

KARABÜK ÜNİVERSİTESİ
LİSANSÜSTÜ EĞİTİM ENSTİTÜSÜ

DEPARTMENT OF MOVEMENT AND TRAINING					
Content of Master's Degree in Movement And Training with Thesis					
COURSE CODE	COURSE NAME AND CONTENTS	T	A	C	ECTS
HAB516	Biomechanics	3	0	3	8
Purpose and Content	The aim of this course is to understand the mechanical principles in biological systems, analyze the movements of living organisms, and comprehend how physiological systems interact with engineering principles. Biomechanics courses typically cover the mechanical properties of bones, muscles, joint structures, tendons, and other biological tissues. Additionally, they may focus on applications such as enhancing sports performance, optimizing rehabilitation processes, and designing medical devices. This course aims to provide students with the ability to understand biomechanical principles, assess their impact on body mechanics, and apply this knowledge in the fields of health, sports, or engineering.				
HAB701	Exercise Physiology	3	0	3	8
Purpose and Content	The aim of this course is to understand the effects of physical activity on the body, enhance sports performance, and explore the physiological foundations of a healthy lifestyle. The content of the course typically includes topics such as energy metabolism, cardiovascular system responses, muscle activity, and regulation of body temperature during exercise. Additionally, subjects like the design of training programs, performance measurement methods, and the physiological needs of athletes may be covered. This course aims to provide students with the ability to comprehend fundamental physiological principles related to sports and exercise, optimize athletes' performance, and assess the effects of exercise on health.				
HAB702	General Training Knowledge	3	0	3	8
Purpose and Content	The goal of this course is to provide knowledge in exercise sciences, physiology, anatomy, and workout programming to enable individuals to understand how to design effective and safe training programs. The content typically covers fundamental components of training, such as muscle strength and endurance, cardiovascular health, flexibility, nutrition, and rest and recovery. Additionally, the course may address training strategies, exercise techniques, and motivation methods tailored to different fitness levels and goals. The aim of this course is to offer general training knowledge to support individuals in reaching their personal fitness goals and developing healthy lifestyle habits.				
HAB703	Special Studies in Exercise Physiology	3	0	3	8

Bu belge, güvenli elektronik imza ile imzalanmıştır.

Belge Doğrulama Kodu: BSLN8BP54F

Belge Doğrulama Adresi : <https://turkiye.gov.tr/ebd?eK=4043&eD=BSLN8BP54F&eS=300169>

KARABÜK ÜNİVERSİTESİ
LİSANSÜSTÜ EĞİTİM ENSTİTÜSÜ

Purpose and Content	The aim is to educate students about the cellular, molecular, and systemic effects of exercise, enabling them to optimize athletes' performance and more effectively manage exercise programs for healthy individuals. The course content typically covers specific physiological topics such as energy metabolism, cardiovascular adaptations, muscle strength, and endurance. It involves practical skills such as understanding adaptations during exercise, designing training programs, and developing strategies tailored to the specific needs of athletes. This course provides students with an in-depth understanding of exercise physiology, allowing them to specialize in sports science and health-related fields.				
HAB704	Current Topics in Exercise Science	3	0	3	8
Purpose and Content	The aim is to examine the latest developments and current topics in the field of exercise science, with the goal of enhancing understanding and application skills in modern training methodologies. This course covers topics such as new strategies to improve sports performance, training program planning techniques, and the impact of technology on exercise science. Additionally, it may address training methods specific to athletes' individual needs and different sports. The content of the course equips students with the ability to follow the latest research and applications in exercise science, enabling them to take a leadership role in future coaching and sports science practices. By helping students understand and apply current training trends and scientific approaches, this course assists them in gaining a competitive advantage in the field of sports.				
HAB705	Principles of Coaching Education	3	0	3	8
Purpose and Content	The course is designed to impart fundamental principles and skills related to the coaching profession to students. The primary goal of the course is to ensure that coaches have the necessary knowledge and skills to effectively manage athletes, optimize their performances, and maximize the potential of the athletes they work with. The content of the course typically covers topics such as leadership, communication, motivation, team management, sports psychology, and ethics. Additionally, it may focus on practical skills such as designing training programs, conducting performance assessments, and monitoring athlete development. This course aims to provide coaching candidates with the ability to establish effective relationships with athletes and understand strategies that lead them to success, thereby specializing in the field of coaching.				
HAB706	Kinesanthropometry	3	0	3	8
Purpose and Content	The course in Kinesanthropometry aims to assess individuals' physical characteristics through a scientific approach, focusing on topics such as body composition, morphology, and physical performance measurements. This course includes fundamental principles that enable professionals in the fields of training, health, and sports sciences, as well as athletes and the general population, to objectively analyze physical conditions. The content of the course typically covers topics such as anthropometric measurements, body composition analyses, posture assessments, and performance tests. It also encompasses the skills to understand and apply various kinesanthropometric methods used to assess individuals' health status and sports performance. This course combines knowledge and practice in measuring body composition and morphological features, providing a scientific approach to optimizing individuals' health and performance.				

