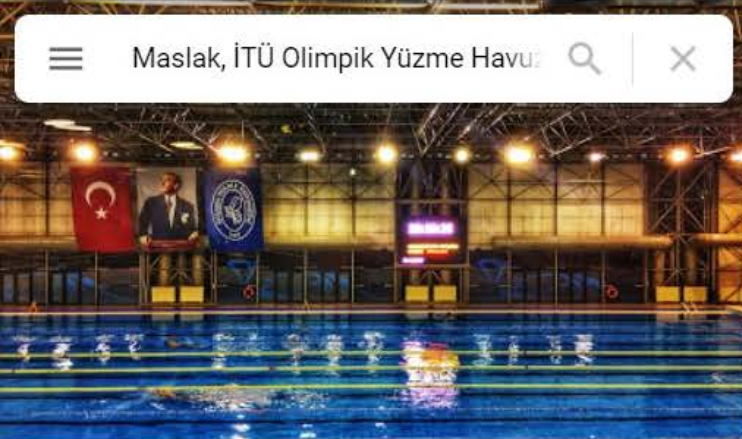


BEB 101 – TEMEL YÜZME BECERİSİ ÖĞRENİMİ
BEB 102 – YÜZME TEKNİKLERİ BECERİSİ ÖĞRENİMİ
PHE 101 – PHYSICAL EDUCATION

TESİS KULLANIMI
ve
HAVUZA GİRİŞ



ITU Olympic Swimming Pool

İTÜ Olimpik Yüzme Havuzu

4.7 ★★★★★ (355)

Swimming pool

Temporarily closed



Directions



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Maslak, Beden Eğitimi Bölümü Ayazağa
Kampüsü, 34469 Sarıyer/İstanbul

Located in: Istanbul Technical University



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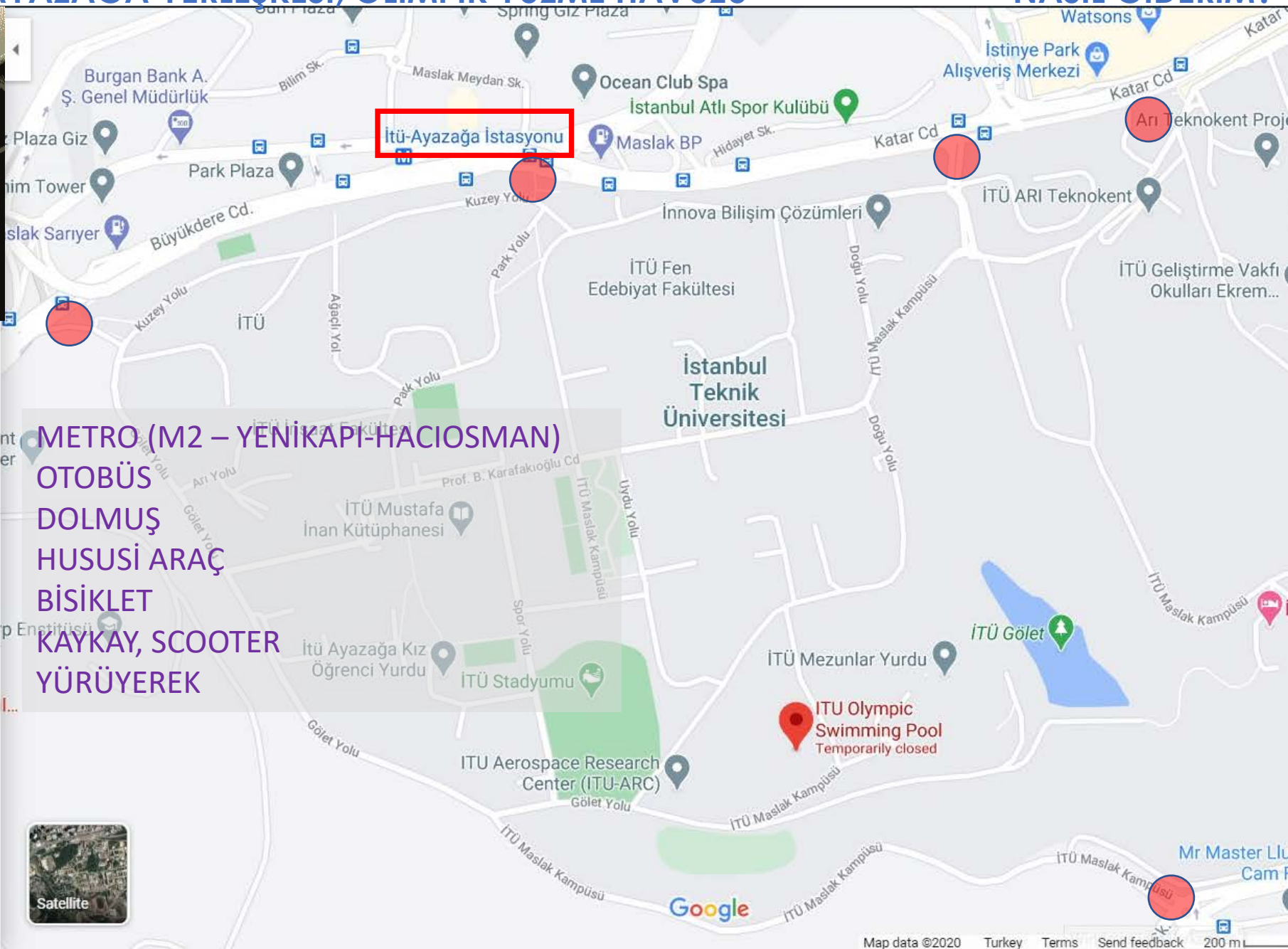


(0212) 285 71 18



422G+CJ Sarıyer, İstanbul





422G+CJ Sarıyer, İstanbul

METRO (M2 – YENİKAPI-HACIOSMAN)
OTOBÜS
DOLMUŞ
HUSUSİ ARAÇ
BİSİKLET
KAYKAY, SCOOTER
YÜRÜYEREK

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Maslak, İTÜ Olimpik Yüzme Havuzu



ITU Olympic Swimming Pool

İTÜ Olimpik Yüzme Havuzu

4.7 ★★★★★ (355)

Swimming pool

Temporarily closed



Directions



Save



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Maslak, Beden Eğitimi Bölümü Ayazağa
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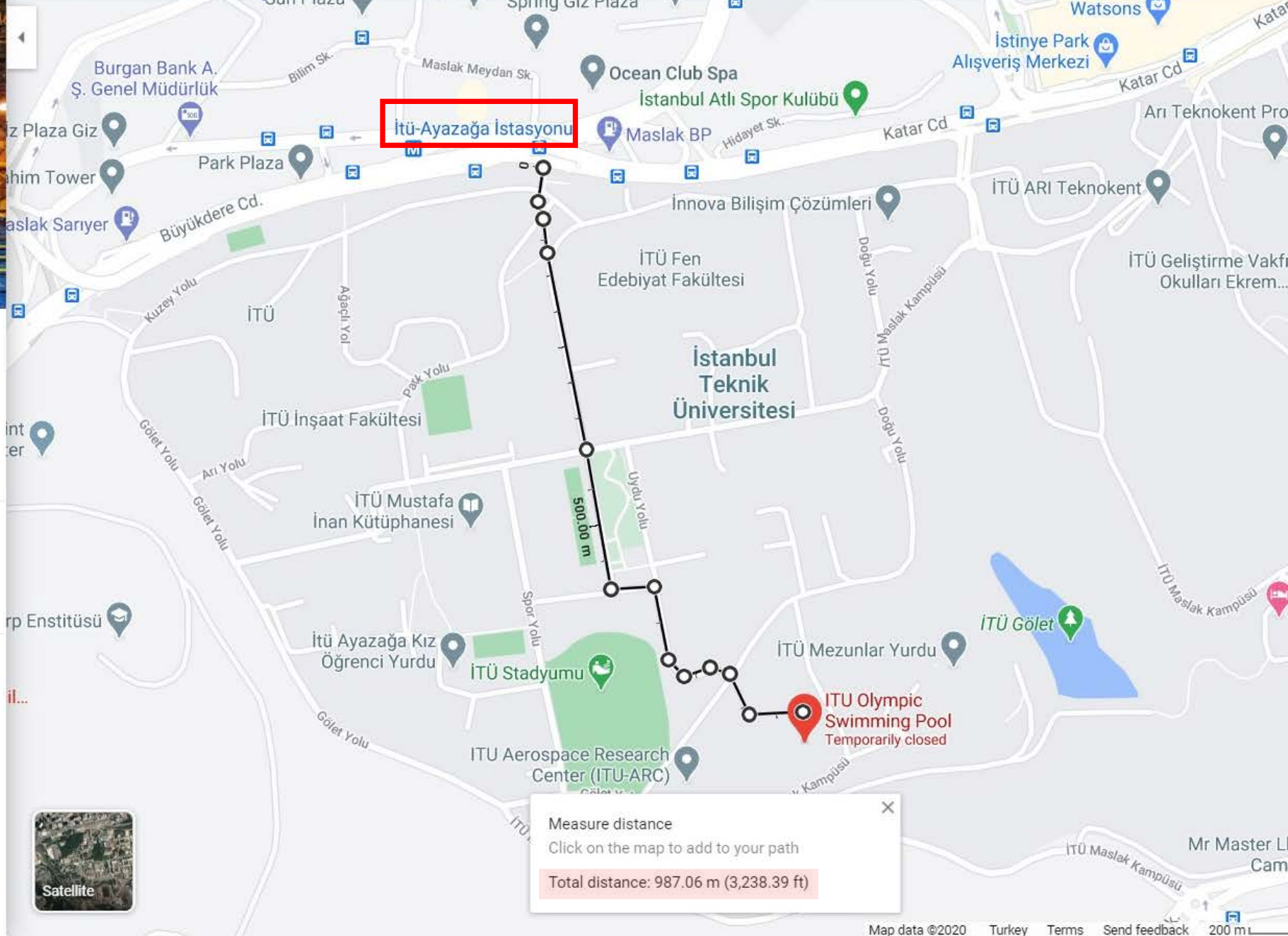
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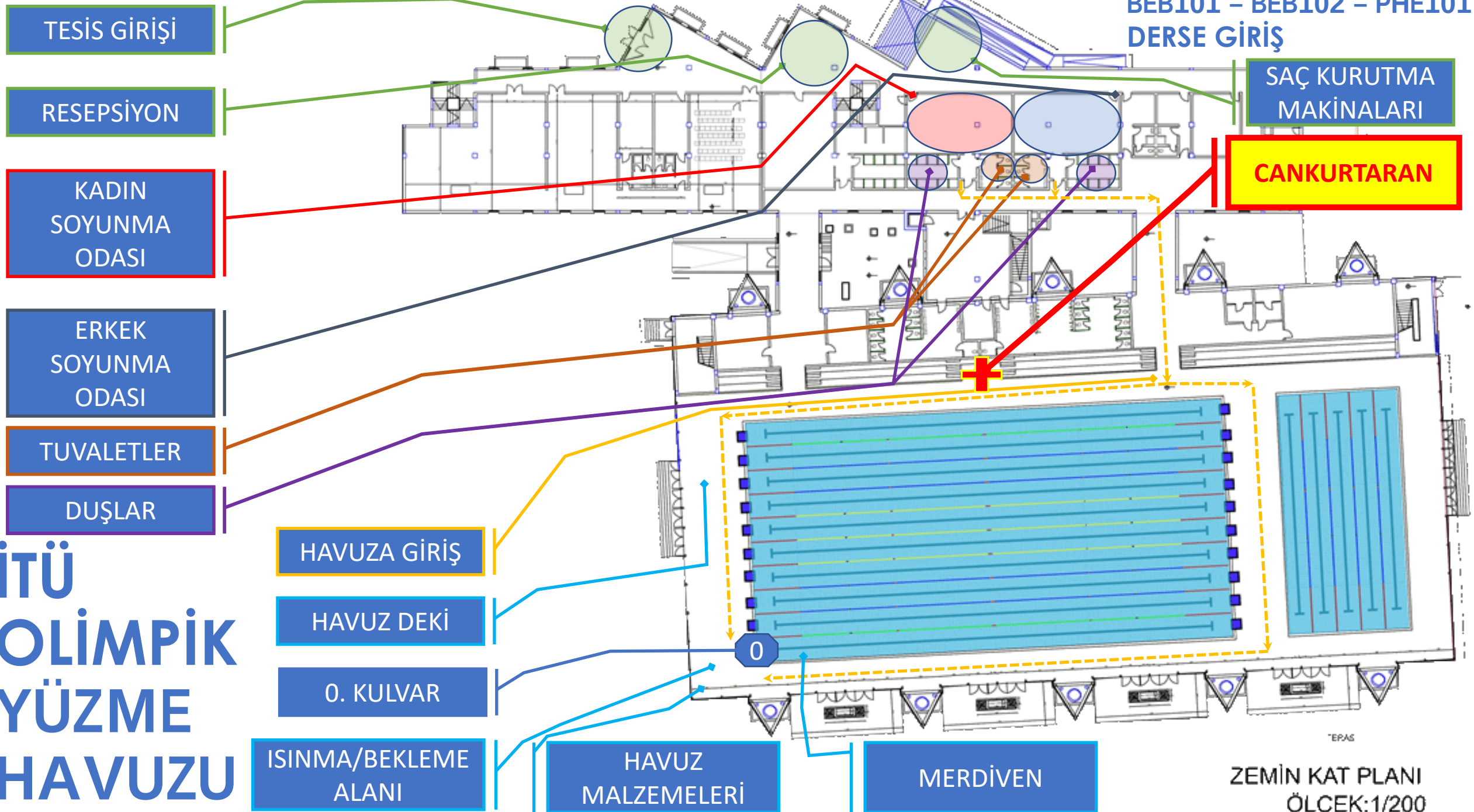
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422G+CJ Sarıyer, İstanbul



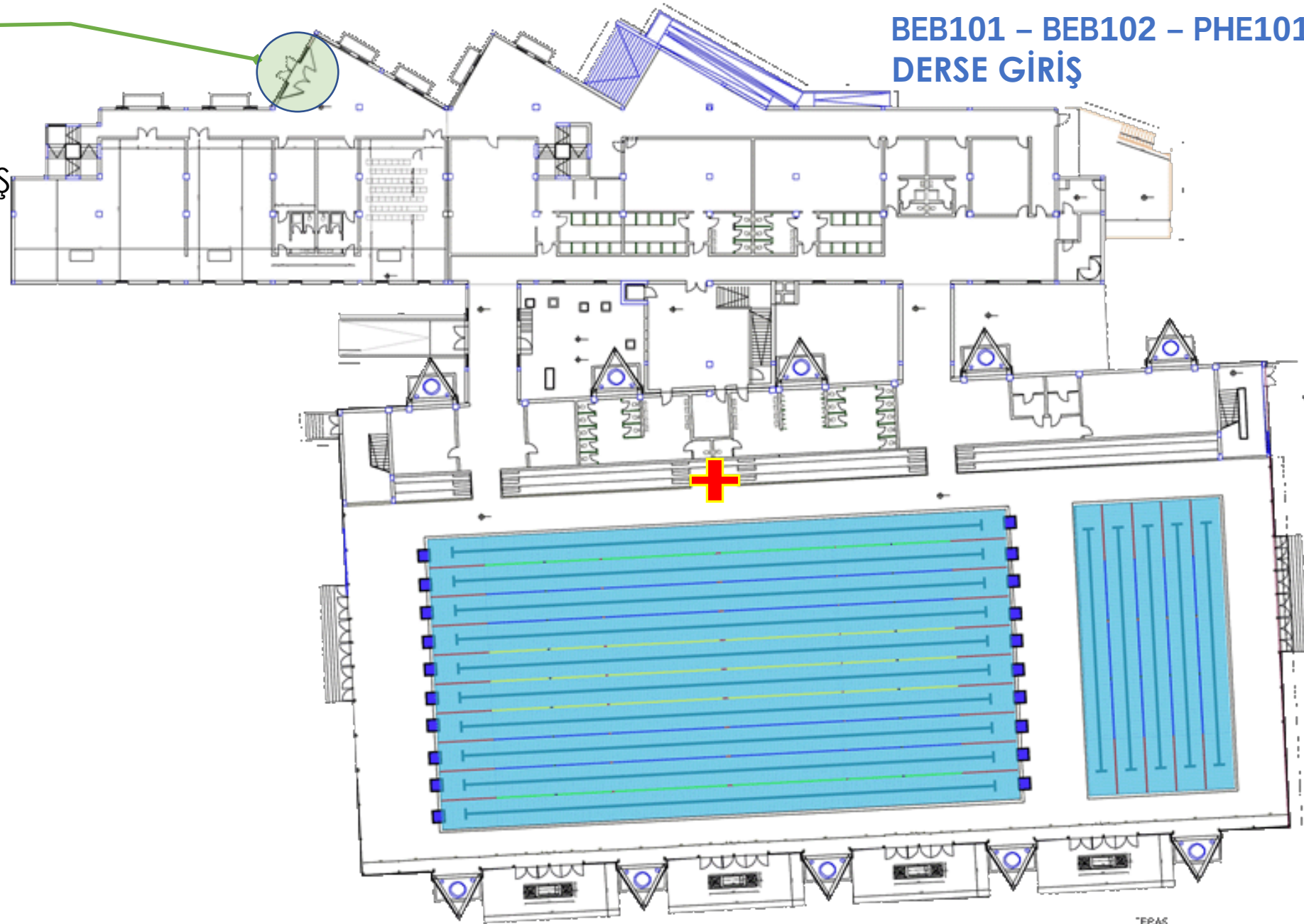
İTÜ OLİMPİK YÜZME HAVUZU



TESİS GİRİŞİ

BEB101 – BEB102 – PHE101
DERSE GİRİŞ

- ALT GİRİŞ KAPISI
- GALOŞ GİYEREK TESİSE GİRİŞ



EPAS

ZEMİN KAT PLANI
ÖLÇEK: 1/200

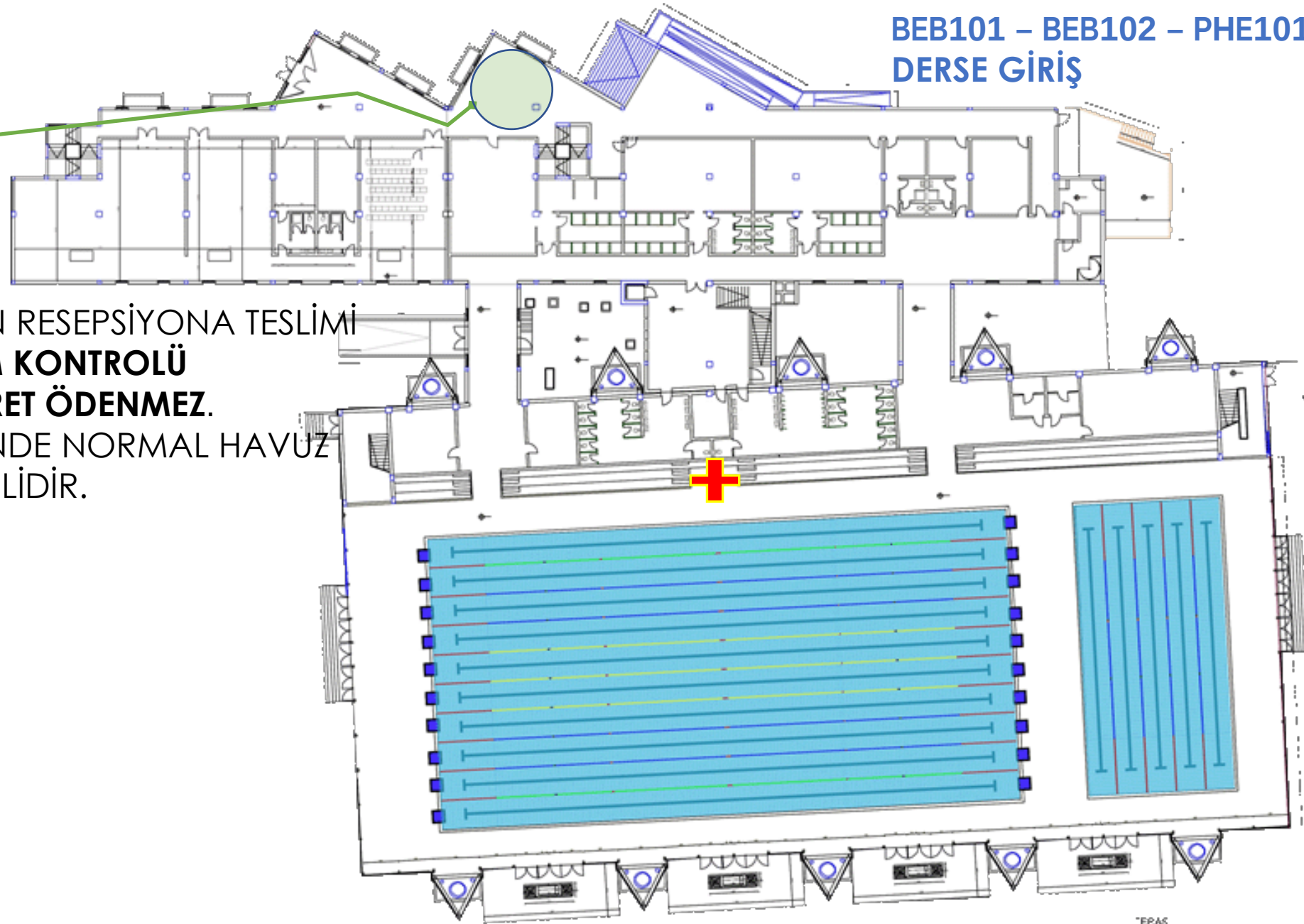
İTÜ
OLİMPİK
YÜZME
HAVUZU

BEB101 – BEB102 – PHE101
DERSE GİRİŞ

RESEPSİYON

- ÜNİVERSİTE **KİMLİK KARTININ** RESEPSİYONA TESLİMİ
- YOKLAMA LİSTESİNDEN **İSİM KONTROLÜ**
- KAYITLI **DERS SAATİNDE ÜCRET ÖDENMEZ.**
- ÇALIŞMAK İÇİN GELİNDİĞİNDE NORMAL HAVUZ KULLANIM ŞARTLARI GEÇERLİDİR.

