

KARABÜK ÜNİVERSİTESİ
LİSANSÜSTÜ EĞİTİM ENSTİTÜSÜ

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS					
Content of Master's Degree in Physical Education And Sports with Thesis					
COURSE CODE	COURSE NAME AND CONTENTS	T	A	C	ECTS
BES701	Special Studies in Exercise Physiology	3	0	3	8
Purpose and Content	The aim is to explain the structure, function, and operational characteristics of the cardiovascular system, to examine the changes induced by physical activity on these structures, and to investigate the effective physiological mechanisms in these changes. The goal is to understand the responses of the cardiovascular system to exercise, to explain how maximal oxygen consumption, cardiac output, and blood pressure are measured, and to have the knowledge to prescribe individualized exercise prescriptions by mastering the responses of the cardiovascular system to exercise.				
BES702	Current Topics in Exercise Science	3	0	3	8
Purpose and Content	The aim of the course is to convey the latest scientific developments and methods related to sports training to students. This course includes the latest research findings used to enhance athletes' performance, reduce the risk of injury, and make training processes more effective. Its content generally covers topics such as sports physiology, exercise science, nutrition, psychology, and training programming.				
BES707	Physiological Foundations of Physical Education and Sports	3	0	3	8
Purpose and Content	The course on the Physiological Foundations of Physical Education and Sport aims to enhance students' understanding of the physiological effects on the human body and develop their ability to optimize sports performance. This course examines changes in the body systems during sports and physical activities, teaching students how to utilize these fundamental physiological principles to enhance health, fitness, and athletic performance. The content of the course typically covers topics such as the musculoskeletal system, cardiovascular system, energy metabolism, exercise physiology, endurance, strength, and speed. Through this, students gain knowledge in utilizing these physiological foundations to design training programs and assess athletic performance.				
BES711	Special Teaching Principles and Methods in Physical Education and Sports	3	0	3	8
Purpose and Content	To have a command of the conceptual framework related to special teaching methods used in Physical Education and Sports, and to be able to assess methods that can be employed in different instructional environments. The aim is to conduct a literature review relevant to the course content, considering the factors influencing the selection of special teaching methods in Physical Education and Sports.				

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BES723	Communication Skills in Sports	3	0	3	8
Purpose and Content	The aim is for students to first acquire knowledge about basic communication processes and subsequently be taught various aspects of sports communication, which is a specific area of focus. After covering fundamental topics such as the history of communication, definitions, and basic concepts both globally and in Turkey, the main focus of the course, sports communication, will be addressed. Topics related to athlete-coach communication, family-athlete communication, essential qualities for a good coach, communication techniques for sports managers, and finally, communication strategies of sports clubs will be examined.				
BES725	Training Information	3	0	3	8
Purpose and Content	The aim is to teach students about the subject of training. The fundamental principles of Exercise Science, the concept of training, definition and training of basic motor skills, training planning, principles, and rest. Strength, endurance, speed, mobility, and coordination. Warm-up and principles in sports, as well as testing applications in sports, are covered.				
BES727	Computer-Aided Data Analysis	3	0	3	8
Purpose and Content	In this course, the aim is to use computer technology and programs to conduct data analyses and establish the necessary infrastructure to present these analyses within a system integrity. Statistical data analyses to be utilized within the SPSS program include (1) descriptive statistics, (2) correlation analyses, (3) parametric and non-parametric tests.				
BES729	History of Physical Education and Sports	3	0	3	8
Purpose and Content	The emergence conditions of sports from ancient times to the present and the developmental trajectory of modern Olympics. What is the developmental trajectory of sports in Turkey from its early years to the present and the role it has played in international relations? The aim is to instill awareness of this. It covers the historical development related to physical education and sports.				

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BES731	Prevention and Rehabilitation of Sports Injuries	3	0	3	8
Purpose and Content	The aim of this course is to provide students with knowledge about the mechanisms of common injuries in different sports, to equip them with the principles of first aid, and to enable them to take preventive measures. It covers topics such as overuse injuries, intrinsic and extrinsic predisposing factors, sports-specific injuries in the shoulder, elbow, thigh, knee, lower leg, and ankle, as well as injury mechanisms and prevention, and first aid in sports injuries.				
BES733	Leadership in Physical Education and Sports	3	0	3	8
Purpose and Content	In the light of definitions and concepts related to leadership, the importance of a leader in sports organizations and the assessment of a leader in sports environments will be discussed. The goal is to define leadership, explore leadership approaches, types of leaders, and evaluate leadership styles in the sports field and management within the sports environment.				
BES735	Psychological Approaches in Physical Education and Sports	3	0	3	8
Purpose and Content	The aim of the course is to understand how psychological factors impact sports and physical education, providing students with basic knowledge to enhance athletes' performance, manage their motivation, and improve their overall psychological well-being. It covers fundamental principles of sports psychology, performance psychology, psychology in team and individual sports, and sports psychology.				
BES737	Learning Movement and Training Programs	3	0	3	8
Purpose and Content	The aim is to teach students about the subject of training. It covers the fundamental principles of Exercise Science, the concept of training, definition and training of basic motor skills, training planning, principles, and rest. It includes topics such as strength, endurance, speed, mobility, and coordination, as well as warm-up principles and testing in sports.				
BES739	Sports and Media Interaction	3	0	3	8
Purpose and Content	The aim is to examine the concept of media and the relationships between media and sports. It encompasses the institutional and functional aspects of the media, its social tasks and responsibilities, the relationship between media and sports, the impact of the media on sports institutions and events, the effects of the media on different segments of society and sports, the education and dissemination of sports, contributions to society, and the impact of the media on athletes, youth, socialization, sports management, violence in sports, and international relations.				