Bu belge, güvenli elektronik imza ile imzalanmıştır.

Belge Doğrulama Kodu: BSLN8BP54F

Belge Doğrulama Adresi : <https://turkiye.gov.tr/ebd?eK=4043&eD=BSLN8BP54F&eS=300169>

KARABÜK ÜNİVERSİTESİ
LİSANSÜSTÜ EĞİTİM ENSTİTÜSÜ

HAB707	Nutritional Principles in Performance Sports	3	0	3	8
Purpose and Content	The aim is to teach athletes the necessary nutritional principles to achieve their best performances and derive maximum benefits from sports activities. This course focuses on helping athletes understand appropriate nutrition strategies to meet their energy needs and enhance endurance, speed, and power. The content of the course typically covers topics such as energy metabolism, nutrients, fluid intake, athletes' specific nutritional needs, and performance-enhancing supplements. Additionally, practical skills such as implementing proper nutrition strategies before, during, and after competition, weight control, and creating nutrition plans for performance analysis may be part of the course content. This course aims to equip students with knowledge and skills in nutrition for performance sports, assisting athletes in reaching their optimal performances.				
HAB708	Sports Psychology and Motivation	3	0	3	8
Purpose and Content	It is a discipline that aims to understand and manage athletes' mental processes. The primary goal of this course is to enhance athletes' mental skills and motivation positively influencing their performances. The course content typically covers fundamental concepts of sports psychology, stress management, concentration, self-confidence, competitive anxiety, team relationships, and leadership. Additionally, it may include motivation strategies and psychological counseling skills used to support athletes in achieving their goals. This course aims to provide students with knowledge and skills in understanding and supporting athletes' mental health, enabling them to work more effectively in training and competitive environments.				
HAB709	Conditioning and Training Methods	3	0	3	8
Purpose and Content	It is a program that teaches methods used to improve individuals' overall fitness and achieve specific training goals. The primary goal of this course is to equip students with the skills to understand, design, and implement various conditioning and training methods. The course content typically covers various training methods such as aerobic and anaerobic exercises, strength training, flexibility exercises, balance, and coordination exercises. Additionally, it may include topics like creating training programs, selecting exercises tailored to individuals' specific needs, and assessing the effectiveness of training. This course aims to provide students with a strong foundation to enhance general and sports-specific fitness, enabling them to plan and implement training programs effectively.				

Bu belge, güvenli elektronik imza ile imzalanmıştır.