İTÜ OLİMPİK YÜZME HAVUZU



EPAS

ZEMİN KAT PLANI
ÖLÇEK: 1/200

BEB101 – BEB102 – PHE101
DERSE GİRİŞ

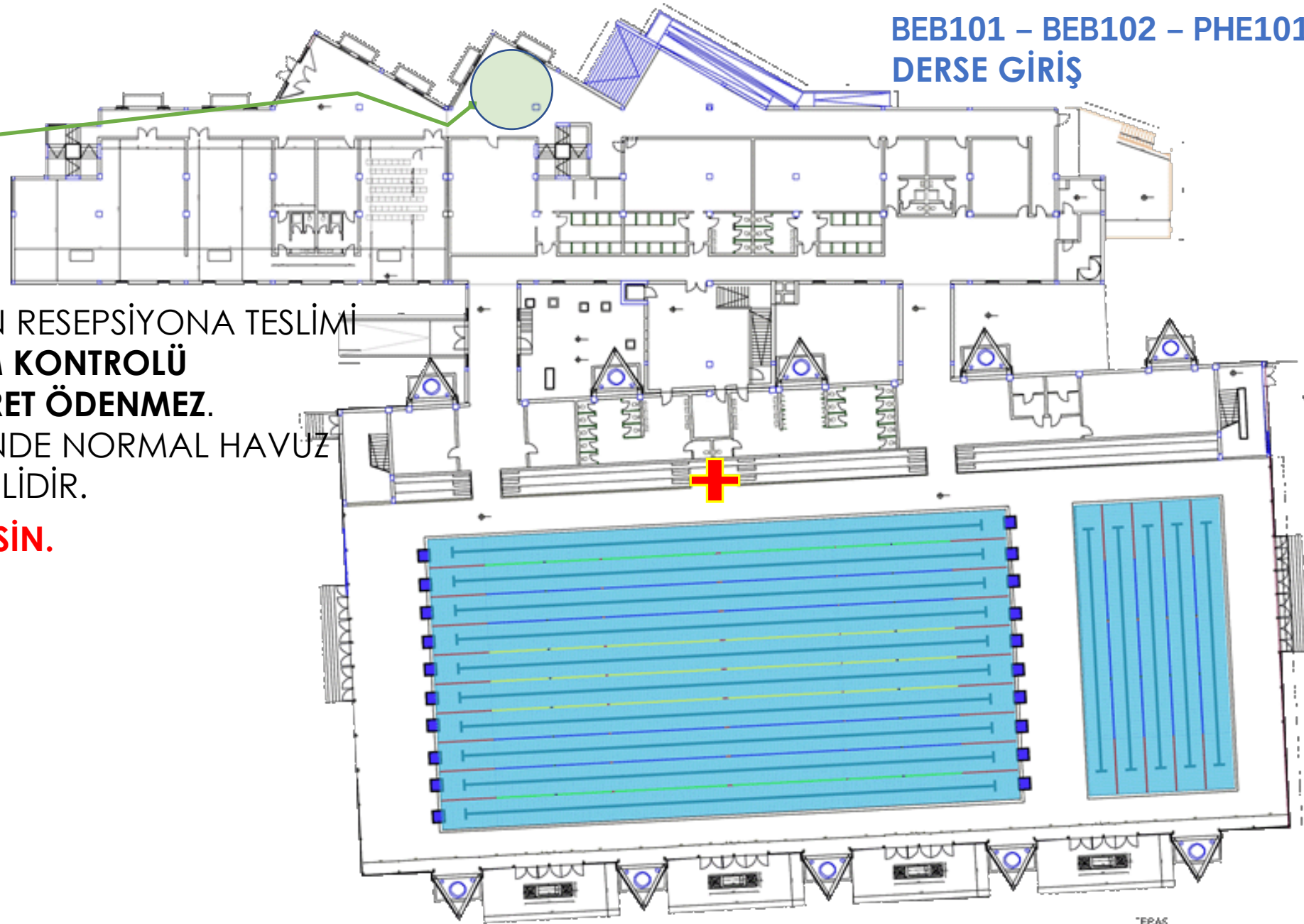
RESEPSİYON

GÜNAYDIN./İYİ GÜNLER.

- ÜNİVERSİTE **KİMLİK KARTININ** RESEPSİYONA TESLİMİ
- YOKLAMA LİSTESİNDEN **İSİM KONTROLÜ**
- KAYITLI **DERS SAATİNDE ÜCRET ÖDENMEZ.**
- ÇALIŞMAK İÇİN GELİNDİĞİNDE NORMAL HAVUZ KULLANIM ŞARTLARI GEÇERLİDİR.

TEŞEKKÜR EDERİM./KOLAY GELSİN.

**İTÜ
OLİMPİK
YÜZME
HAVUZU**



EPAS

ZEMİN KAT PLANI
ÖLÇEK: 1/200

BEB101 – BEB102 – PHE101
DERSE GİRİŞ

KADIN
SOYUNMA
ODASI

ERKEK
SOYUNMA
ODASI

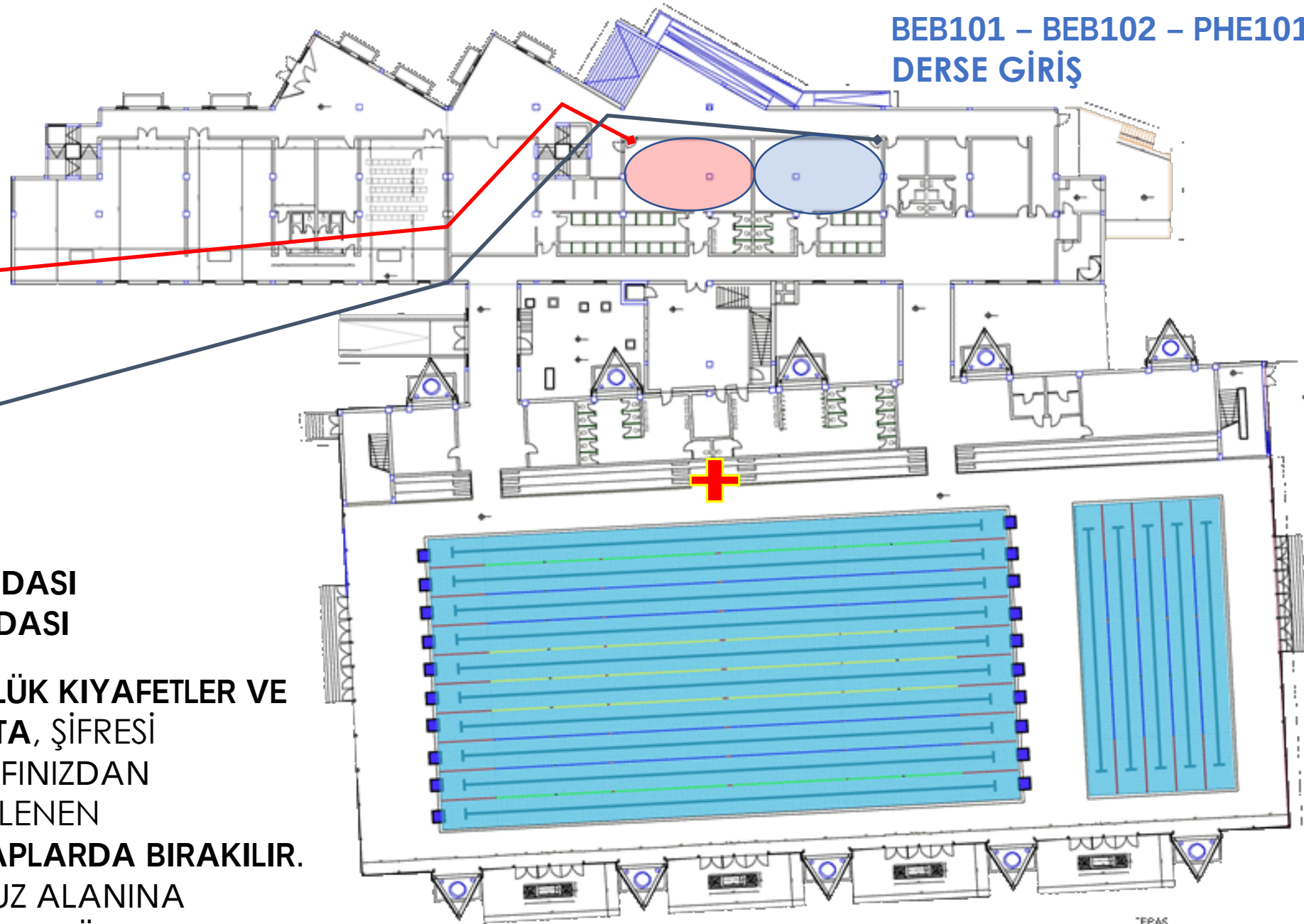
- 1. KAPI KADIN SOYUNMA ODASI
- 2. KAPI ERKEK SOYUNMA ODASI

İTÜ OLİMPİK YÜZME HAVUZU

- GÜNLÜK KIYAFETLER VE ÇANTA, ŞİFRESİ TARAFINIZDAN BELİRLENEN DOLAPLARDA BIRAKILIR.
- HAVUZ ALANINA SADECE YÜZME AMAÇLI MALZEMELER GETİRİLİR.

MAYO/BONE/HAVLU/TERLİK/GÖZLÜK

ZEMİN KAT PLANI
ÖLÇEK:1/200



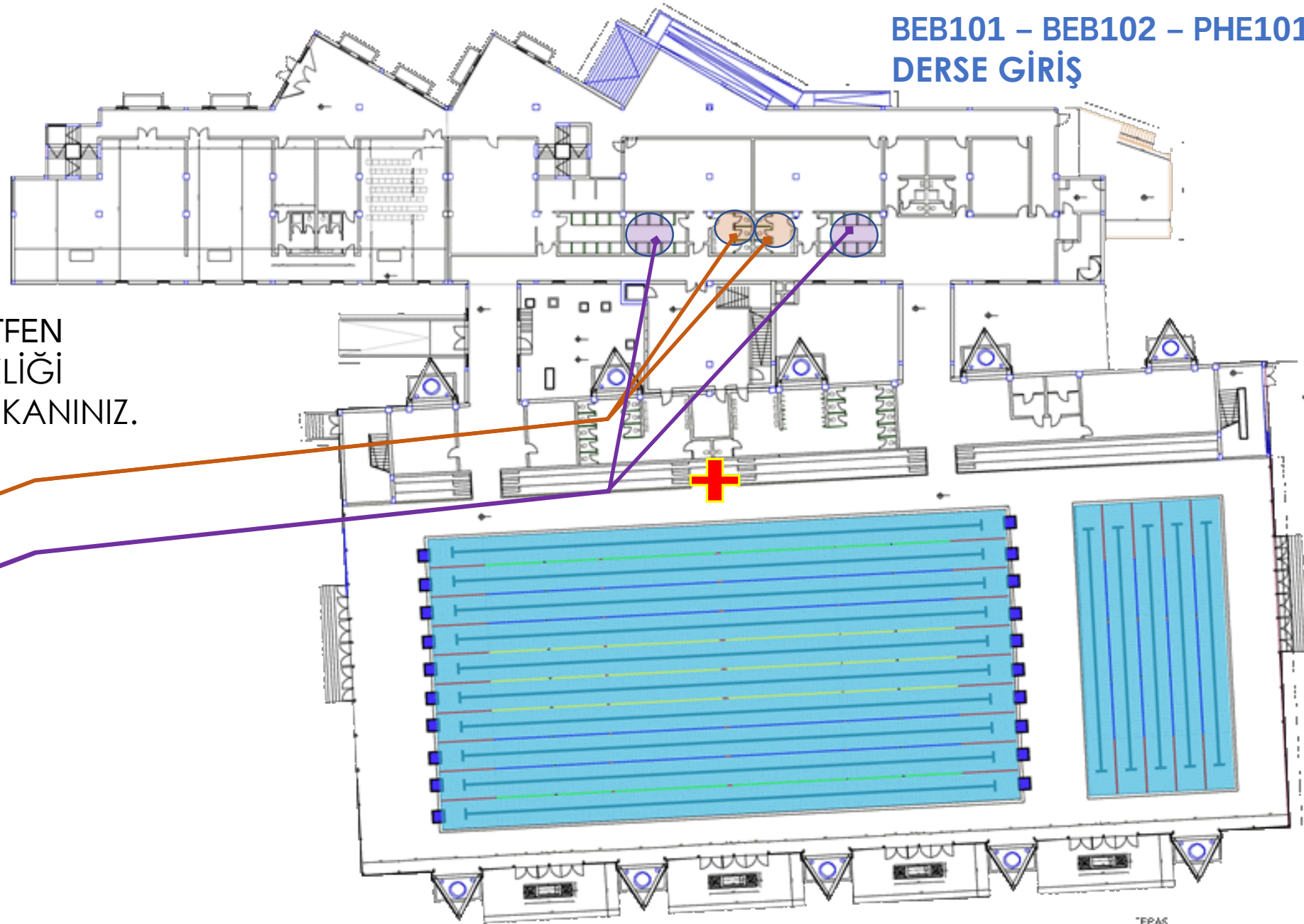
BEB101 – BEB102 – PHE101
DERSE GİRİŞ

HAVUZA GİRMEDEN **ÖNCE** LÜTFEN
TUVALETE GİDİNİZ. AYAK TEMİZLİĞİ
BAŞTA OLMAK ÜZERE DUŞTA YIKANINIZ.

TUVALET

DUŞLAR

İTÜ
OLİMPİK
YÜZME
HAVUZU



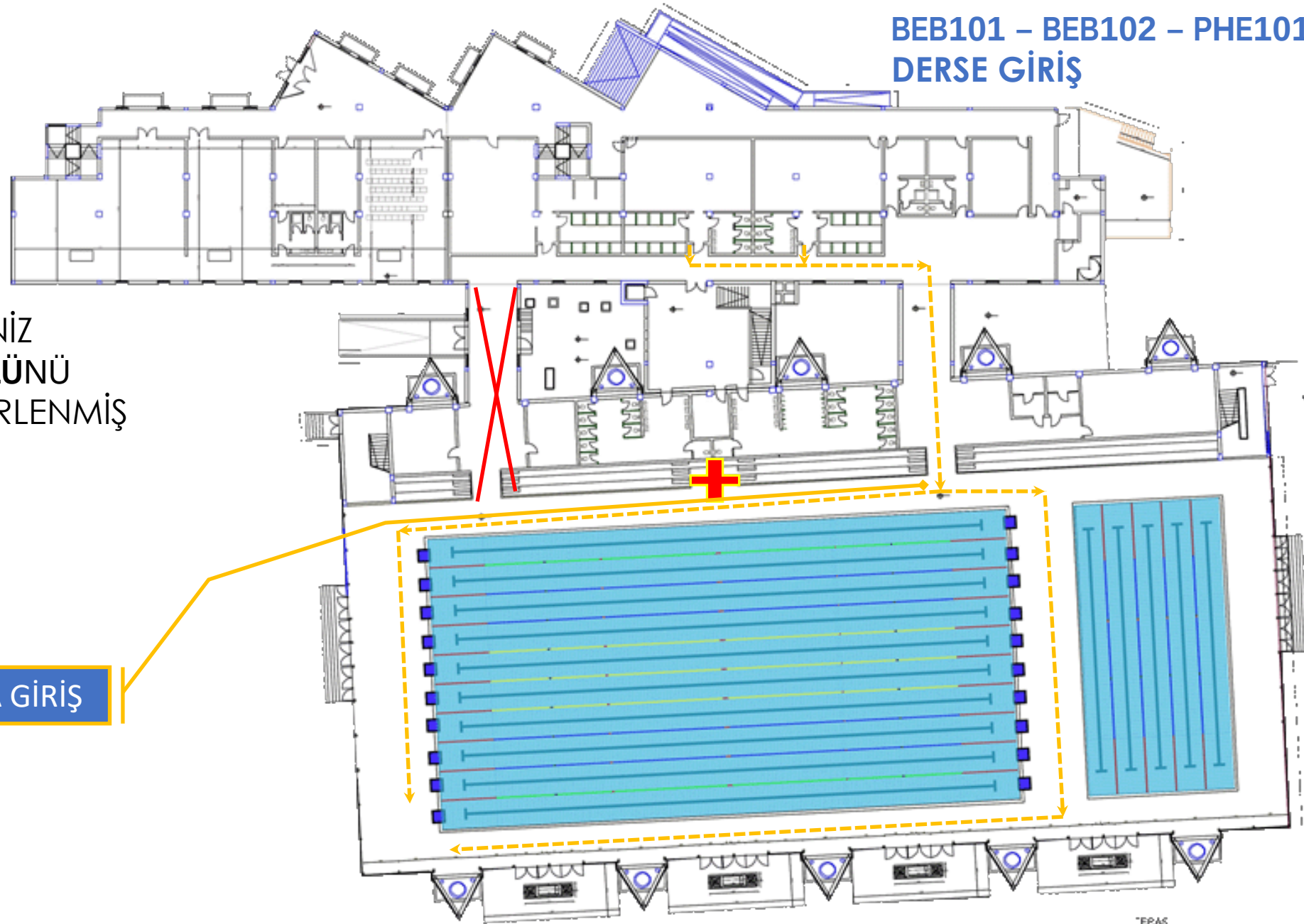
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ÖLÇEK:1/200

BEB101 – BEB102 – PHE101
DERSE GİRİŞ

- **AYAK HAVUZUNDAN GEÇİNİZ**
- **CANKURTARANIN KONTROLÜNÜ**
KOLAYLAŞTIRMAK İÇİN BELİRLENMİŞ
GİRİŞİ KULLANIN.

İTÜ OLİMPİK YÜZME HAVUZU

HAVUZA GİRİŞ



TEPAS

ZEMİN KAT PLANI
ÖLÇEK:1/200

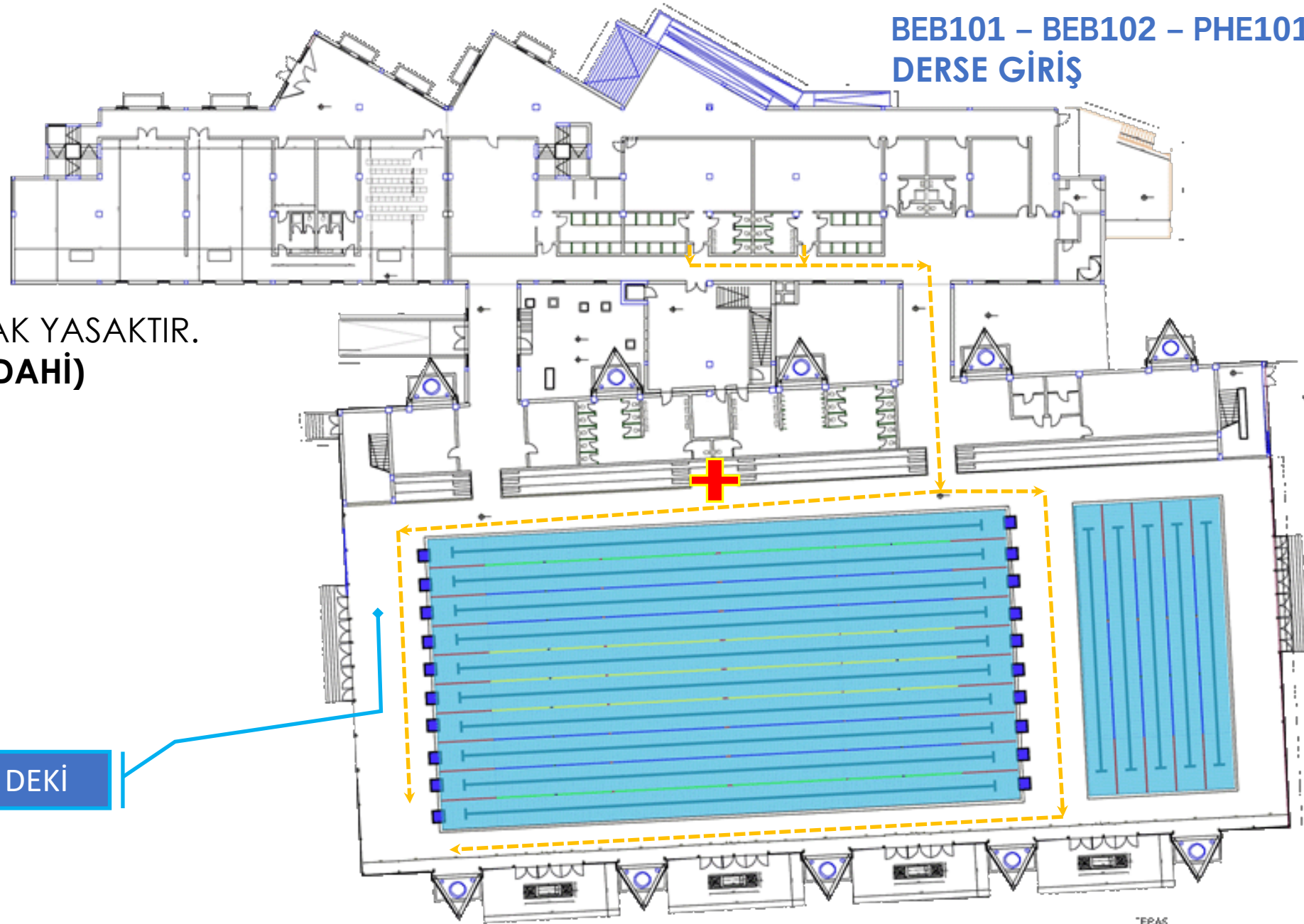
BEB101 – BEB102 – PHE101
DERSE GİRİŞ

- HAVUZ ÇEVRESİNDE KOŞMAK YASAKTIR.
(DERSE GEÇ KALMIŞ OLSANIZ DAHI)



İTÜ OLİMPİK YÜZME HAVUZU

HAVUZ DEKİ



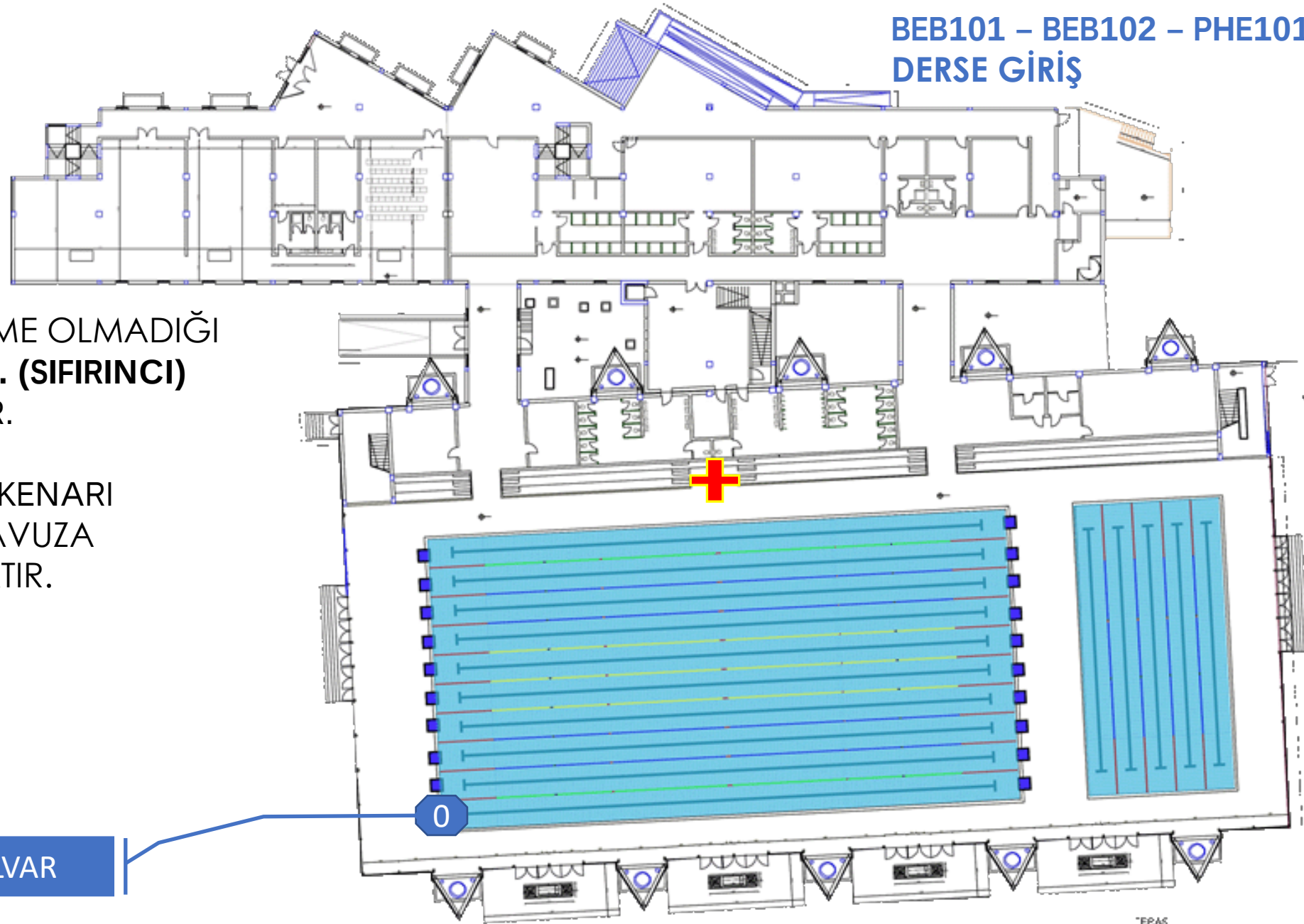
ZEMİN KAT PLANI
ÖLÇEK: 1/200

BEB101 – BEB102 – PHE101
DERSE GİRİŞ

- DERSLER, AKSİ BİR DÜZENLEME OLMADIĞI SÜRECE, BÜYÜK HAVUZUN 0. (SIFIRINCI) KULVARINDA YAPILACAKTIR.
- 50,00m X 2,50m X 2,20m
- KULVARIN, HAVUZUN CAM KENARI TARAFINDAKİ BAŞINDAN HAVUZA GİRİLEREK DERS YAPILACAKTIR.