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BES741	Physical Education and Sports Ethics	3	0	3	8
Purpose and Content	The aim of the 'Physical Education and Sports Ethics' course is to comprehend the ethical and moral dimensions of sports, impart the social, cultural, and moral values of sports to students, raise awareness about sports ethics, and encourage ethical behavior in athletes, coaches, and other sports professionals. It covers topics such as sports and societal values, the moral dimensions of sports, ethical rules and principles, and coaching ethics.				
BES743	Sports and Health	3	0	3	8
Purpose and Content	The aim is to have a grasp of the conceptual framework related to human health and sports, and to be able to conduct literature analyses with the knowledge in this scope. Dimensions that constitute health, influencing factors, and factors such as the effects of sports and exercise on human health form the content of this course.				
BES761	Performance Tests in Sports	3	0	3	8
Purpose and Content	The aim is to improve performance in sports by applying athletic tests. The content of this course involves conducting sports performance tests by following training methods and technological advancements.				
BES763	Motor Development and Skill Learning	3	0	3	8
Purpose and Content	The aim is to explore age-related changes in psychomotor behaviors, similarities and differences among individuals, concepts, principles, factors influencing psychomotor development, institutional approaches, the relationship between physical development, perceptual-motor abilities, and self-concept. The content of this course includes fundamental concepts in psychomotor development, the psychomotor domain, stages of development and growth, periods of motor development, dimensions of psychomotor development, criteria and development of physical fitness, characteristics of perceptual-motor abilities, self-concept, and its development and education in children.				
BES765	Development and Organization in Physical Education and Sports	3	0	3	8

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Purpose and Content	The goal is to develop effective program creation, sports event planning, and management skills in the field of sports. This course aims to provide students with fundamental knowledge and skills in organizing sports activities, designing sports programs, and managing physical education and sports organizations. Topics include planning and implementation of sports activities, sports facility and equipment management, event budgeting, event security, communication skills, leadership, and team management. Additionally, the course covers the corporate structure of sports organizations, goal setting, and strategic planning.				
BES769	Athlete Nutrition	3	0	3	8
Purpose and Content	The aim is to explain the fundamental concepts of athlete nutrition, the roles and importance of nutrients in the organism, different energy acquisition pathways depending on the type of sport, principles of training and competition nutrition, and nutritional ergogenic aids. The topics include concepts and definitions, the historical relationship between nutrition and sports, the meaning and importance of athlete nutrition, energy requirements and formation in sports, basic nutrients and their use in sports, nutrition-based ergogenic aids, and sport-specific nutrition principles during training and competition periods.				
BES771	Measurement and Evaluation in Sports	3	0	3	8
Purpose and Content	The aim is to understand the characteristics of measurement tools used in education and psychology, and to be able to develop, adapt, apply, and interpret the results of these tools. The content of this course includes the importance of measurement and evaluation in education, basic concepts, desired qualities in a measurement tool, measurement tools used in education, performance-based assessment types, types of tests, test development, measurement of behaviors and question writing, evaluation and grading, and statistical procedures on test scores.				
BES773	Sociological Approaches in Physical Education and Sports	3	0	3	8
Purpose and Content	The aim is to provide an understanding of the relationship between the basic concepts of sociology and sports, presenting various perspectives on athletes, sports institutions, and sporting activities. The content of this course includes the relationship between the basic concepts of sociology and sports, the appearances of athletes, sports clubs, all kinds of sports units, events, and phenomena in sporting activities, understanding the relationship between the phenomenon of sports, which manifests and sustains itself in society, and other institutions of society. Additionally, it covers topics such as sports and culture, sports and demographics, sports and society, sports and education, sports and the economy, deviance and violence in sports, sports and media, popular culture and sports, the sports industry, and the institutionalization of sports historically.				
BES775	Ethical Values in Sports	3	0	3	8

