

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

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## **Curriculum**

### **Fitness Principles and Assessments**

- Biometrics
- Body Composition Assessment (Lange Skinfold Caliper Technique & Girth Technique)
- BMI (Body Mass Index)
- Waste to Hip Ratio
- Sub VO<sub>2</sub> Max 1 mile walk test

### **Principles of Training**

- Overload
- Recovery
- Reversibility
- Specificity
- Individuality

### **Speed, Strength & Power Training**

- Maximum speed, Acceleration, Speed-Endurance, Change-of-direction
- Maximum strength & Strength endurance
- Training methods for speed, strength & Power

### **F.I.T. Principle**

- Frequency
- Intensity
- Time (Duration)
- Warming up
- Cooling down
- Stretching