İTÜ OLİMPİK YÜZME HAVUZU

0. KULVAR



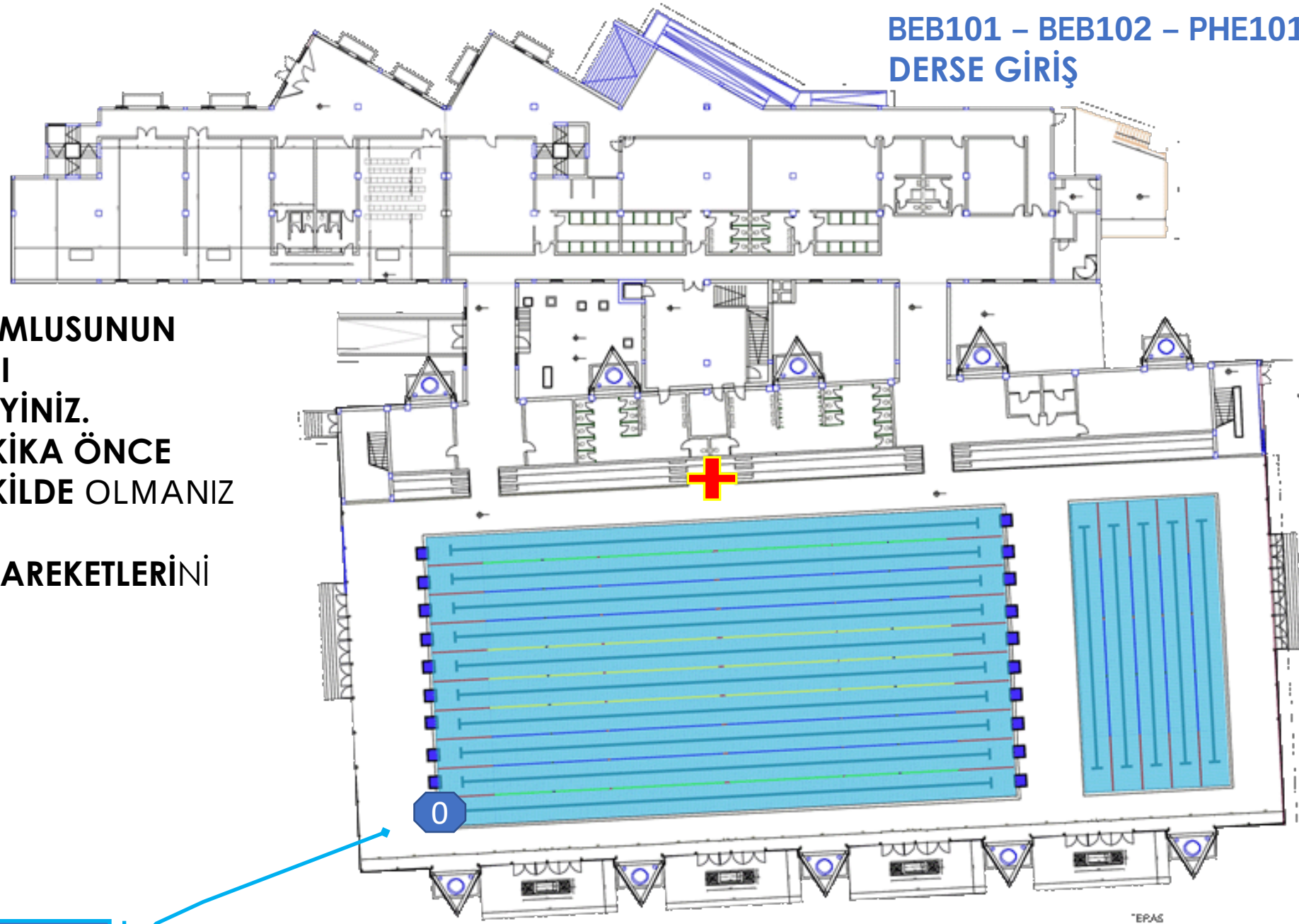
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BEB101 – BEB102 – PHE101
DERSE GİRİŞ

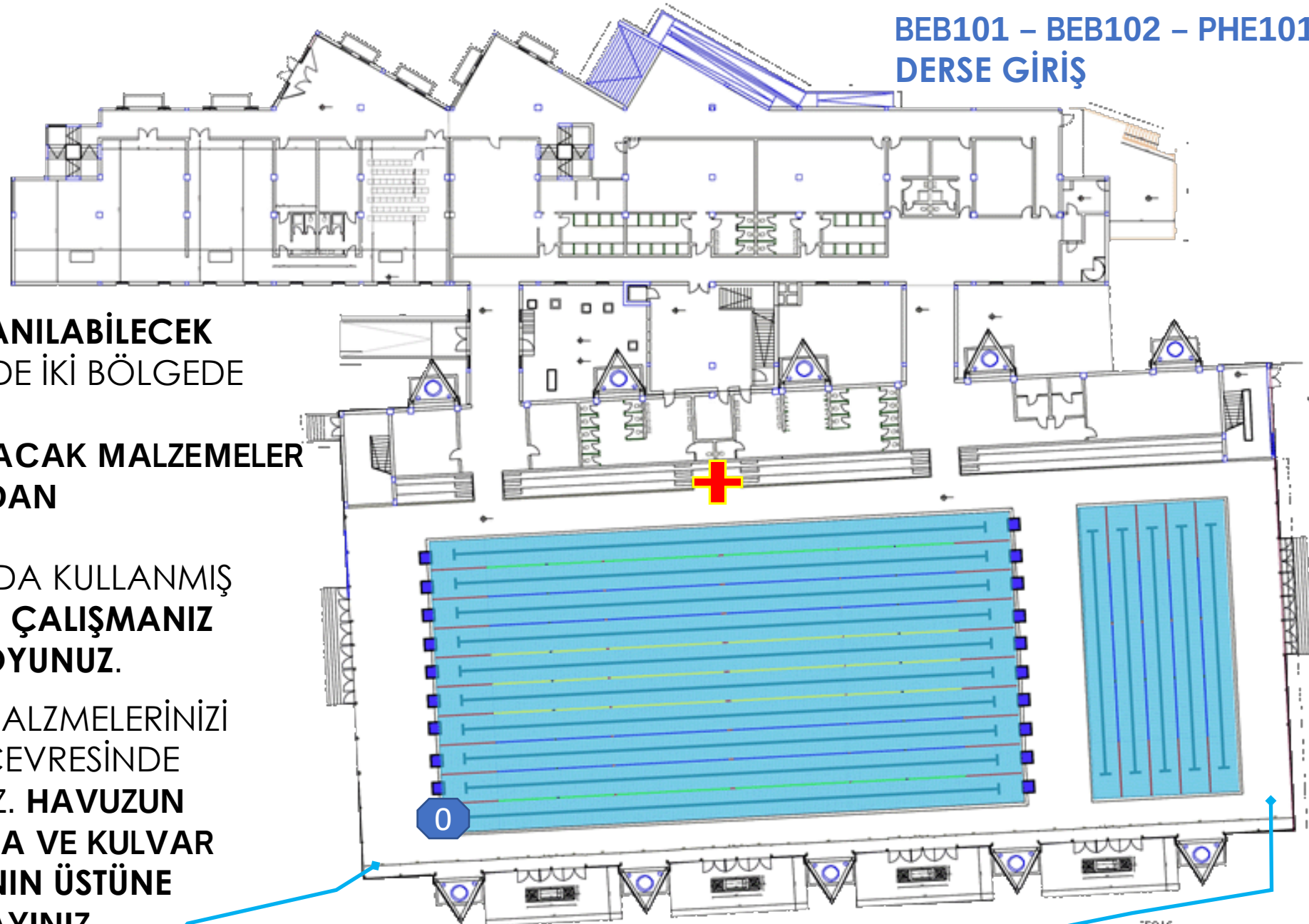
- DERS SAATİNDE, DERS SORUMLUSUNUN DERSTE HAZIR BULUNMADIĞI ZAMANLARDA SUYA GİRMİYİNİZ.
- DERS BAŞLAMADAN 15 DAKİKA ÖNCE KULVAR BAŞINDA HAZIR ŞEKİLDE OLMANIZ TAVSİYE EDİLİR.
- DERS ÖNCESİNDE ISINMA HAREKETLERİNİ YAPMAK ÖĞRENCİNİN SORUMLULUĞUNDADIR.

İTÜ OLİMPİK YÜZME HAVUZU

ISINMA/BEKLEME
ALANI



ZEMİN KAT PLANI
ÖLÇEK:1/200



- **ÇALIŞMA ESNASINDA KULLANILABİLECEK MALZEMELER** HAVUZ DEKİNDE İKİ BÖLGEDE BULUNMAKTADIR.
- **DERS ESNASINDA KULLANILACAK MALZEMELER** DERS SORUMLUSU TARAFINDAN SAĞLANACAKTIR.
- HAVUZ KULLANIMI ESNASINDA KULLANMIŞ OLDUĞUNUZ MALZEMELERİ, **ÇALIŞMANIZ BİTTİKTEN SONRA YERİNE KOYUNUZ.**

İTÜ OLİMPİK YÜZME HAVUZU

- KİŞİSEL MALZEMELERİNİZİ HAVUZ ÇEVRESİNDE BIRAKINIZ. **HAVUZUN KENARINA VE KULVAR TAŞLARININ ÜSTÜNE BIRAKMAYINIZ.**

HAVUZ
MALZEMELERİ

HAVUZ
MALZEMELERİ

ZEMİN KAT PLANI
ÖLÇEK: 1/200

BEB101 – BEB102 – PHE101
DERSE GİRİŞ

- SUYA GİRMEK İÇİN MERDİVENLERİ KULLANINIZ
VEYA HAVUZ KENARINA OTURDUKTAN SONRA
KENARI BIRAKMADAN SUYA GİRİNİZ.
- SUYA ATLAMAK KESİNLİKLE YASAKTIR.

İTÜ OLİMPİK YÜZME HAVUZU

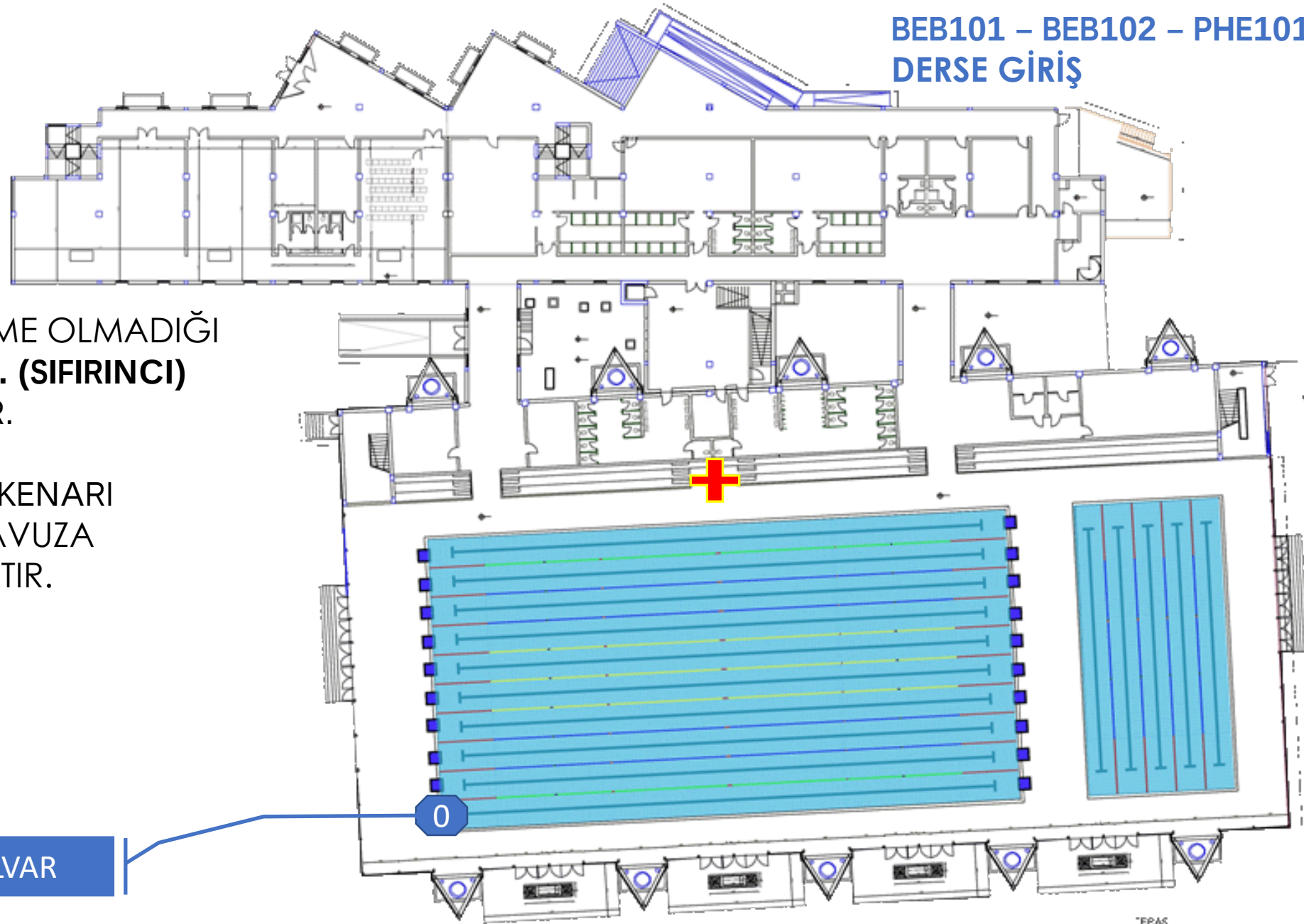


BEB101 – BEB102 – PHE101
DERSE GİRİŞ

- DERSLER, AKSİ BİR DÜZENLEME OLMADIĞI SÜRECE, BÜYÜK HAVUZUN 0. (SIFIRINCI) KULVARINDA YAPILACAKTIR.
- 50,00m X 2,50m X 2,20m
- KULVARIN, HAVUZUN CAM KENARI TARAFINDAKİ BAŞINDAN HAVUZA GİRİLEREK DERS YAPILACAKTIR.

İTÜ OLİMPİK YÜZME HAVUZU

0. KULVAR



ZEMİN KAT PLANI
ÖLÇEK: 1/200

BEB101 – BEB102 – PHE101
DERSE GİRİŞ

CANKURTARAN

DERS SAATLERİ DIŞINDA HAVUZDA ÇALIŞMAYA
GELDİĞİNİZDE YÜZME DURUMUNUZU VE
YÜZDÜĞÜNÜZ KULVARİ GÖREVLİ
CANKURTARANA BİLDİRİNİZ.
CANKURTARANIN GÖZETİMİNDE OLAN 9.
(DOKUZUNCU) KULVARDA ÇALIŞMALARINIZI
YAPINIZ.
GEREKLİ DURUMLARDA SADECE GÖREVLİ
CANKURTARANIN GÖSTERDİĞİ ALANDA
YÜZÜNÜZ.

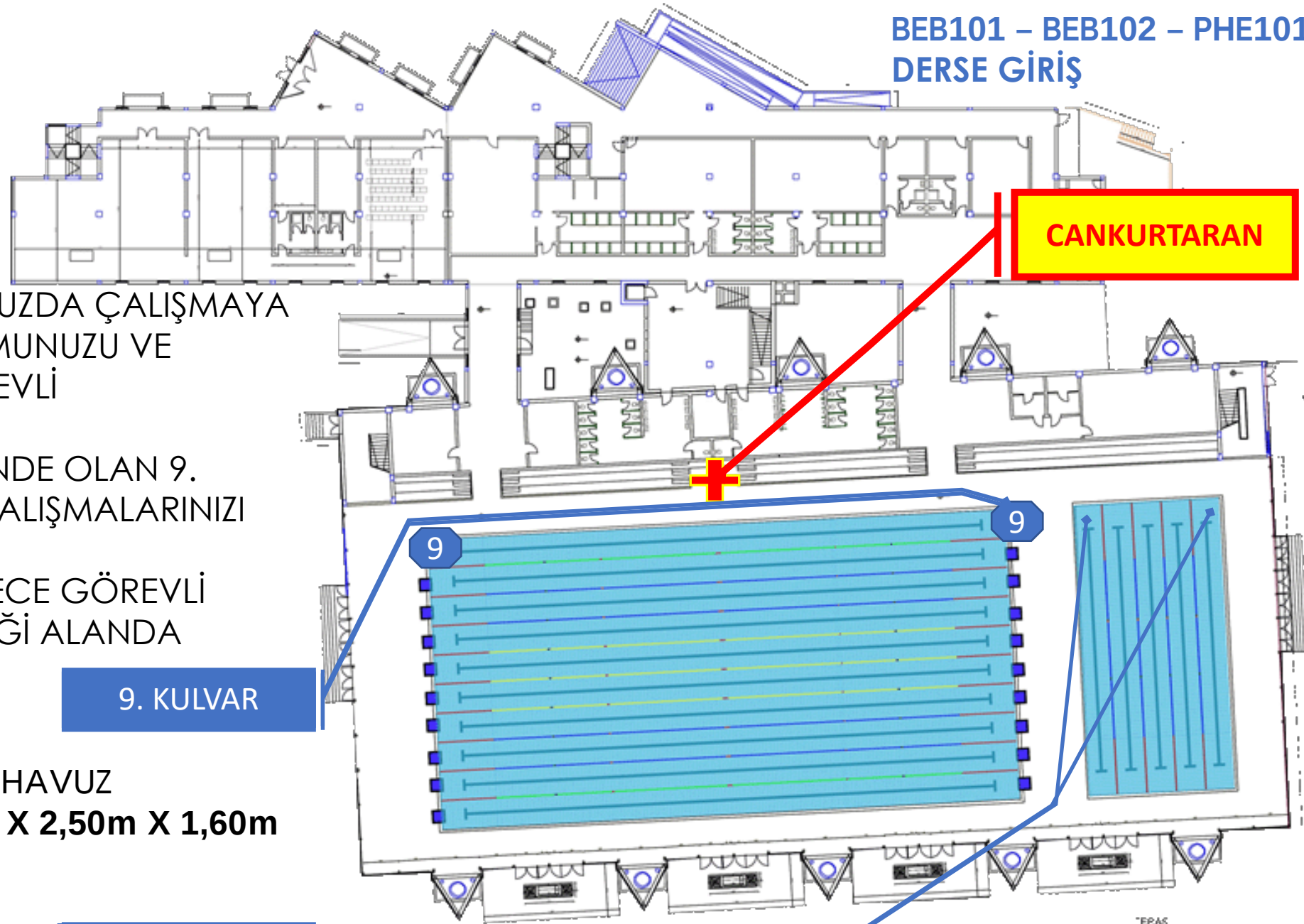
9. KULVAR

- KÜÇÜK HAVUZ
- 25,00m X 2,50m X 1,60m

KÜÇÜK HAVUZ

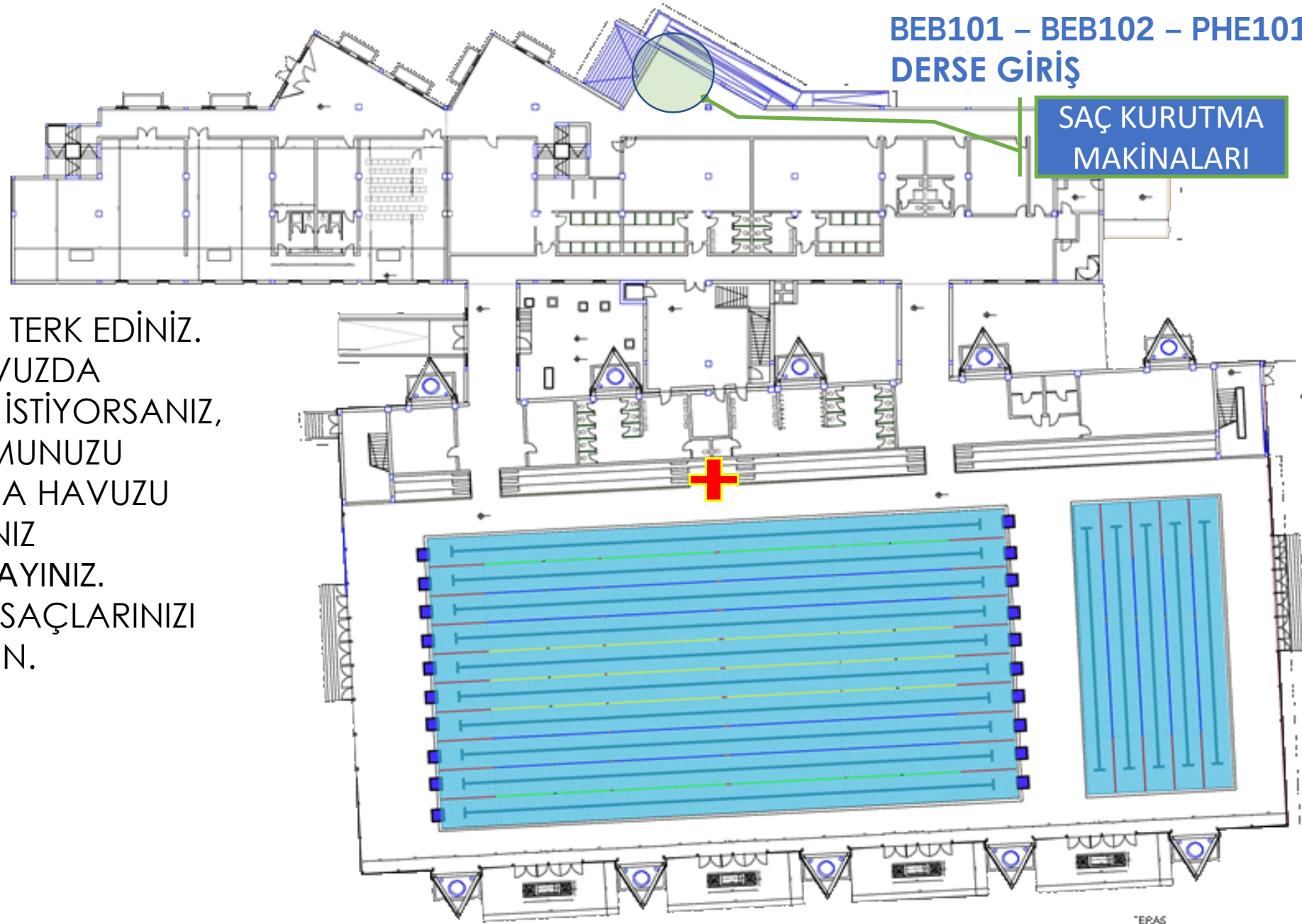
ZEMİN KAT PLANI
ÖLÇEK: 1/200

İTÜ
OLİMPİK
YÜZME
HAVUZU



BEB101 – BEB102 – PHE101
DERSE GİRİŞ

SAÇ KURUTMA
MAKİNALARI



- DERSLER BİTİMİNDE HAVUZU TERK EDİNİZ.
- DERS BİTİMİ ESNASINDA HAVUZDA ÇALIŞMAYA DEVAM ETMEK İSTİYORSANIZ, ÖNCE RESEPSİYONA DURUMUNUZU BİLDİRİN. DERS SAATİ DIŞINDA HAVUZU KULLANIRKEN UYGULADIĞINIZ PROSEDÜRÜ AYNEN UYGULAYINIZ.
- TESİSİ TERK ETMEDEN ÖNCE SAÇLARINIZI KURUTMAYA ÖZEN GÖSTERİN.