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Purpose and Content	The aim is to understand the ethical issues inherent in sports, grasp the ethical responsibilities of athletes, coaches, managers, and other sports stakeholders, and promote behaviors in line with these values. The content of the course focuses on the moral dimensions of sports, addressing honesty, fair competition, respect, responsibility, and other fundamental ethical values. Additionally, the course discusses ethical issues such as doping, violence, cheating, and emphasizes strategies for dealing with these problems. By conveying that sports should be evaluated within an ethical framework, this course aims to ensure that athletes and sports managers act in accordance with ethical standards.				
BES777	Talent Selection and Guidance in Sports	3	0	3	8
Purpose and Content	The aim is to equip students with the skills to recognize, assess, and effectively guide the potential talents of athletes. The goal of the course is to understand the processes of talent identification and development in sports, providing students with the ability to objectively evaluate the physical, technical, and mental capacities of young athletes. The content generally covers topics such as talent screening methods, performance assessment, training programs for talented young athletes, developmental processes, and ethical considerations in talent selection. This course aims to develop a professional approach to recognizing and guiding talented young athletes in sports, allowing students to develop effective strategies to maximize the potential of athletes.				
BES779	Physical Education and Sports Instruction for People with Disabilities	3	0	3	8
Purpose and Content	The aim is to comprehend physical education and sports for people with disabilities and to understand the impact of physical education and sports on individuals with disabilities. Concepts such as the meaning and importance of physical education and sports for people with disabilities, types and classification of disabilities, and the impact of physical education and sports on individuals with disabilities constitute the content of this course.				
BES780	Digital Media and Technologies in Sports	3	0	3	8
Purpose and Content	The aim is to understand the use of digital media and technology in the sports industry and to keep up with developments in this field. The goal of the course is to equip students with the skills to effectively use digital media platforms and technological tools related to sports. The content generally includes social media strategies, digital marketing, online broadcasting of sports events, and technological applications such as virtual reality and augmented reality. This course aims to help students develop an understanding of how digital media and technologies can be utilized in sports and to create effective communication strategies for sports organizations. It also addresses the digital transformation in sports management and marketing by highlighting the potential of these technologies to enhance sports performance, increase audience engagement, and strengthen brand awareness.				
BES781	Current Topics in Physical Education and Sports Instruction	3	0	3	8

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Purpose and Content	The aim is to present the latest developments and pedagogical approaches in physical education and sports teaching to students. The primary objective of the course is to familiarize students with modern teaching strategies, methods to enhance student motivation, assessment techniques, and interactive learning tools in order to stay informed about current trends in physical education and sports teaching. The content generally includes student-centered learning, technology-enhanced education, student diversity, and issues of fairness in teaching. This course aims to provide students with knowledge and skills related to current issues in physical education and sports teaching, aiming to enhance their abilities to improve learning environments and make sports education more effective.				
BES782	Public Relations Planning and Communication Management	3	0	3	8
Purpose and Content	The aim is to equip students with the skills to develop effective communication strategies and plan public relations activities. The main objective of this course is to provide students with the ability to prepare strategic communication plans to establish, maintain, or enhance the image of an organization or institution. The content generally includes public relations theories, communication strategies, crisis communication, media relations, digital marketing, and brand communication.				
BES783	Academic English for Sports Sciences	3	0	3	8
Purpose and Content	The aim is to provide sports science students with the language skills necessary to communicate effectively in academic settings. The main objective of this course is to guide students in understanding, critically evaluating scientific writings, developing effective writing skills, and enhancing academic presentation skills. The content typically includes topics such as the analysis of academic articles, literature review, writing research reports, presentation techniques, and the use of scientific terminology. This course aims to provide students with a strong foundation in both sports knowledge and language skills, enabling them to successfully communicate in the academic field.				
BES784	Philosophical Development in Physical Education and Sports	3	0	3	8
Purpose and Content	In this course, where the main aim is to explain the philosophical development of physical education and sports; The subject areas of sports philosophy have been determined as sports, the nature of games and competition, sportsmanship, olympism philosophy, ethical and aesthetic dimensions of sports, history of physical education philosophy, philosophy of physical education and sports in turkey, women and sports course content.				
BES785	The Foundations of the Turkish National Education System and International Comparisons	3	0	3	8

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Purpose and Content	The content of this course, which aims to have information about the structure and functioning of the Turkish National education system and to obtain inferences by making international comparisons, is the Turkish National Education System, the structure, objectives, course contents and hours, functioning of Pre-school, formal and non-formal education and Higher Education Institutions. and management and international comparisons.				
BES786	The Current Topics in Sports Management	3	0	3	8
Purpose and Content	The content of this course, which aims to evaluate the current situation by evaluating the current developments in management and sports management, is to evaluate the current issues in the field of sports management.				
BES703	Sports Marketing	3	0	3	8
Purpose and Content	The purpose of the Sports Marketing course is to understand the principles of marketing in the sports industry and equip students with the skills to successfully apply strategies in this field. This course typically focuses on examining the marketing processes of sports organizations, teams, athletes, and events, aiming to provide students with the ability to comprehend and address the unique challenges in the sports industry. The course content generally covers sports marketing strategies, brand management, sponsorship, advertising, event management, media relations, and fan engagement. Through this, students acquire the necessary theoretical knowledge and practical skills to develop a successful marketing strategy in the sports industry.				
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.				
BES797	Master's Seminar	0	2	0	6

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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.				
BES798	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.				
BES799	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.				
BES799	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.				

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