Belge Doğrulama Kodu: BSLN8BP54F

Belge Doğrulama Adresi : <https://turkiye.gov.tr/ebd?eK=4043&eD=BSLN8BP54F&eS=300169>

KARABÜK ÜNİVERSİTESİ
LİSANSÜSTÜ EĞİTİM ENSTİTÜSÜ

HAB710	Talent Identification in Sports	3	0	3	8
Purpose and Content	The goal is to acquire skills in identifying, assessing, and developing sports talents. The course content typically includes topics such as assessment tools that measure athletes' physical, technical, and mental abilities, talent screening processes, and methods for identifying talent in specific sports disciplines. Additionally, the focus of the course may involve strategies used to maximize athletes' potential and evaluate suitability for specific sports. This course aims to provide knowledge in the field of talent identification in sports and develop the ability to make effective decisions in directing individuals toward sports.				
HAB711	Statistics	3	0	3	8
Purpose and Content	The aim is to impart statistical thinking skills to students and enhance their ability to conduct data analysis. The course content typically includes fundamental statistical concepts, probability theory, sampling methods, statistical analysis techniques, and hypothesis testing. Additionally, examples of real-world applications and the use of statistical software tools may enrich the content of the course. This course aims to equip students with the skills to make data-driven decisions and understand scientific research, supporting analytical thinking across different disciplines.				
HAB712	Performance Evaluation Through Field and Laboratory Tests in Sports	3	0	3	8
Purpose and Content	The aim is to impart the skills to understand and apply field and laboratory tests used to measure athletes' physical, technical, and tactical abilities. The course content typically includes topics such as performance tests specific to various sports, body composition analyses, endurance, and strength tests. Additionally, practical skills like evaluating test results, identifying athletes' strengths and weaknesses, optimizing performances, and adapting training programs may be the focus of the course. This course aims to provide students with knowledge and skills in understanding and applying performance evaluation processes in sports, enabling them to work effectively in the fields of training and coaching.				
HAB713	Motor Development and Skill Learning	3	0	3	8
Purpose and Content	The aim is to teach the fundamental principles of motor development, theories of skill learning, and the practical applications of these concepts. The course content typically covers topics such as motor development in childhood, factors influencing motor skill acquisition, learning models, teaching strategies, and motor skill development in special populations. Additionally, it may involve understanding, assessing, and supporting the motor skill acquisition processes in individuals of different age groups. This course aims to strengthen students' teaching and guidance skills by combining knowledge and practice in the areas of motor skill development and learning.				

Bu belge, güvenli elektronik imza ile imzalanmıştır.

Belge Doğrulama Kodu: BSLN8BP54F

Belge Doğrulama Adresi : <https://turkiye.gov.tr/ebd?eK=4043&eD=BSLN8BP54F&eS=300169>

KARABÜK ÜNİVERSİTESİ
LİSANSÜSTÜ EĞİTİM ENSTİTÜSÜ

HAB714	Sports Kinesiology	3	0	3	8
Purpose and Content	The aim is to impart the skills to understand, analyze, and optimize human body movement. The course content typically includes topics such as anatomical structures, muscle function, joint mechanics, posture control, and movement biomechanics. Additionally, understanding kinesiological principles used to enhance athletes' performance and prevent injuries may be a focal point of the course. This course aims to provide students with the ability to understand the movement system of athletes and design training programs more effectively, allowing them to specialize in the fields of sports and exercise.				
HAB715	Prevention and Rehabilitation of Sports Injuries	3	0	3	8
Purpose and Content	The aim is to provide knowledge and skills in the prevention, identification, and treatment of sports injuries. The course content typically covers the causes of sports injuries, risk factors, prevention strategies, first aid applications, rehabilitation programs, and exercises. Additionally, practical information such as strengthening, flexibility, and balance exercises used to reduce the risk of injuries in athletes may constitute a focal point of the course. This course aims to equip students with the necessary knowledge and skills to support athletes in performing in a healthy and safe manner.				
HAB717	Doping in Sports and Ergogenic Approaches	3	0	3	8
Purpose and Content	The aim is to develop the skill of assessing the negative effects of doping on sports ethics and health. The course content typically includes topics such as doping substances, ergogenic supplements, athlete nutrition, and performance-enhancing drugs. Additionally, it may cover antidoping policies, doping tests, and natural ergogenic strategies that athletes can use to enhance their performance in a healthy and ethical manner. This course aims to provide students with knowledge and awareness about avoiding practices that may harm athletes' health, contributing to an ethical and fair sports culture.				
HAB718	Physical Activity in Children and Adolescents	3	0	3	8
Purpose and Content	The aim is to explain the role, effects, and specific recommendations of physical activity in children and adolescents. The course content typically covers physical activity requirements specific to growth and developmental stages, motivational factors, athlete safety, special needs of young athletes, and the impact of physical activity on cognitive and social development. Additionally, the design of sports programs for children and adolescents, as well as fun and effective training strategies, may be a focal point of the course. This course aims to provide students with knowledge and skills to help younger generations adopt healthy lifestyles, emphasize the importance of physical activity, and specialize in this field.				