İTÜ
OLİMPİK
YÜZME
HAVUZU

ZEMİN KAT PLANI
ÖLÇEK: 1/200

BEB101 – BEB102 – PHE101
DERSE GİRİŞ

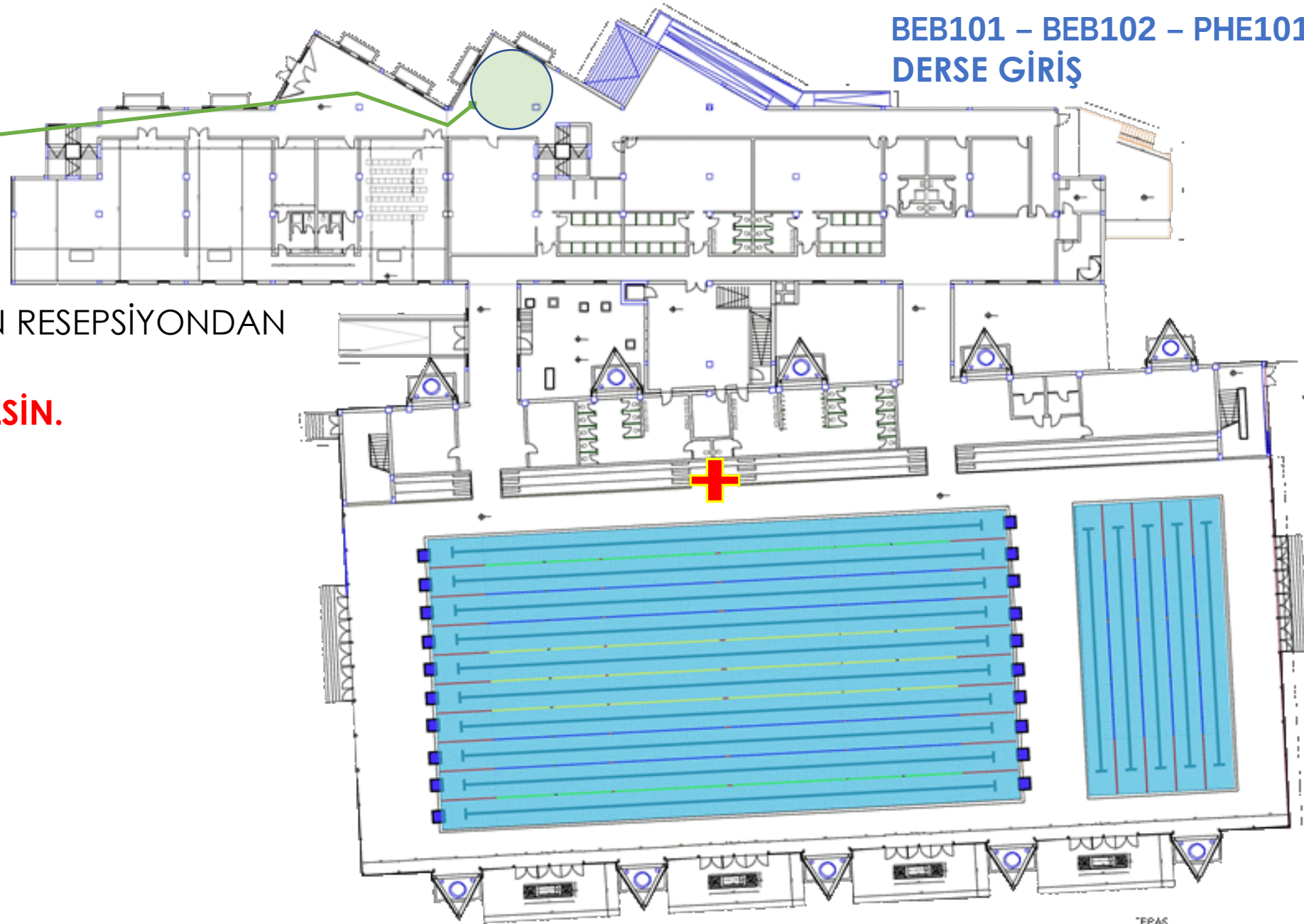
RESEPSİYON

GÜNAYDIN./İYİ GÜNLER.

- ÜNİVERSİTE KİMLİK KARTININ RESEPSİYONDAN ALIMI

TEŞEKKÜR EDERİM./KOLAY GELSİN.

İTÜ
OLİMPİK
YÜZME
HAVUZU



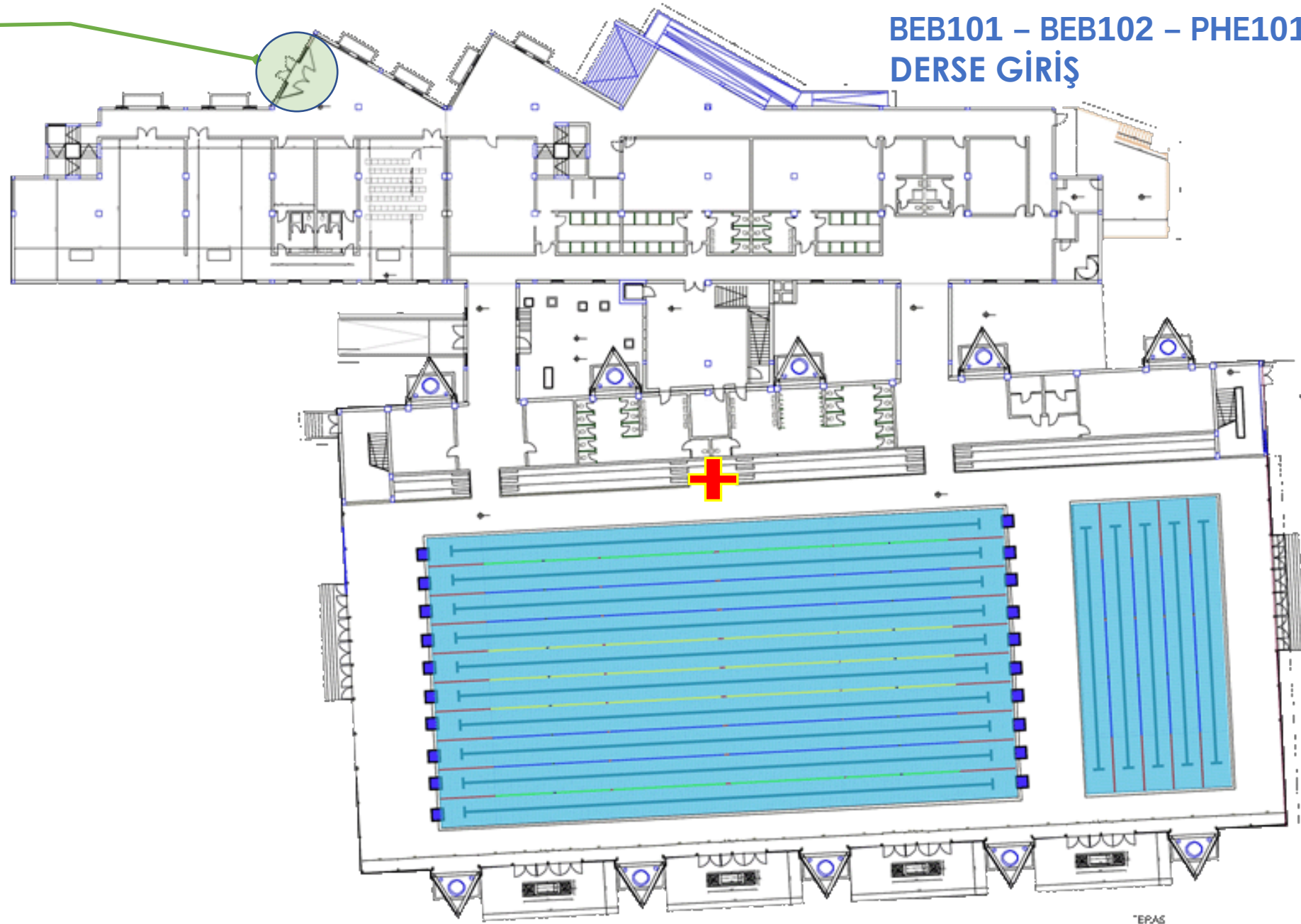
EPAS

ZEMİN KAT PLANI
ÖLÇEK: 1/200

TESİS GİRİŞİ

BEB101 – BEB102 – PHE101
DERSE GİRİŞ

- **ALT GİRİŞ** KAPISI
- **GALOŞ** ÇIKARARAK TESİS
TERK EDİLİR.



İTÜ
OLİMPİK
YÜZME
HAVUZU

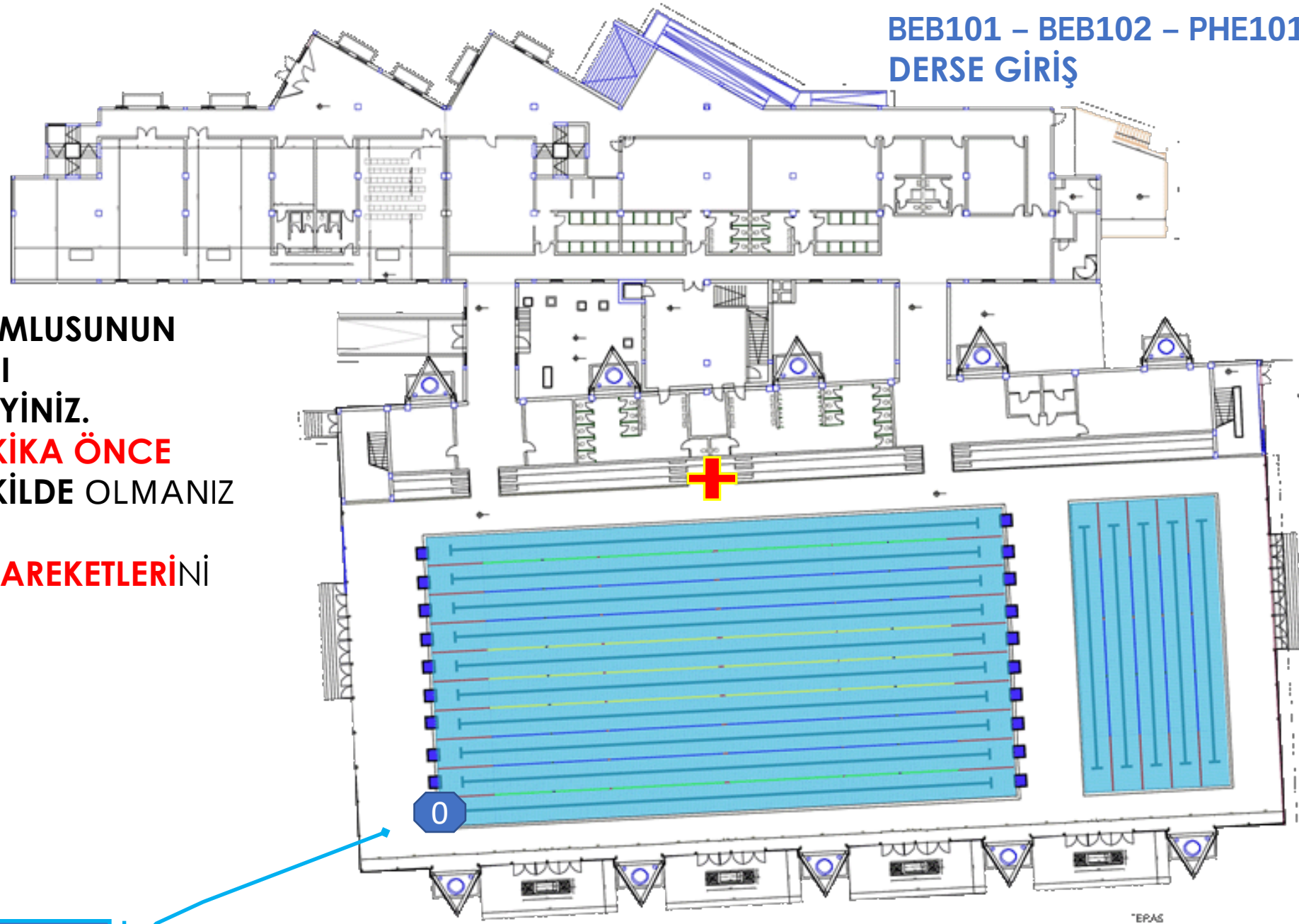
ZEMİN KAT PLANI
ÖLÇEK: 1/200

BEB101 – BEB102 – PHE101
DERSE GİRİŞ

- DERS SAATİNDE, DERS SORUMLUSUNUN DERSTE HAZIR BULUNMADIĞI ZAMANLARDA SUYA GİRMİYİNİZ.
- DERS BAŞLAMADAN **15 DAKİKA ÖNCE KULVAR BAŞINDA** HAZIR ŞEKİLDE OLMANIZ TAVSİYE EDİLİR.
- DERS ÖNCESİNDE **ISINMA HAREKETLERİ**Nİ YAPMAK ÖĞRENCİNİN SORUMLULUĞUNDADIR.

İTÜ OLİMPİK YÜZME HAVUZU

ISINMA/BEKLEME
ALANI



ZEMİN KAT PLANI
ÖLÇEK: 1/200

ISINMA, BEDENSELİ ETKİNLİK ÖNCESİ KASLARI VE EKLEMLERİ YAPILACAK ŞİDDETLİ ÇALIŞMAYA HAZIRLAMAKTIR.

YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ

ISINMA - WARM UP

ESNETME/GERDİRME – STRETCHING/FLEXING

Warming up is a **preparation for physical exertion or a performance by exercising or practicing gently beforehand**, usually undertaken before a performance or practice.

Athletes, singers, actors and others warm up before stressing their muscles. It is widely believed to prepare the muscles for vigorous actions and to prevent muscle cramps and injury due to overexertion.

A warm up generally consists of **a gradual increase in intensity in physical activity** (a "pulse raiser"), **joint mobility exercise**, and **stretching, followed by the activity**. For example, before running or playing an intensive sport, athletes might slowly jog to warm their muscles and **increase heart rate**.

It is important that **warm ups be specific to the activity**, so that the muscles to be used are activated. The risks and benefits of combining stretching with warming up are disputable, although it is generally believed **that warming up prepares the athlete both mentally and physically**.

YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ

ISINMA - WARM UP

ESNETME/GERDİRME – STRETCHING/FLEXING

Stretching is a form of physical exercise in which **a specific muscle or tendon (or muscle group) is deliberately flexed or stretched** in order to improve the muscle's felt elasticity and achieve comfortable muscle tone. The result is a feeling of increased muscle control, flexibility, and range of motion. Stretching is also used therapeutically to alleviate cramps and **to improve function in daily activities by increasing range of motion (ROM).**

Increasing flexibility through stretching is one of the basic tenets of physical fitness. It is common for athletes to **stretch before (for warming up) and after exercise** in an attempt to **reduce risk of injury and increase performance.**

Stretching can be dangerous when performed incorrectly. There are many techniques for stretching in general, but depending on which muscle group is being stretched, some techniques may be ineffective or detrimental, even to the point of causing hypermobility, instability, or permanent damage to the tendons, ligaments, and muscle fiber.

YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ

- ISINMA - WARM UP

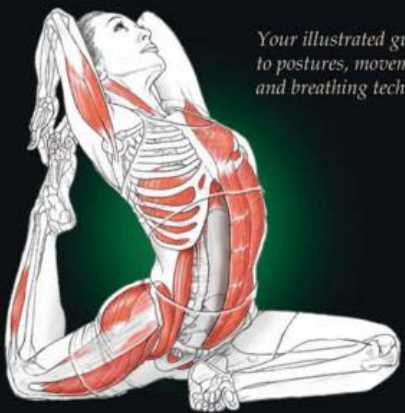
ESNETME/GERDİRME – STRETCHING/FLEXING

- Stretching is part of some warm up routines, although a study in 2013 indicates that it **weakens muscles** in that situation.
- There are 3 types of stretches: dynamic, ballistic, and static:
 - **Dynamic Stretching** involves moving the body part in the desired way until reaching the full range of motion, to improve performance. Dynamic stretching is a movement based stretch aimed on increasing blood flow throughout the body while also loosening up the muscle fibers. Standard dynamic stretches typically involve slow and controlled active contraction of muscles.
 - **Ballistic Stretches** involve bouncing or jerking. It is purported to help extend limbs during exercise, promoting agility and flexibility. The simplest static stretches are static-passive stretches, according to research findings, this brings the joint to its end range of motion and hold it there using external forces.
 - **Static Stretches** involve flexing the muscles. This may help prevent injury and permit greater flexibility and agility. Note that static stretching for too long may weaken the muscles.
 - There are more advanced forms of static stretching, such as **Proprioceptive Neuromuscular Facilitation (PNF)**, which involves both active muscle contractions and passive external forces.[4]:42[12] PNF stretching may involve contracting either the antagonist muscles, agonist muscles, or both.

