417	Ice Hockey	3+2+0	Elective	6
222004419	Football	3+2+0	Elective	6
222004421	Volleyball	3+2+0	Elective	6
222004423	Handball	3+2+0	Elective	6
222004425	Basketball	3+2+0	Elective	6
222004427	Swimming	3+2+0	Elective	6
222004429	Badminton	3+2+0	Elective	6
222004431	Sporty Rhythmic Gymnastics (Female)	3+2+0	Elective	6
222004433	Wrestling	3+2+0	Elective	6
222004435	Ski	3+2+0	Elective	6
222004437	Tennis	3+2+0	Elective	6
222004439	Mountaineering	3+2+0	Elective	6
222004441	Artistic Gymnastics	3+2+0	Elective	6
222004443	Barbell	3+2+0	Elective	6
222004445	Bike	3+2+0	Elective	6
222004447	Fencing	3+2+0	Elective	6
222004449	Rowing	3+2+0	Elective	6
222004451	Tennis	3+2+0	Elective	6
222004453	Step-Aerobics	3+2+0	Elective	6
222004455	Archery	3+2+0	Elective	6

222004457	Sailing	3+2+0	Elective	6
222004459	Boxing	3+2+0	Elective	6
222004461	Judo	3+2+0	Elective	6
222004463	Shooting	3+2+0	Elective	6
222004465	Riding	3+2+0	Elective	6
222004467	Field Hockey	3+2+0	Elective	6
222004469	Billiards	3+2+0	Elective	6
222004471	Fitness	3+2+0	Elective	6
222004473	Wellness	3+2+0	Elective	6
222004475	Futsal	3+2+0	Elective	6
222004477	Snowboarding	3+2+0	Elective	6
222004479	Sports Law	2+0+0	Elective	4
222004481	Sports Sociology	2+0+0	Elective	4
222004483	Leadership in Sports	2+0+0	Elective	4
222004485	Special Field Referee Training	2+0+0	Elective	4
222004487	Scientific Research Techniques	2+0+0	Elective	4
222004489	Physical Education and Sports History	2+0+0	Elective	4
222004491	Volunteering	2+0+0	Elective	4
222004493	Sign language	2+0+0	Elective	4

### 8.Semester Course Plan

Course Code	Course Name	T+A+L	Compulsory/Elective	ECTS
222004402	Management and Organization in Physical Education and Sport	3+0+0	Compulsory	5
222004404	Research and Project in Coaching Education II	2+0+0	Compulsory	6
222004406	Specialization Coaching Practice II	2+4+0	Compulsory	7
222004408	Technical and Tactical Teaching Methods in Sports	2+0+0	Compulsory	6
USDT-III	UZMALIK SPORTS THEORY-III/4TH SPRING	-	Elective	6
<b>Total ECTS</b>				<b>30</b>
222004410	Ski	3+2+0	Elective	6
222004412	Taekwondo	3+2+0	Elective	6
222004414	Baseball	3+2+0	Elective	6
222004416	Ice Hockey	3+2+0	Elective	6
222004418	Football	3+2+0	Elective	6
222004420	Volleyball	3+2+0	Elective	6
222004422	Handball	3+2+0	Elective	6
222004424	Basketball	3+2+0	Elective	6
222004426	Swimming	3+2+0	Elective	6
222004428	Badminton	3+2+0	Elective	6
222004430	Sporty Rhythmic Gymnastics (Female)	3+2+0	Elective	6
222004432	Wrestling	3+2+0	Elective	6
222004434	Ski	3+2+0	Elective	6
222004436	Tennis	3+2+0	Elective	6
222004438	Mountaineering	3+2+0	Elective	6
222004440	Artistic Gymnastics	3+2+0	Elective	6
222004442	Barbell	3+2+0	Elective	6
222004444	Bike	3+2+0	Elective	6
222004446	Fencing	3+2+0	Elective	6
222004448	Rowing	3+2+0	Elective	6
222004450	Tennis	3+2+0	Elective	6
222004452	Step-Aerobics	3+2+0	Elective	6
222004454	Archery	3+2+0	Elective	6
222004456	Sailing	3+2+0	Elective	6
222004458	Boxing	3+2+0	Elective	6
222004460	Judo	3+2+0	Elective	6
222004462	Shooting	3+2+0	Elective	6
222004464	Riding	3+2+0	Elective	6
222004466	Field Hockey	3+2+0	Elective	6
222004468	Billiards	3+2+0	Elective	6
222004470	Fitness	3+2+0	Elective	6
222004472	Wellness	3+2+0	Elective	6
222004474	Futsal	3+2+0	Elective	6
222004476	Snowboarding	3+2+0	Elective	6