

**ANKARA UNIVERSITY**  
**FACULTY OF SPORT SCIENCES**  
**DEPARTMENT OF MOVEMENT AND COACHING SCIENCES**

**Instructor:** Assoc. Prof. Dr. Cengiz Akalan

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**Course Description**

This course is designed to familiarize the student to an approach at athletic performance, fitness and conditioning. This class will promote students the knowledge in developing, tracking and learning about resistance training as it relates to athletics Students will be instructed in basic principles of fitness and performance training & conditioning for personal fitness and development.

**Evaluations and Grading**

Final grade will be based on:

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|---|-----|
| A) Class Attendance / Participation / Effort: | 40% |
| B) Program design :                           | 20% |
| C) Tests:                                     | 15% |
| D) Final Summative Assessment:                | 15% |
| E) Fitness Assessment (Before/After):         | 10% |