YOGA Anatomy

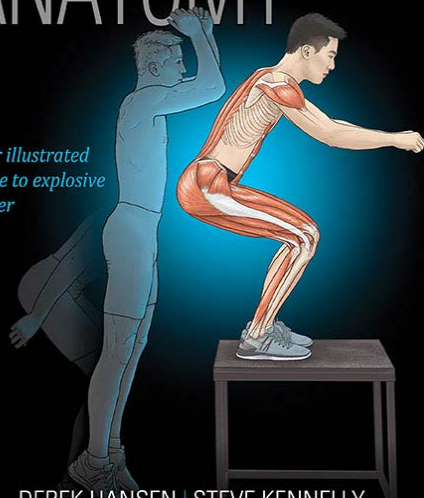
LESLIE KAMINOFF

*Your illustrated guide
to postures, movements,
and breathing techniques*



PLYOMETRIC ANATOMY

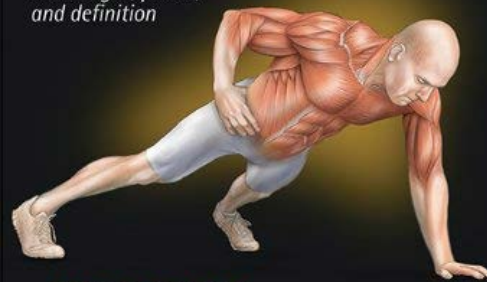
*Your illustrated
guide to explosive
power*



DEREK HANSEN | STEVE KENNELLY

BODYWEIGHT STRENGTH TRAINING Anatomy

*Your illustrated guide
to strength, power,
and definition*



BRET CONTRERAS

PILATES Anatomy

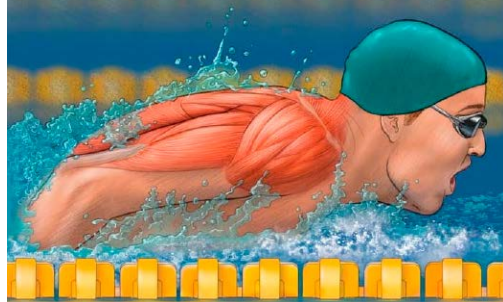
*Your illustrated guide to mat work
for core stability and balance*



RAEL ISACOWITZ • KAREN CLIPPINGER

SWIMMING Anatomy

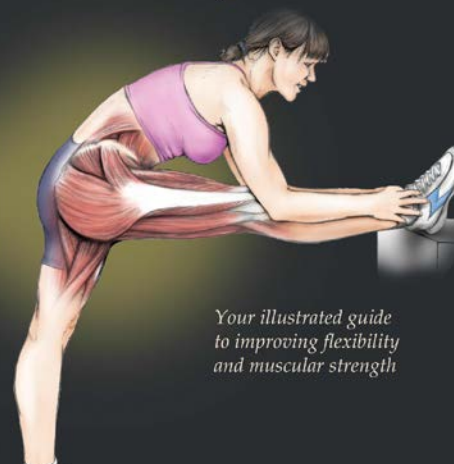
IAN MCLEOD



*Your illustrated guide
for swimming strength,
speed, and endurance*

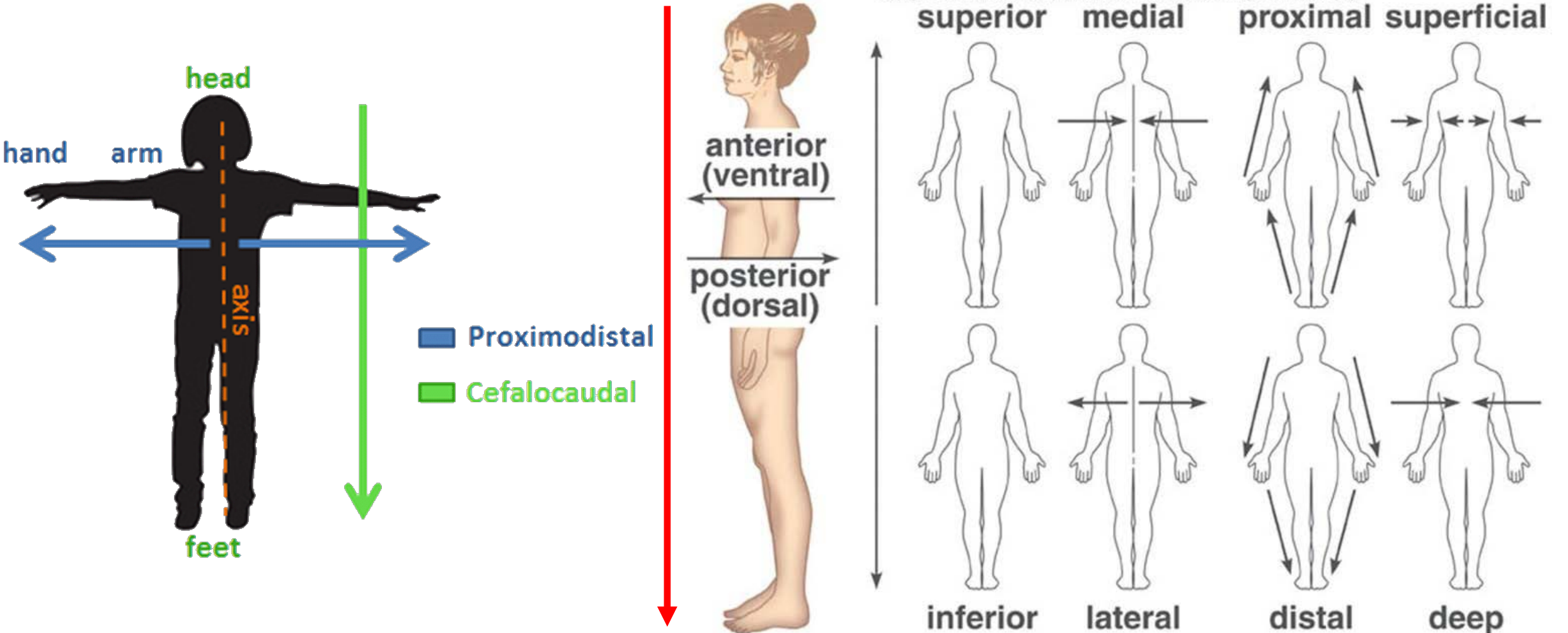
STRETCHING Anatomy

ARNOLD G. NELSON
JOUKO KOKKONEN



*Your illustrated guide
to improving flexibility
and muscular strength*

YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ

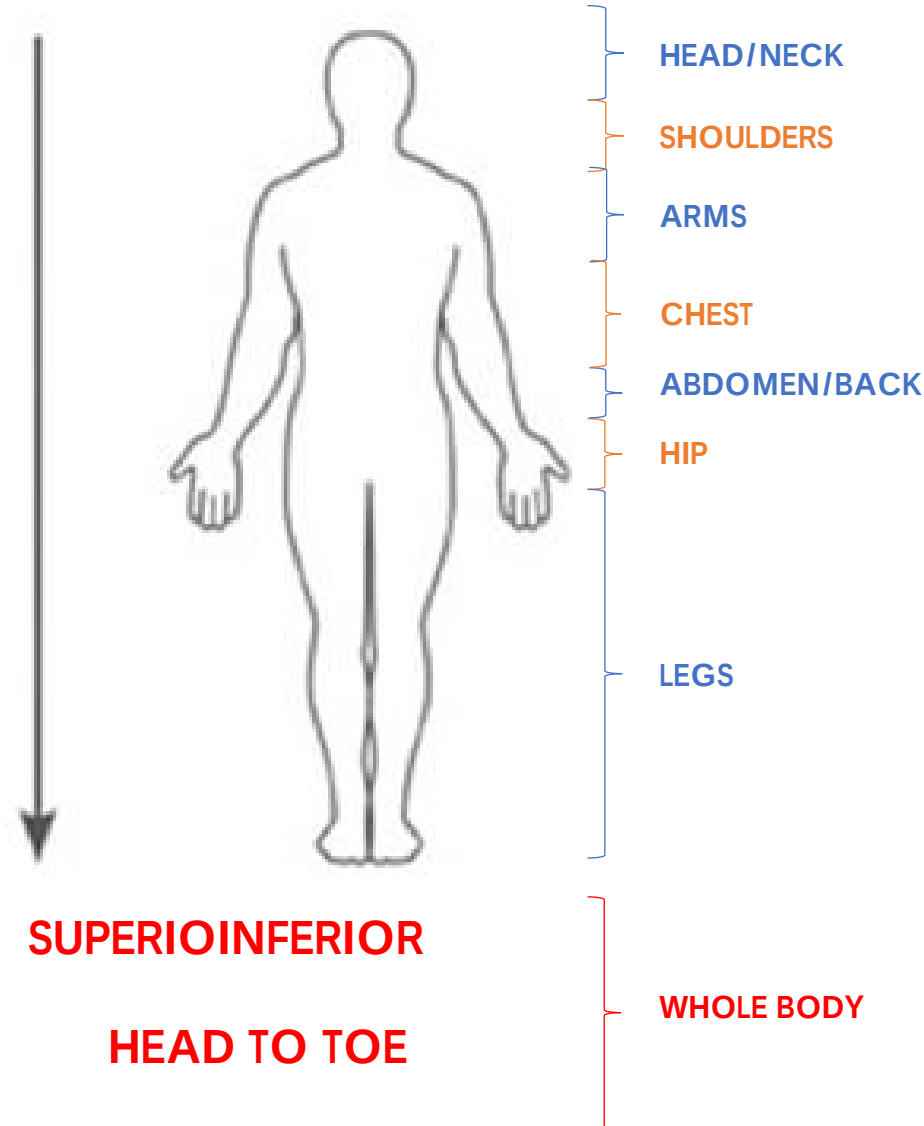


SUPERIOINFERIOR

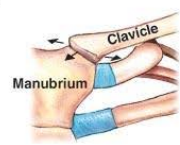
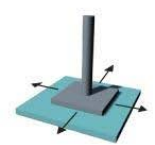
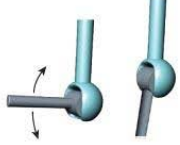
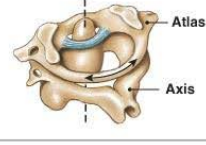
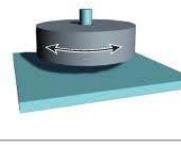
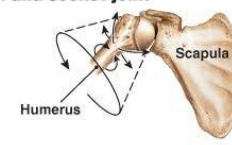
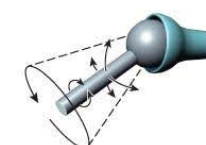
ANATOMICAL POSITION

ISINMA HAREKETLERİNDE AMAÇ, İLGİLİ KAS GRUPLARINI KULLANARAK EKLEMLERİ HAREKET GENİŞLİKLERİ (ROM) VE AÇILARININ ELVERDİĞİ ÖLÇÜDE HAREKET ETTİRMEKTİR.

YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ

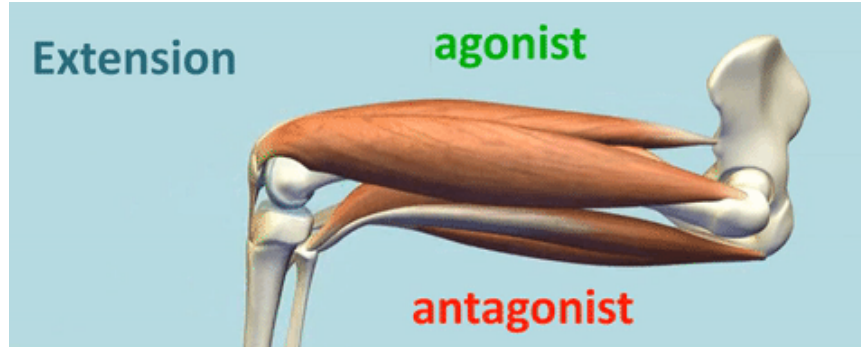
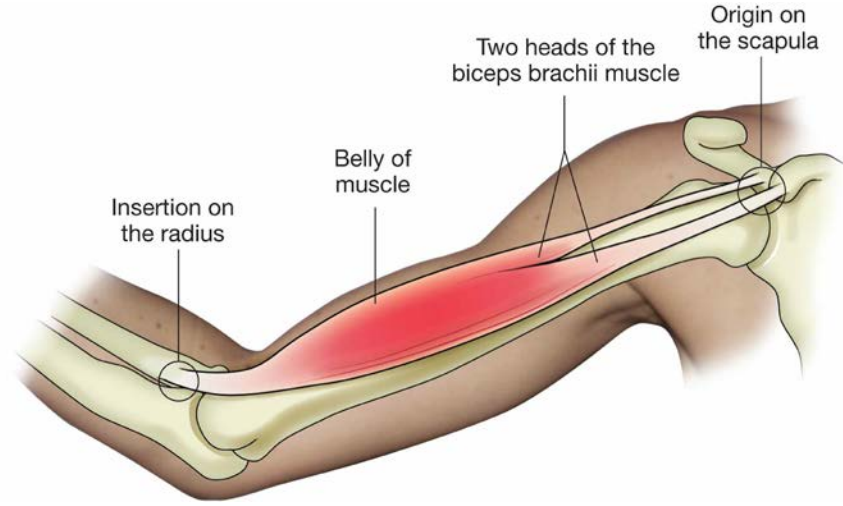
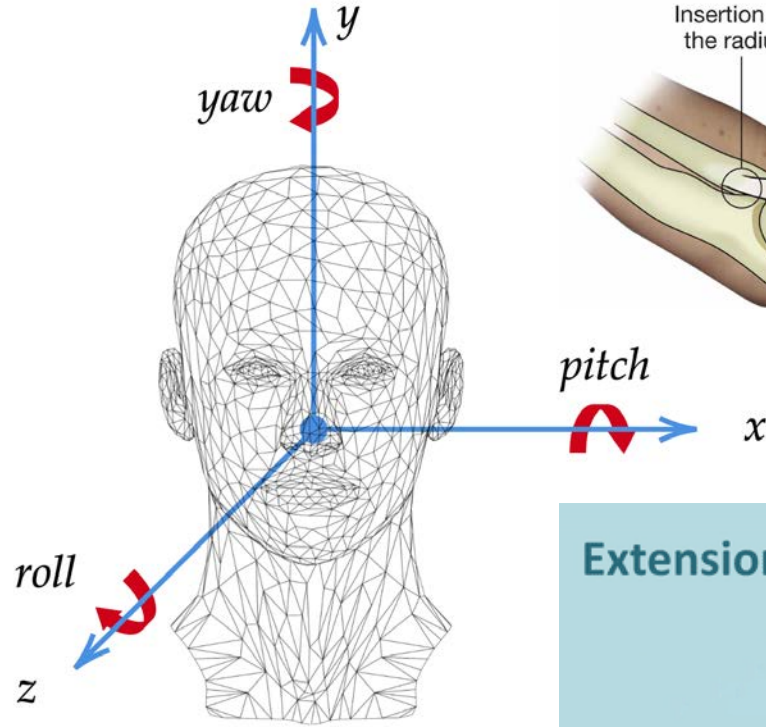


The anatomical types of synovial joints, with joint models and examples

Types of Synovial Joints	Models of Joint Motion	Examples
Gliding joint 		• Acromioclavicular and sternoclavicular joints • Intercarpal and intertarsal joints • Vertebrocostal joints • Sacro-iliac joints
Hinge joint 		• Elbow joints • Knee joints • Ankle joints • Interphalangeal joints
Pivot joint 		• Atlas/axis • Proximal radio-ulnar joints
Ellipsoid joint 		• Radiocarpal joints • Metacarpophalangeal joints 2-5 • Metatarsophalangeal joints
Saddle joint 		• First carpometacarpal joints
Ball-and-socket joint 		• Shoulder joints • Hip joints

EKLEMLERİ HAREKET GENİŞLİKLERİ (ROM) VE AÇILARININ ELVERDİĞİ ÖLÇÜDE HAREKET ETTİRMEKTİR AMACIYLA KASLARIMIZI KULLANIRIZ. ÜSTTEKİ KAS, ORJİNİNİ ALDIĞI KEMİKTEN SONRA GELEN ALTAKİ UZUVA BAĞLANIR.

YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ



Types of Muscle Contraction

Concentric contraction

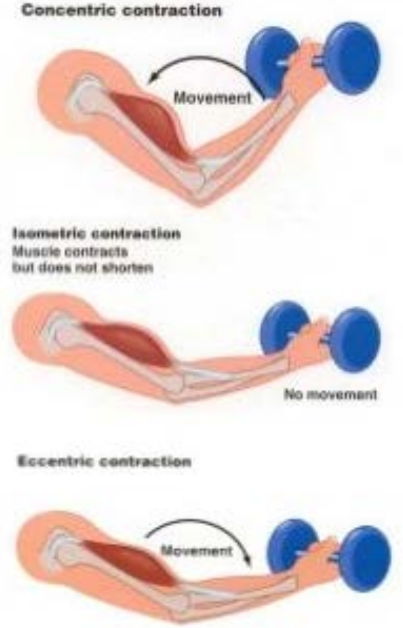
- Length of muscle shortens
- Muscle force is greater than the resistance

Static or Isometric contraction

- No change in muscle length
- Muscle force is equal to the resistance

Eccentric contraction

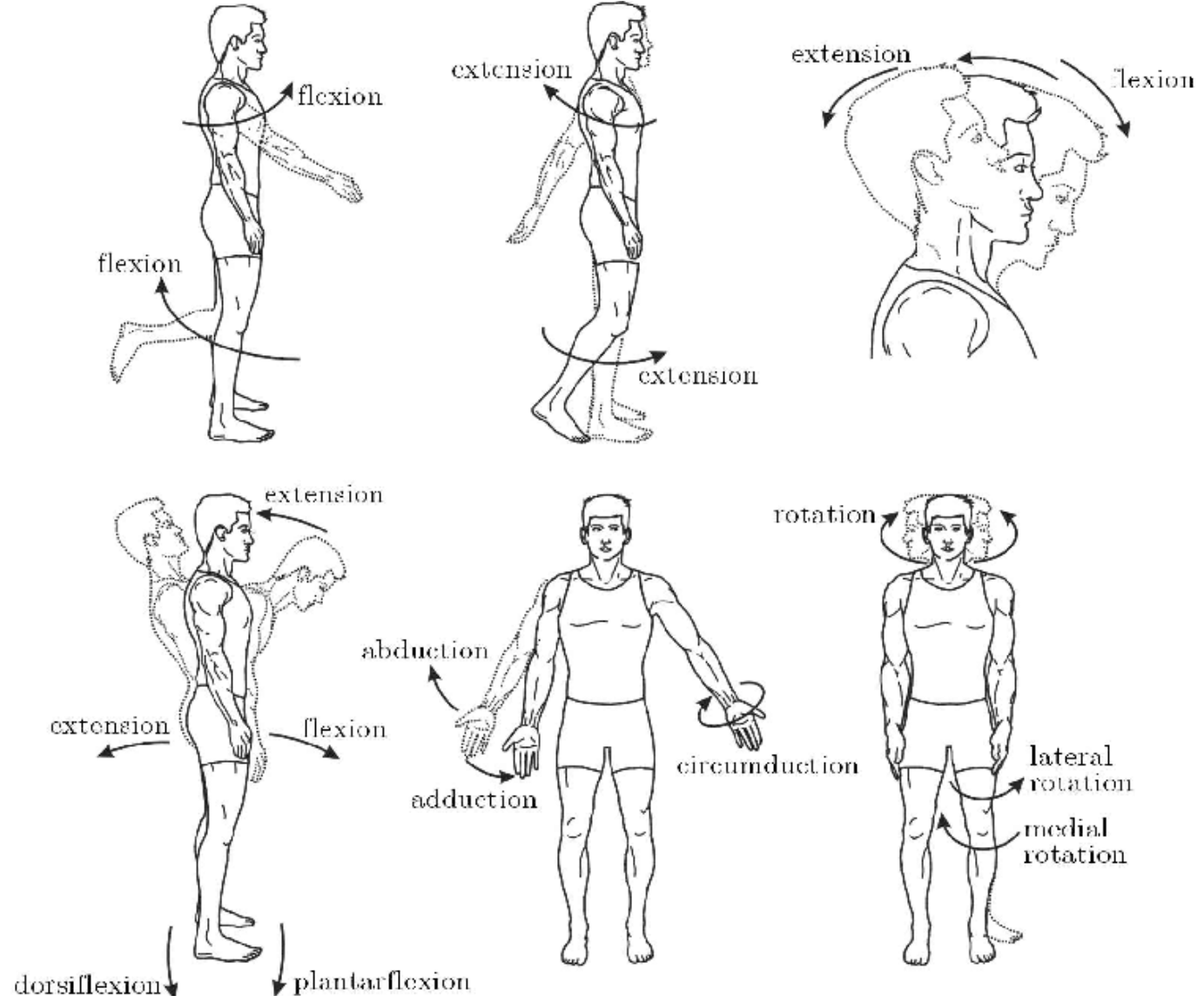
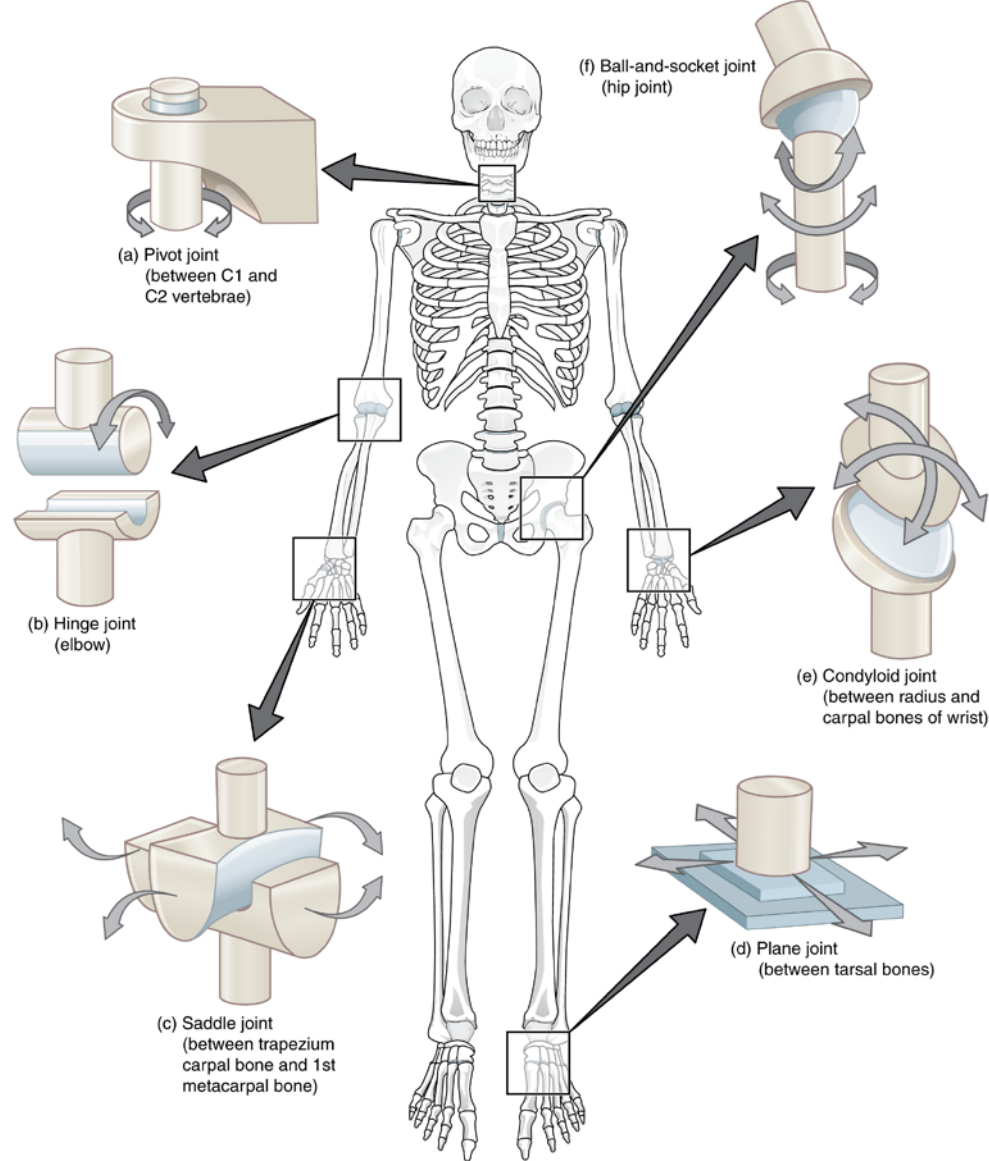
- Muscle lengthens
- Muscle force is less than the resistance



WARM UP – DYNAMIC
STRETCHING – STATIC

ISINMA HAREKETLERİNDE AMAÇ, İLGİLİ KAS GRUPLARINI KULLANARAK EKLEMLERİ HAREKET GENİŞLİKLERİ (ROM) VE AÇILARININ ELVERDİĞİ ÖLÇÜDE HAREKET ETTİRMEKTİR.

YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ



YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ

- **extension** [L. *extensio*]: 1. the movement that straightens or increases the angle between the bones or parts of the body. 2. the bringing of the members of a limb into or toward a straight relation. 3. enlargement or prolongation.
- **flexion** [L. *flexio*]: 1. the act of bending or condition of being bent.
- **abduct** [ab- + duct]: to draw away from the median plane or (in the digits) from the axial line of a limb.
- **abduction**: the act of abducting or **state of being abducted**.
- **adduct** [L. *adducere* to draw toward]: to draw toward the median plane or (in the digits) toward the axial line of a limb.
- **adduction**: the act of adducting or **the state of being adducted**.
- **circumduction** [L. *circumducere*]: to draw around the active or passive circular movement of a limb or of the eye.
- **rotation** [L. *rotare* to turn]: 1. the process of turning around an axis; movement of a body about its axis, called the axis of rotation.