Bu belge, güvenli elektronik imza ile imzalanmıştır.

Belge Doğrulama Kodu: BSLN8BP54F

Belge Doğrulama Adresi : <https://turkiye.gov.tr/ebd?eK=4043&eD=BSLN8BP54F&eS=300169>

KARABÜK ÜNİVERSİTESİ
LİSANSÜSTÜ EĞİTİM ENSTİTÜSÜ

HAB722	Strength Training in Sports	3	0	3	8
Purpose and Content	The aim is to understand the fundamental concepts of strength training, acquire the ability to apply and teach them. The course content typically includes topics such as the physiological effects of strength training, strength development programs, safety measures in strength training, tools and techniques used in resistance training. Additionally, practical skills such as strength training strategies for specific sports, program design, and creating training plans tailored to individual needs of athletes may enrich the content of the course. This course aims to provide students with the knowledge and practice to create effective training programs to enhance athletes' performances in terms of strength and endurance.				
LUEE701	Scientific Research Techniques and Science Ethics	3	0	3	8
Purpose and Content	Definition of science and learning scientific research methods/techniques, understanding scientific methodology, research techniques, and data collection methods, learning about ethical issues in scientific studies. Learning types of scientific publications (thesis, presentation, article, report, etc.), acquiring the ability to follow current scientific developments in the field, and understanding the ethical principles to be adhered to in scientific research and publication. The aim is to define scientific knowledge along with highlighting its differences from other types of knowledge. It involves learning the philosophy of science and knowledge philosophy (epistemology) to establish a conceptual foundation.				
HAB797	Master's Seminar	0	2	0	6
Purpose and Content	The seminar course is a practical class for graduate students under the supervision of an academic advisor. It involves conducting comprehensive research on a topic related to the thesis field and presenting the findings in both a written report and an oral presentation.				
HAB7098D	Course Specialised Field	4	0	0	4
Purpose and Content	Course Specialised Field is a theoretical course proposed by a faculty member to share their knowledge, experience, and expertise in their scientific field with graduate students under their supervision. This course aims to educate students on scientific ethics and instil a strong work discipline.				
HAB7098T	Thesis Specialised Field	4	0	0	4
Purpose and Content	Thesis Specialised Field is a theoretical course that the faculty member proposes to the graduate students he/she supervises in order to share the methods of conducting research in the current literature, following and evaluating the literature, and to establish and carry out the scientific foundations of the student's thesis / exhibition / project work.				

Bu belge, güvenli elektronik imza ile imzalanmıştır.

Belge Doğrulama Kodu: BSLN8BP54F

Belge Doğrulama Adresi : <https://turkiye.gov.tr/ebd?eK=4043&eD=BSLN8BP54F&eS=300169>

KARABÜK ÜNİVERSİTESİ
LİSANSÜSTÜ EĞİTİM ENSTİTÜSÜ

HAB799	Master's Thesis Study	0	1	0	26
Purpose and Content	Thesis Study Course; This applied course is designed for graduate students under the supervision of an academic advisor, providing guidance on literature review, methodology, field applications, and laboratory work within the scope of their thesis projects. It includes information on writing the thesis in accordance with the 'Graduate Thesis Writing Guide and Templates,' defending it, and the submission process.				

Bu belge, güvenli elektronik imza ile imzalanmıştır.

Belge Doğrulama Kodu: BSLN8BP54F

Belge Doğrulama Adresi : <https://turkiye.gov.tr/ebd?eK=4043&eD=BSLN8BP54F&eS=300169>