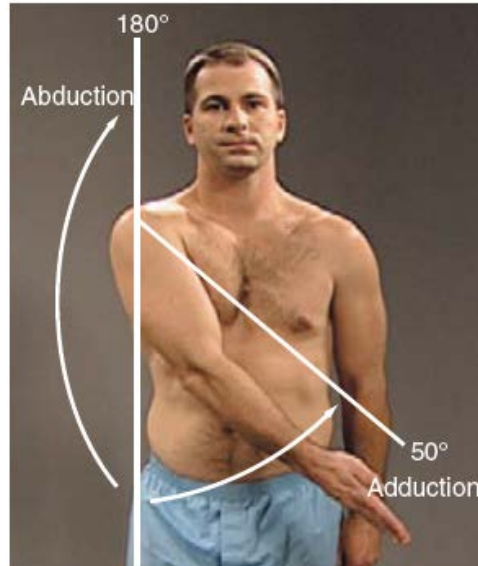
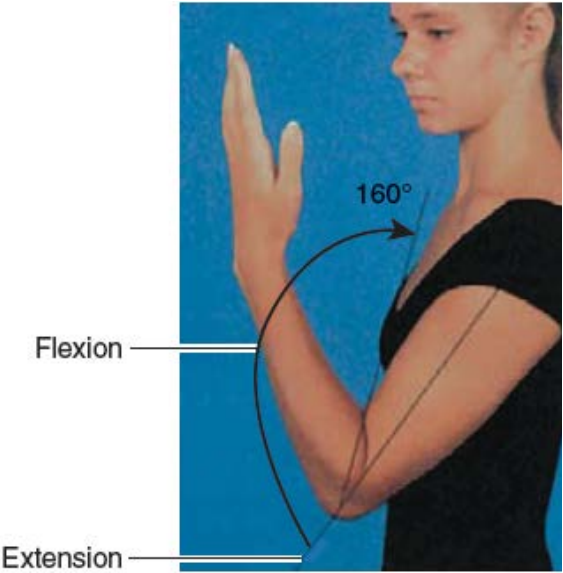
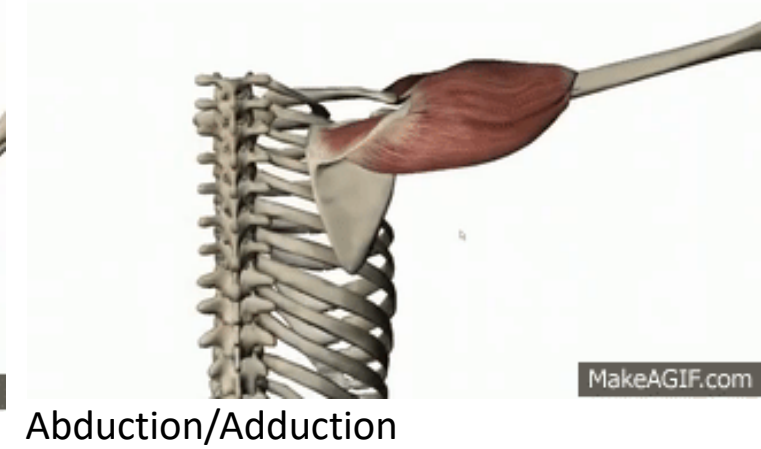
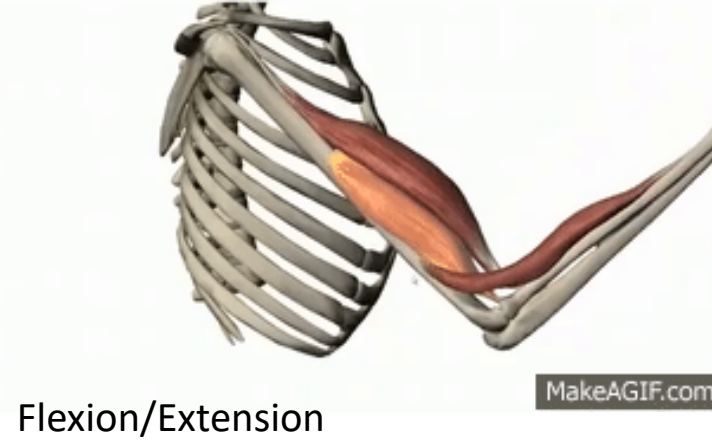
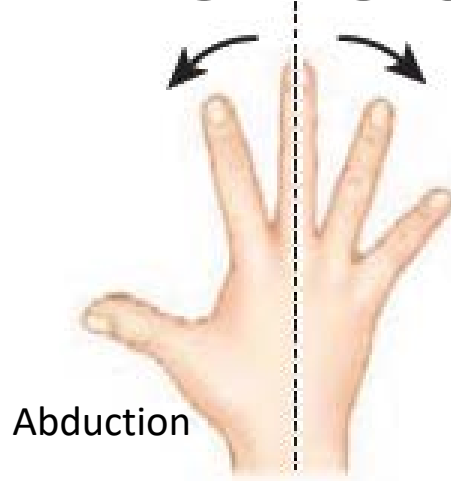
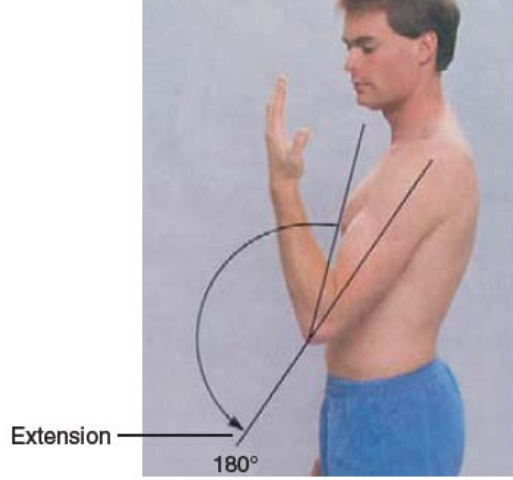
YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ

- **dorsalis:** dorsal
- **dorsal** [L. *dorsalis*, from *dorsum* back]: **1.** pertaining to the back or to any dorsum. **2.** denoting a position more toward the back surface than some other object of reference; a synonym of posterior in human anatomy and of superior in the anatomy of quadrupeds.
- **dorsiflexion** [**dorsi-** + **flexion**]: flexion or bending toward the extensor aspect of a limb, as of the hand or foot.
- **plantaris:** plantar
- **plantar:** a term designating relationship to the sole of the foot.
- **Dorsiflexion and plantar flexion** are two special movements of the flexion of the foot. The joint that is involved in the dorsiflexion and plantar flexion is the ankle joint. The main difference between dorsiflexion and plantar flexion is that dorsiflexion is the action which decreases the angle between the leg and the dorsum of the foot whereas plantar flexion is the action which decreases the angle between the back of the leg and the sole of the foot.
- **eversion** [L. *eversio*]: **1.** a turning inside out. Called also *ectropion*. **2.** a turning outward, as of the sole of the foot or the eyelid.
- **inversion** [L. *inversio*; in into + *vertere* to turn] **1.** a turning inward, inside out, upside down, or other reversal of the normal relation of a part.

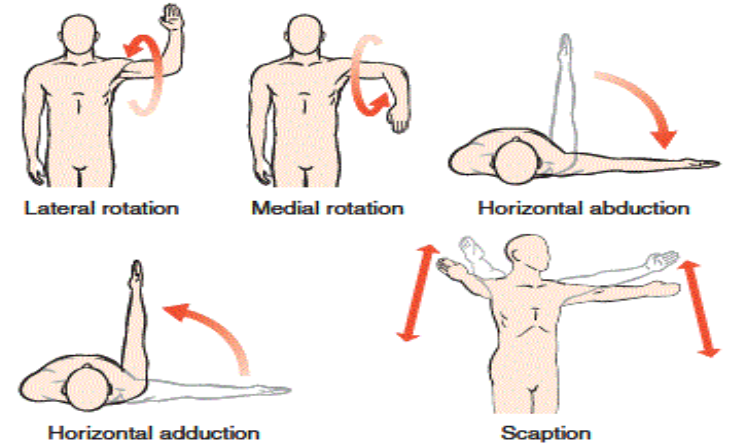
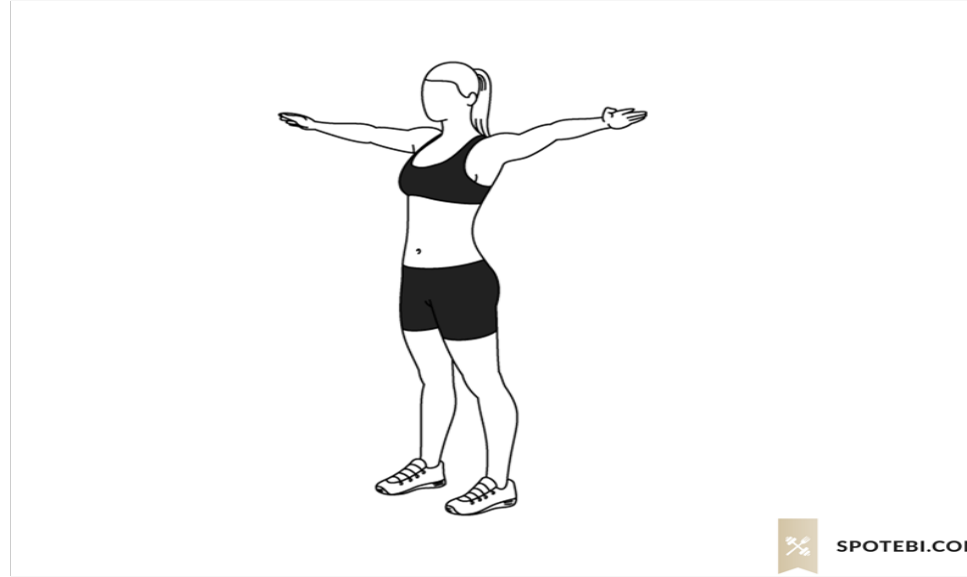
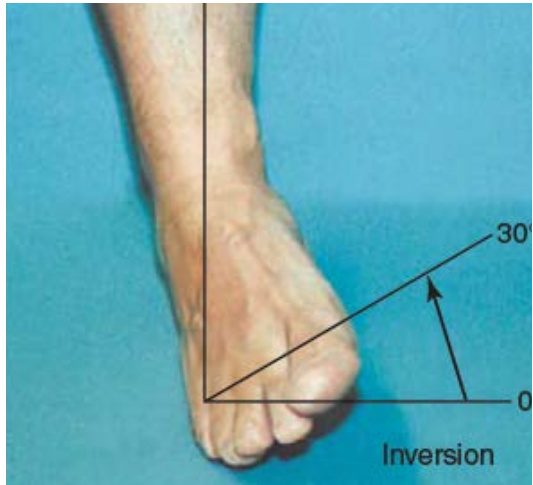
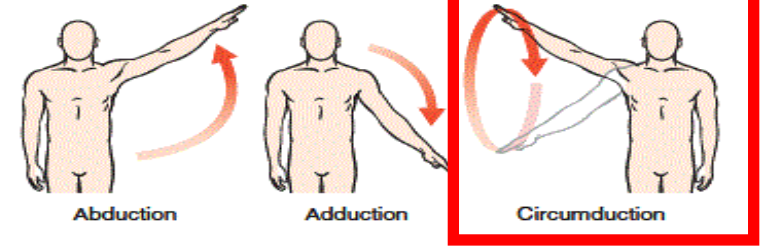
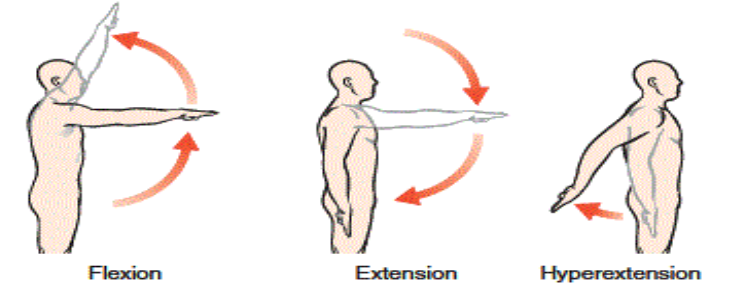
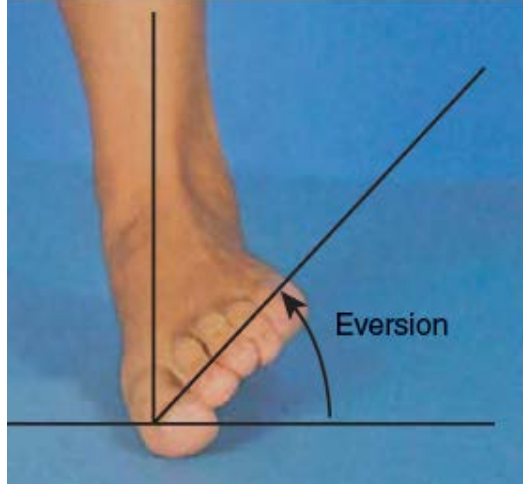
YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ

- **supine** [L. *supinus*]: lying with the face upward.
- **supinate**: to assume or place in a supine position.
- **supination** [L. *supinatio*]: the act of assuming the supine position, or the state of being supine. Applied to the hand, the act of turning the palm forward (anteriorly) or upward, performed by lateral rotation of the forearm. Applied to the foot, it generally implies movements resulting in raising of the medial margin of the foot, hence of the longitudinal arch. Cf. pronation.
- **prone** [L. *pronus inclined forward*]: lying face downward; see also pronation.
- **pronate**: to assume or place in a prone position; see pronation.
- **pronation** [L. *pronatio*]: the act of assuming the prone position, or the state of being prone. Applied to the hand, the act of turning the palm posteriorly (or inferiorly when the forearm is flexed), performed by medial rotation of the forearm. Applied to the foot, rotation of the front of the foot laterally relative to the back of the foot, resulting in lowering of the medial margin of the foot and hence of the longitudinal arch. Cf. supination.

YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ



YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ



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Chimpanzee shoulder

Chest is wide front-to-back
Scapula is placed on the back
Clavicles are long and angled
Humerus on the side of the rib cage



Top View



Front View

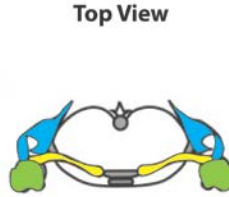


Right Side View



Homo erectus shoulder

Chest is wide front-to-back
Scapula is placed on the side
Clavicles are long and horizontal
Humerus is pulled forward, limiting rotation of the arm backwards



Top View



Front View

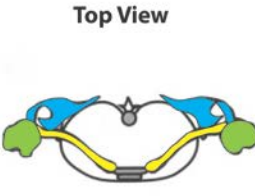


Right Side View

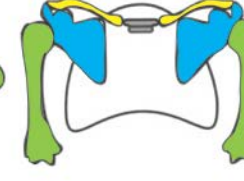


Homo sapiens shoulder

Chest is wide front-to-back
Scapula is placed on the back
Clavicles are short and horizontal
Humerus is placed on the side of our rib cage so we can pull our arms back to throw and run



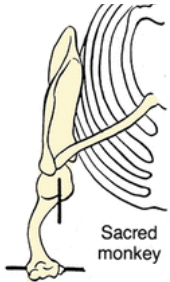
Top View



Front View



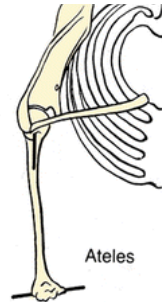
Right Side View



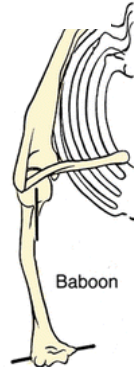
Sacred monkey



Rhesus

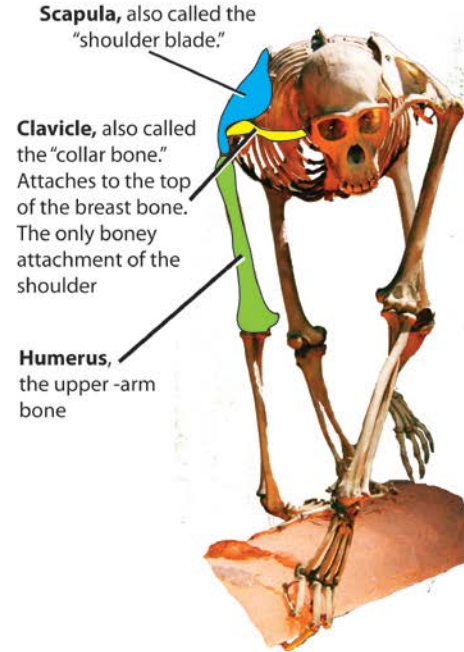


Ateles



Baboon

Shoulder Bones



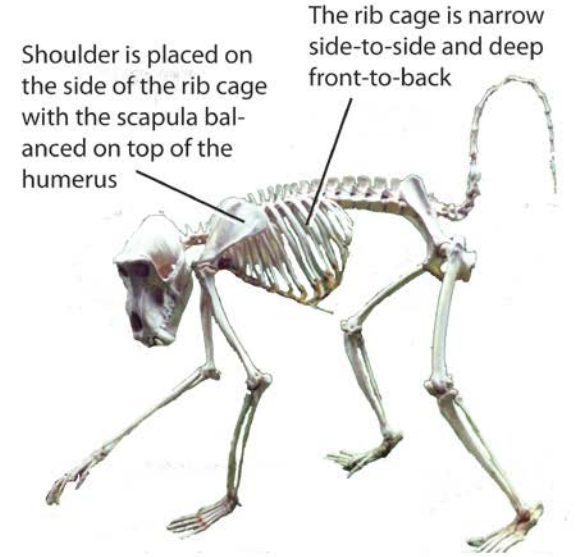
Scapula, also called the "shoulder blade."

Clavicle, also called the "collar bone." Attaches to the top of the breast bone. The only bony attachment of the shoulder

Humerus, the upper arm bone

A skeleton of a chimpanzee

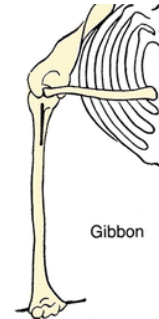
Typical Mammal Shoulder



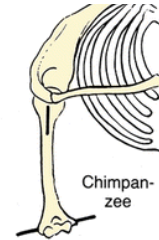
Shoulder is placed on the side of the rib cage with the scapula balanced on top of the humerus

The rib cage is narrow side-to-side and deep front-to-back

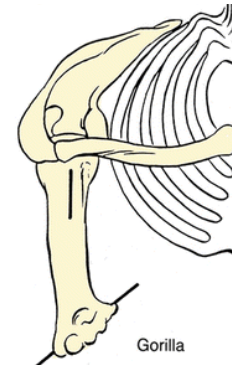
A baboon exhibits the typical, quadrupedal arrangement of the shoulder



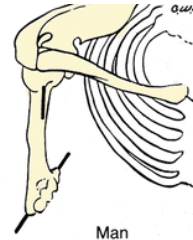
Gibbon



Chimpanzee



Gorilla



Man

YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ



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The Hawthorne studies

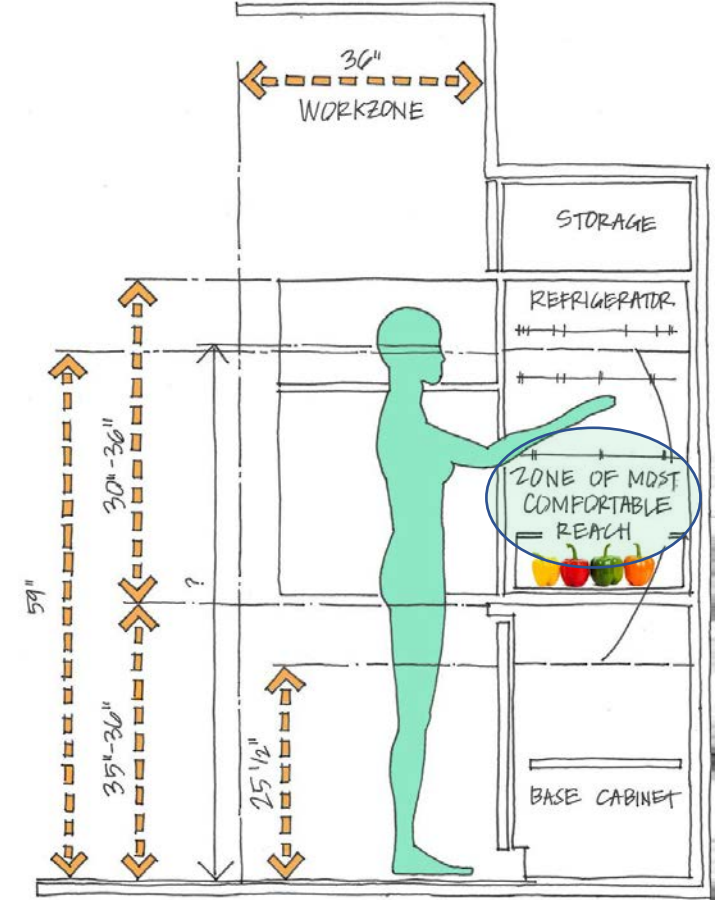
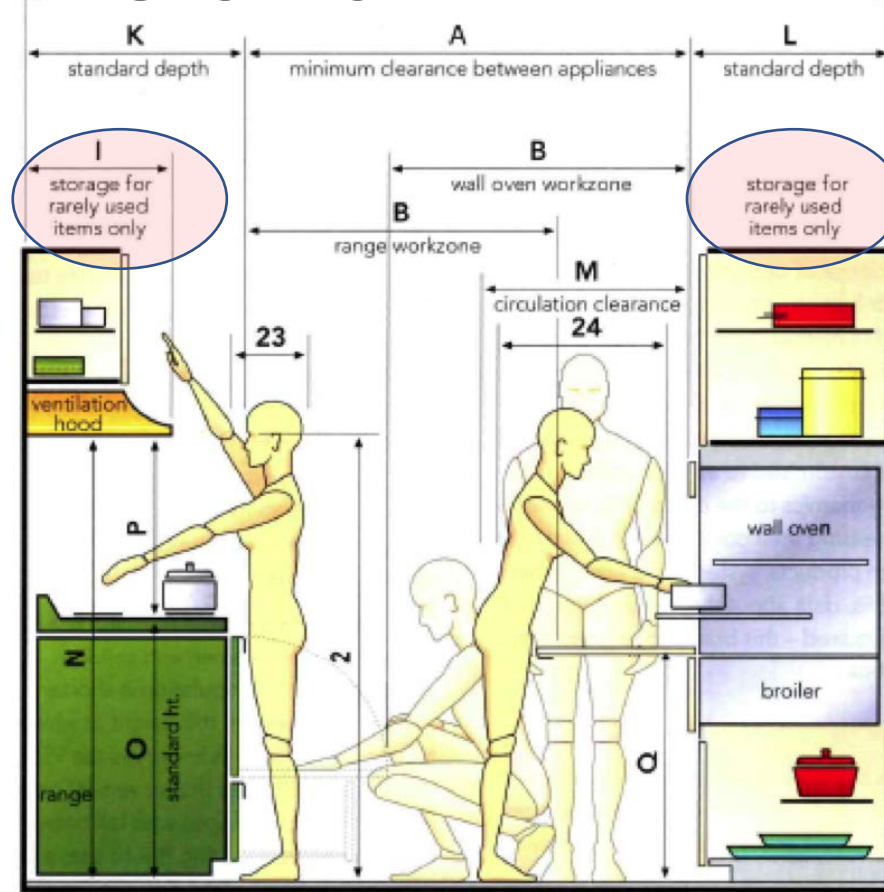
The Hawthorne studies were part of a refocus on managerial strategy incorporating the socio-psychological aspects of human behavior in organizations.

human engineering:

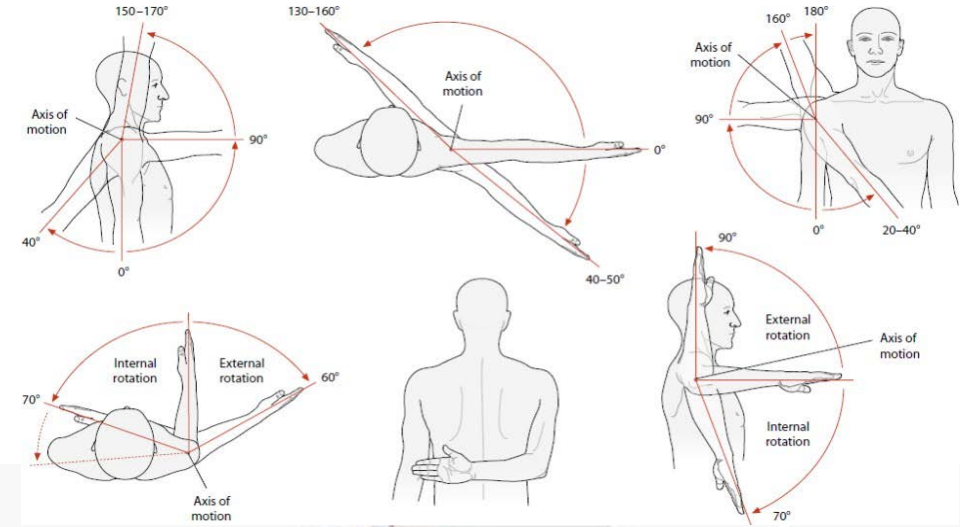
An applied science that coordinates the design of devices, systems, and physical working conditions with the capacities and requirements of the worker.

ergonomic(s)

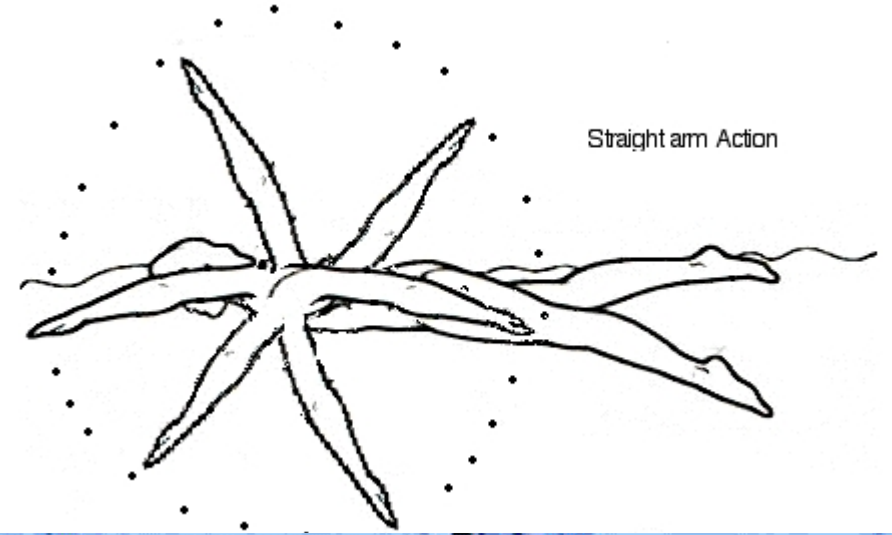
1. (used with a sing. verb) The applied science of equipment design, as for the workplace, intended to maximize productivity by reducing operator fatigue and discomfort. **2.** (used with a pl. verb) Design factors, as for the workplace, intended to maximize productivity by minimizing operator fatigue and discomfort: The ergonomics of the new office were felt to be optimal.



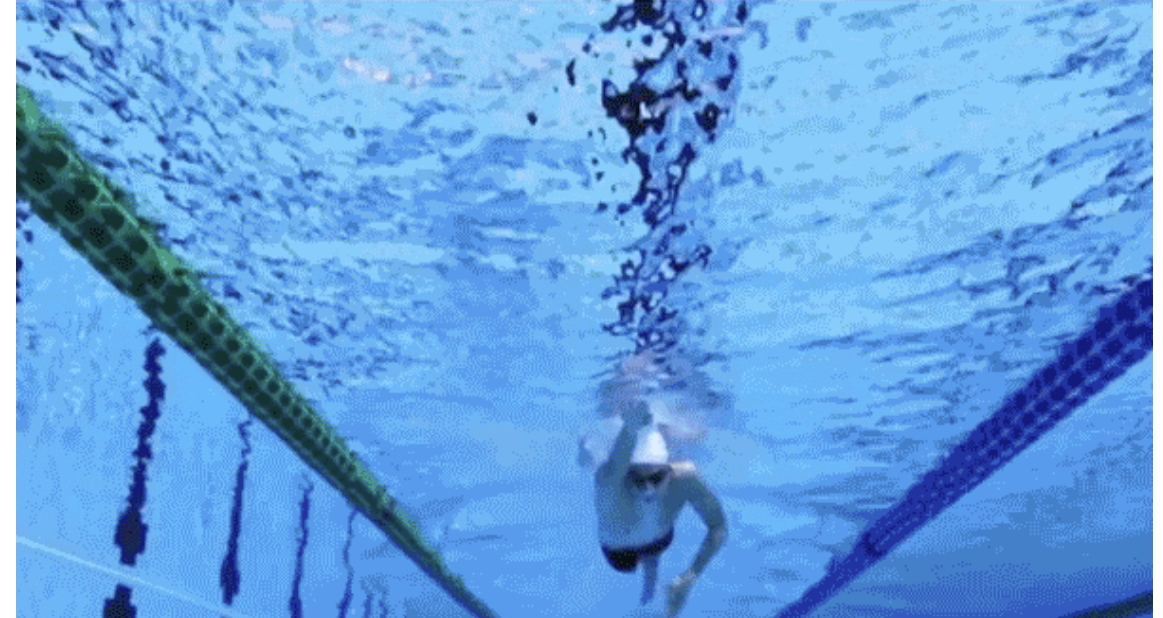
YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ



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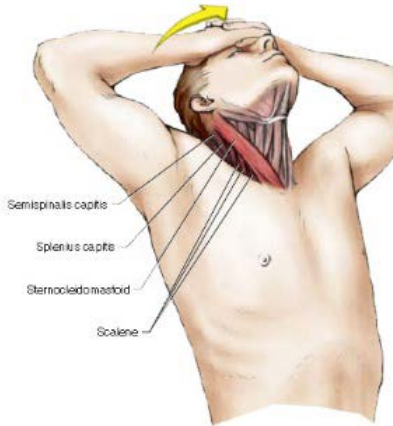
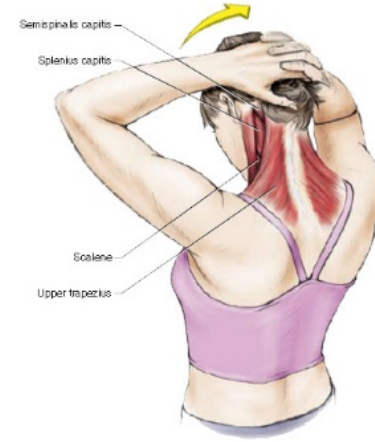
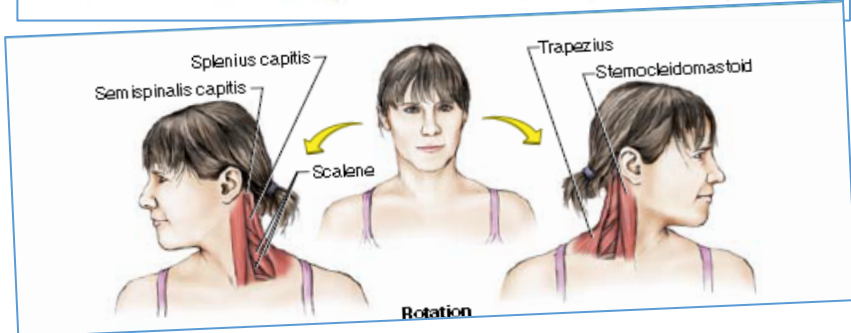
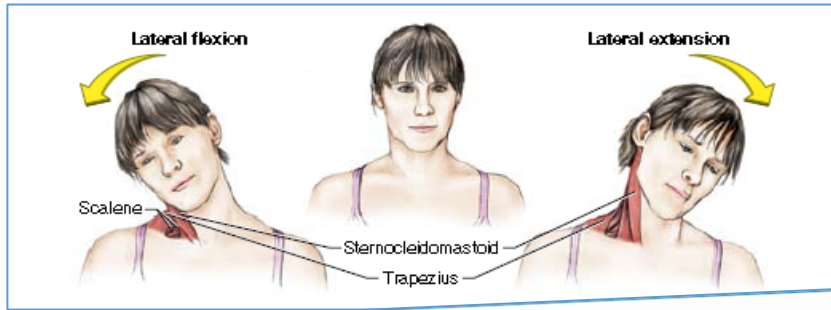
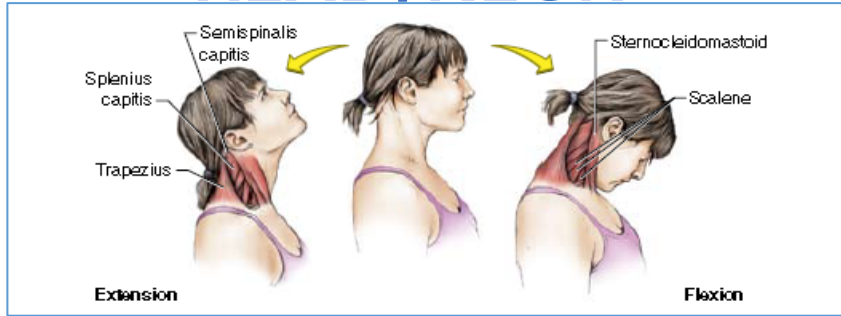


SHOULDER FRIENDLY ERGONOMIC DESIGN



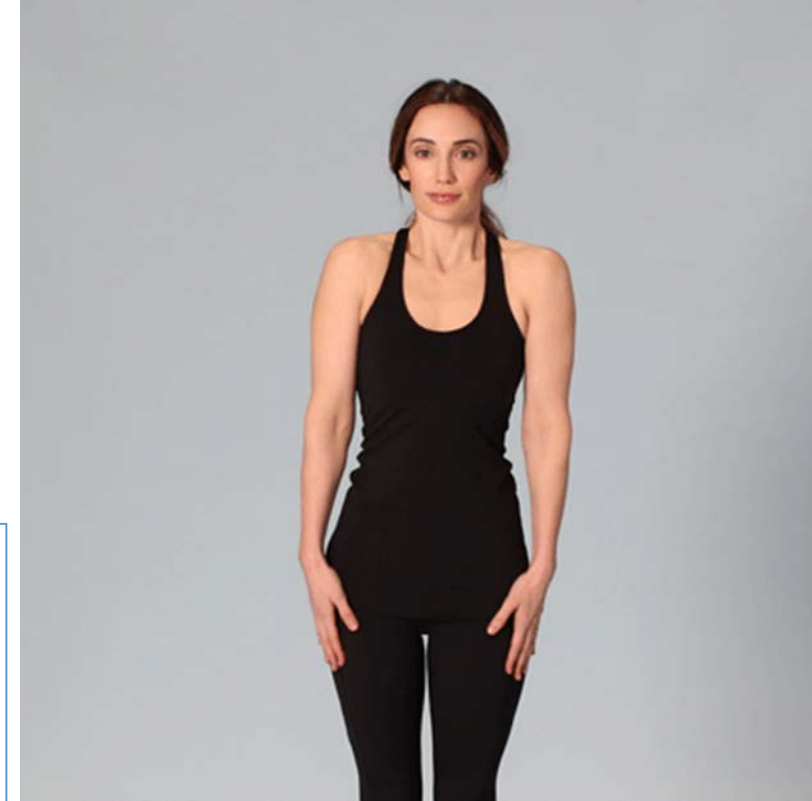
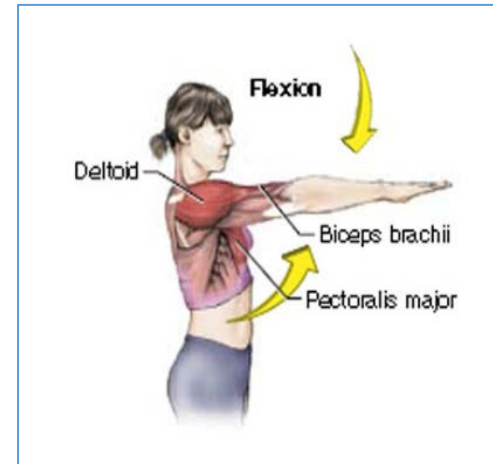
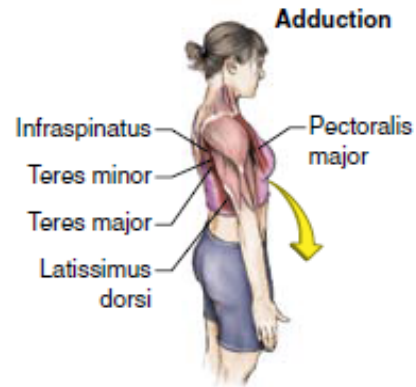
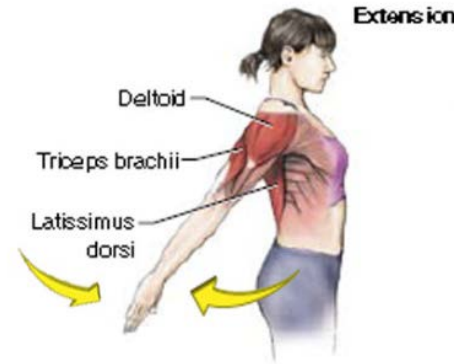
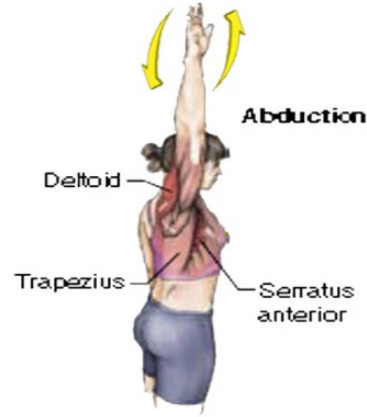
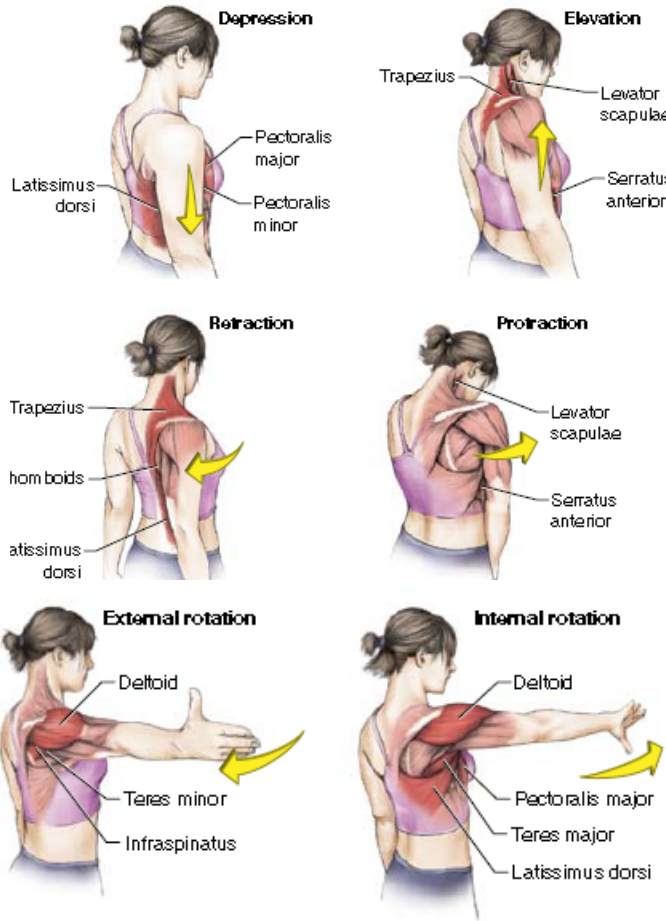
YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ

• HEAD/NECK



YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ

• SHOULDERS



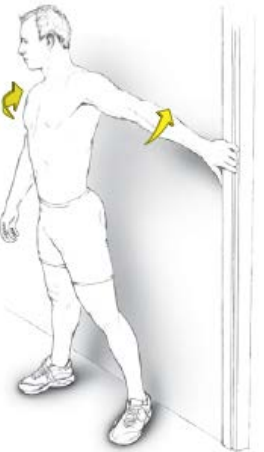
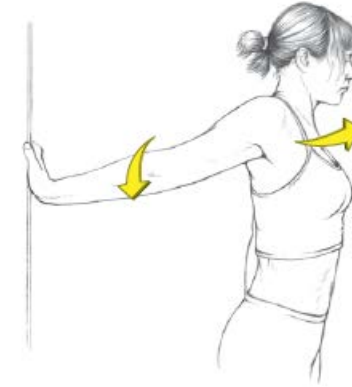
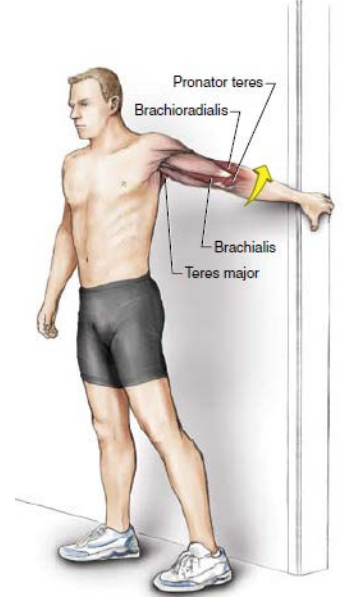
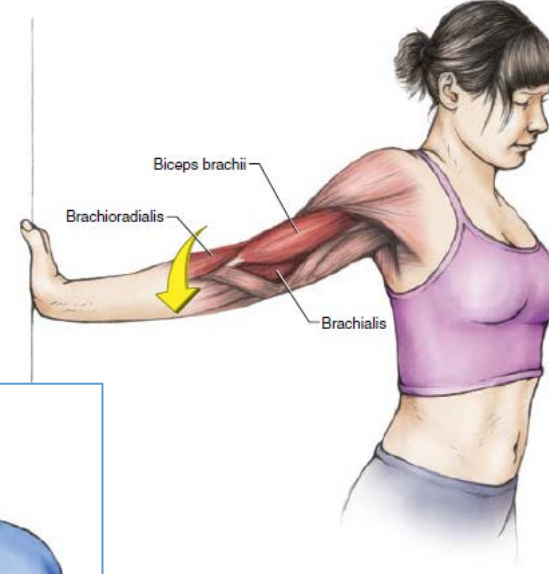
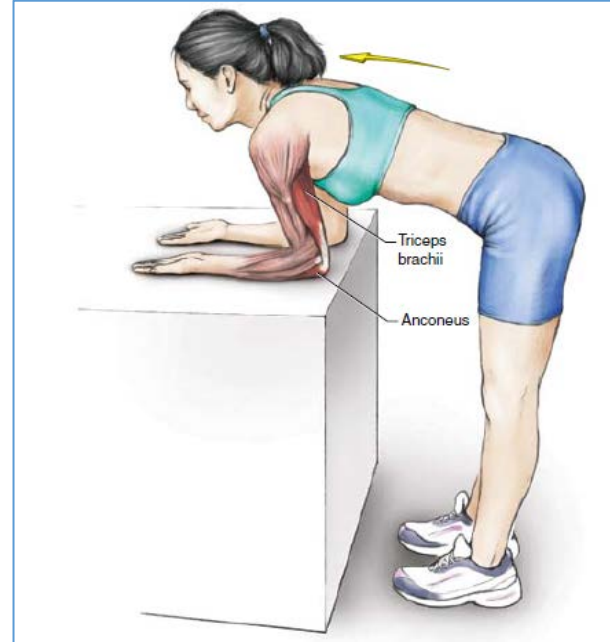
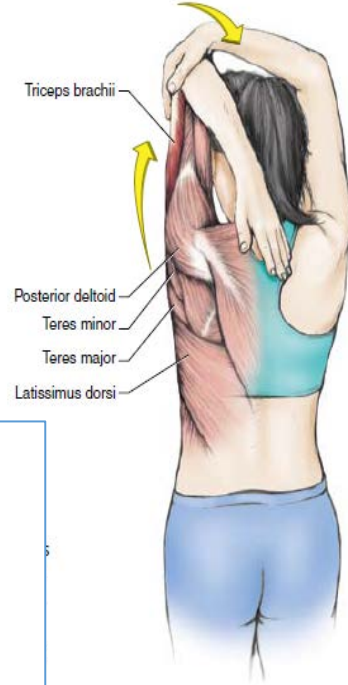
YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ

- SHOULDERS



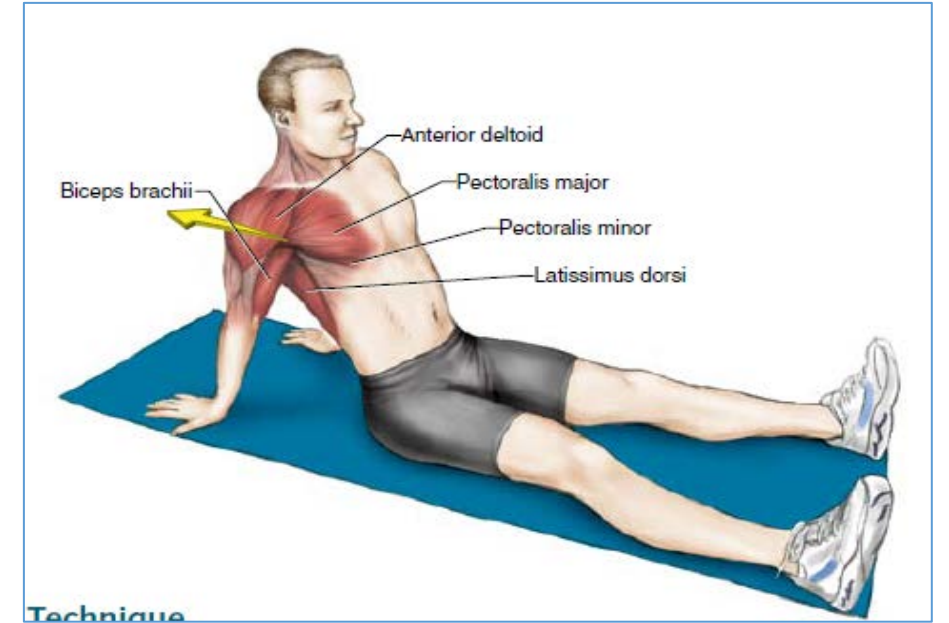
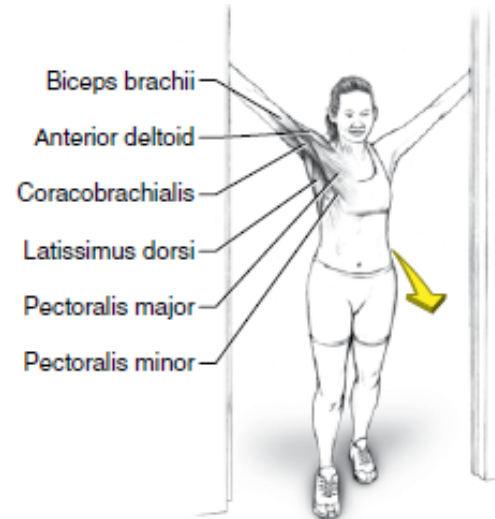
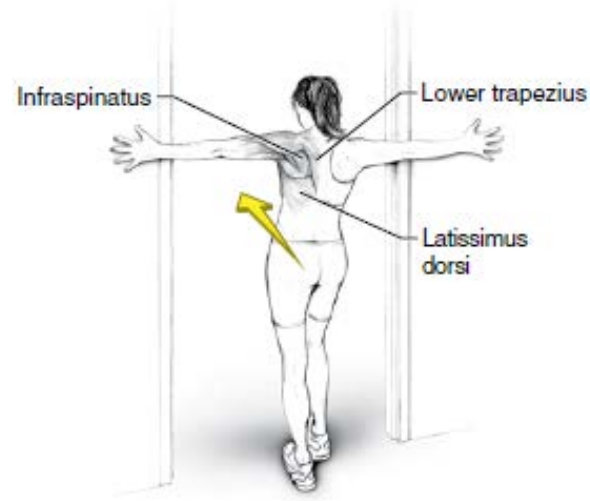
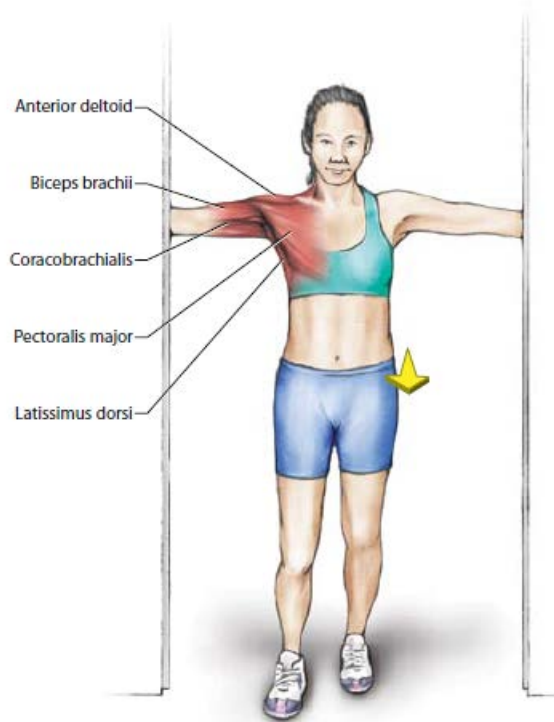
YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ

• ARMS



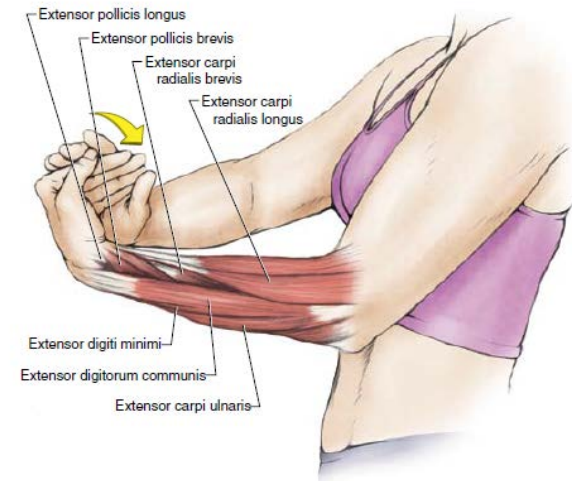
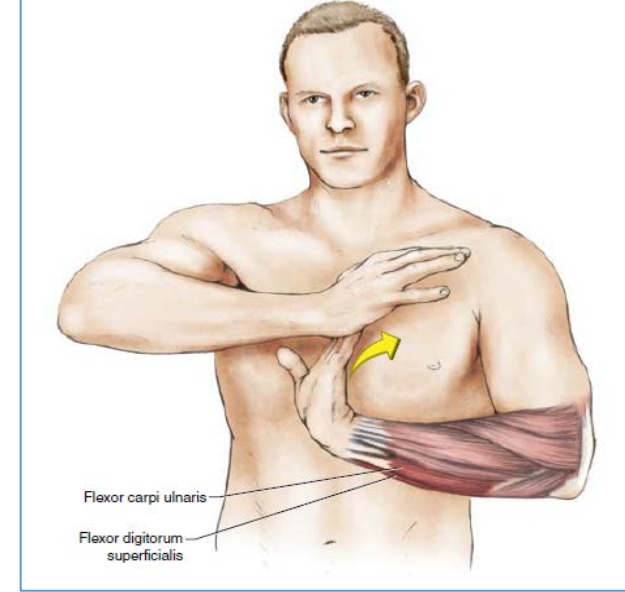
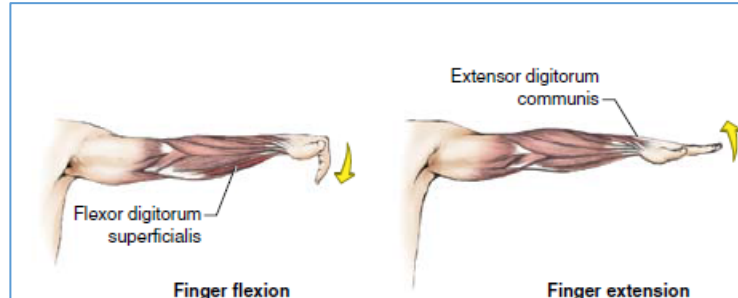
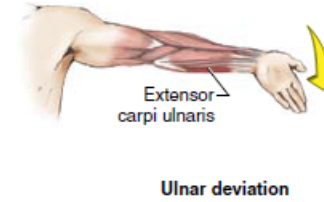
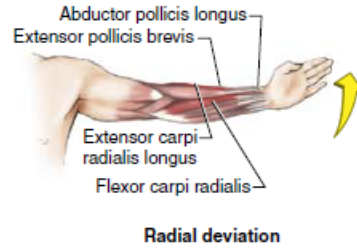
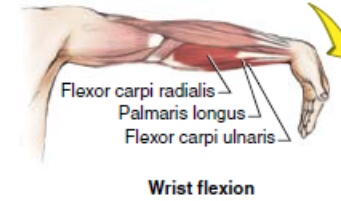
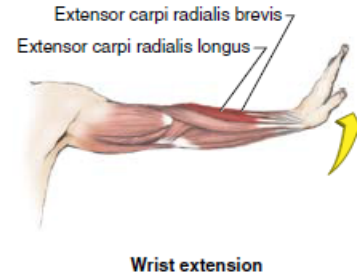
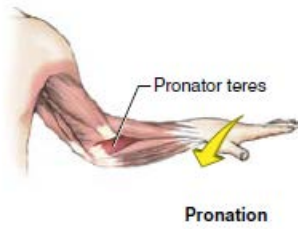
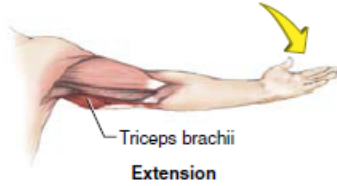
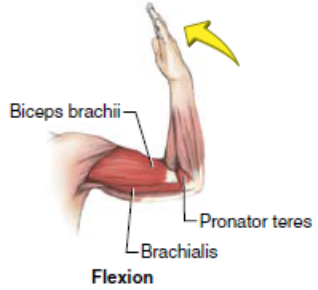
YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ

• CHEST



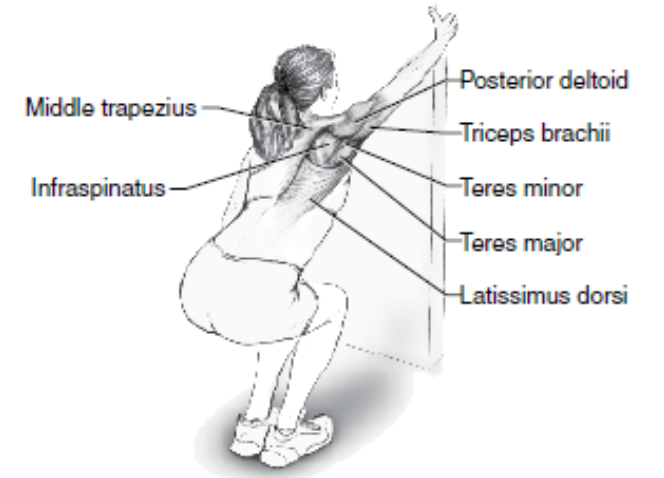
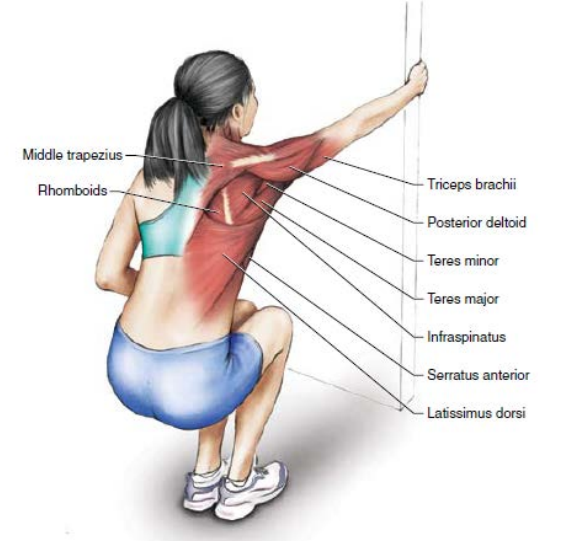
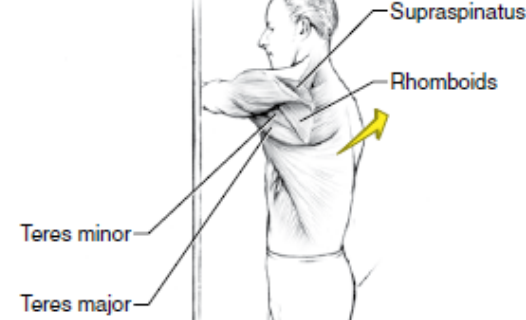
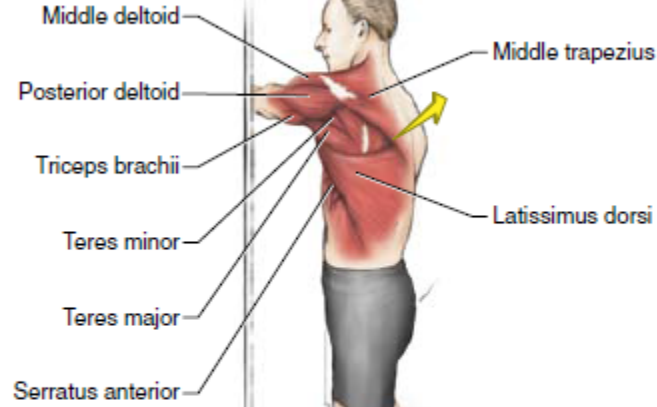
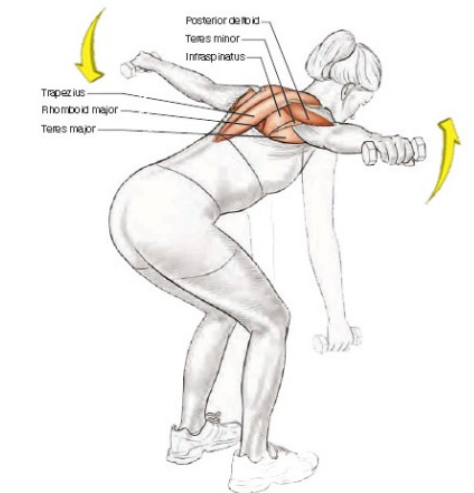
YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ

• WRISTS



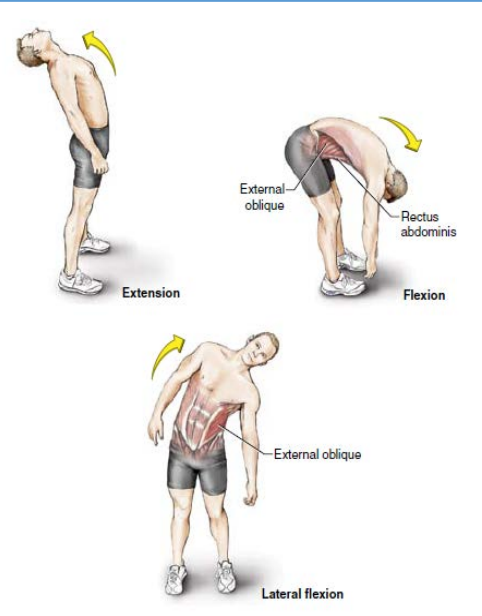
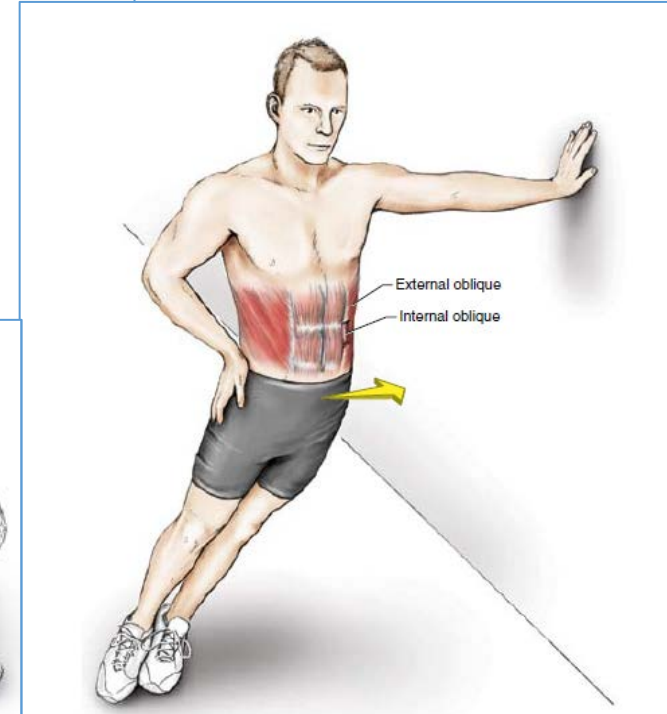
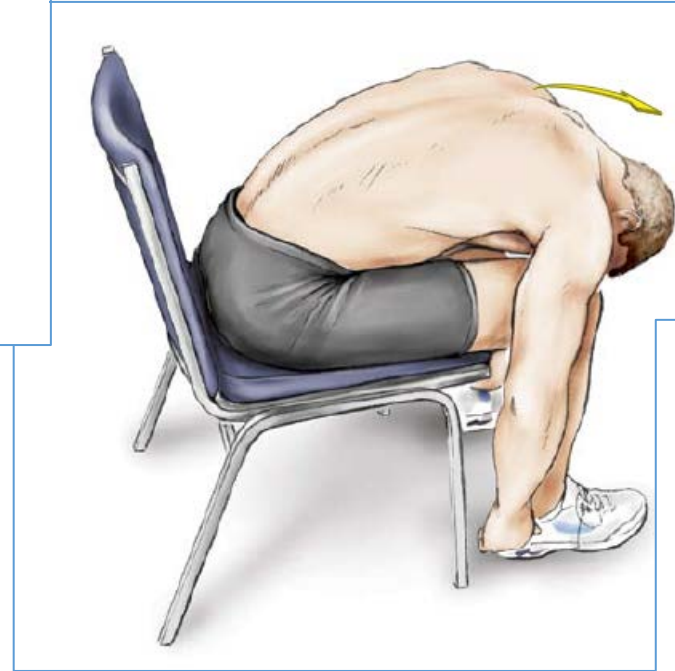
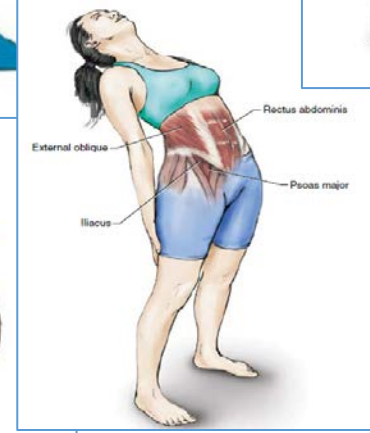
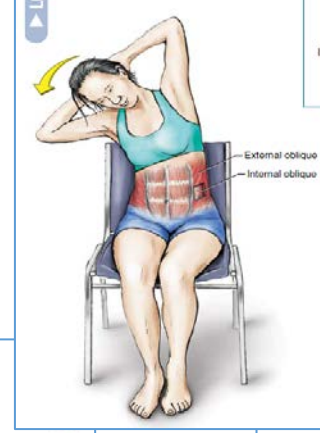
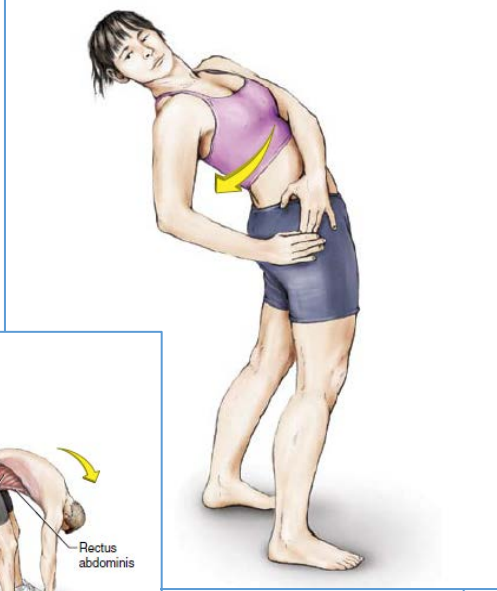
YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ

• BACK



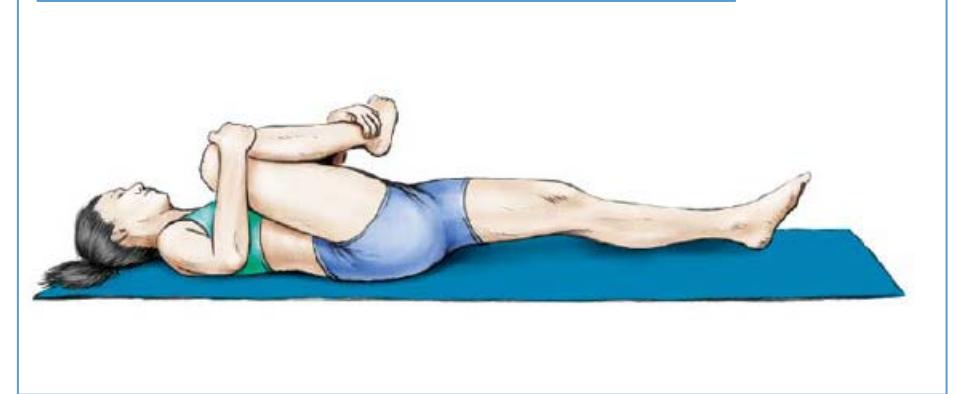
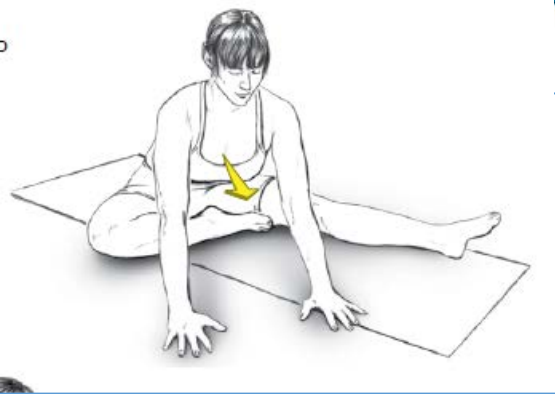
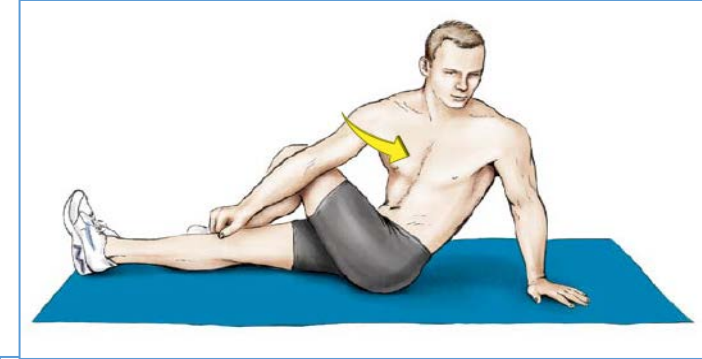
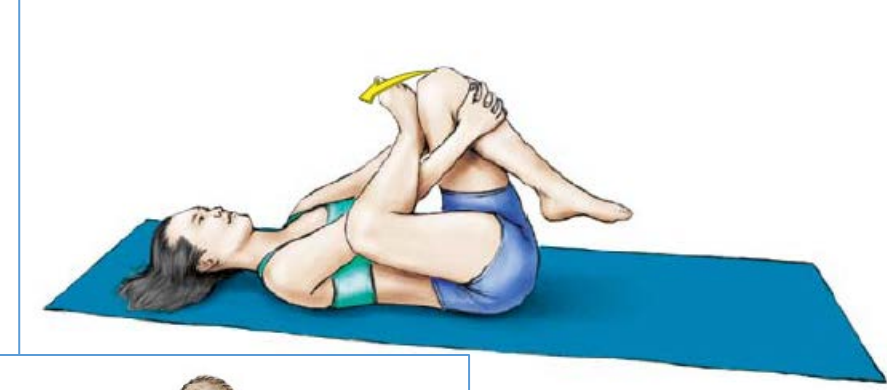
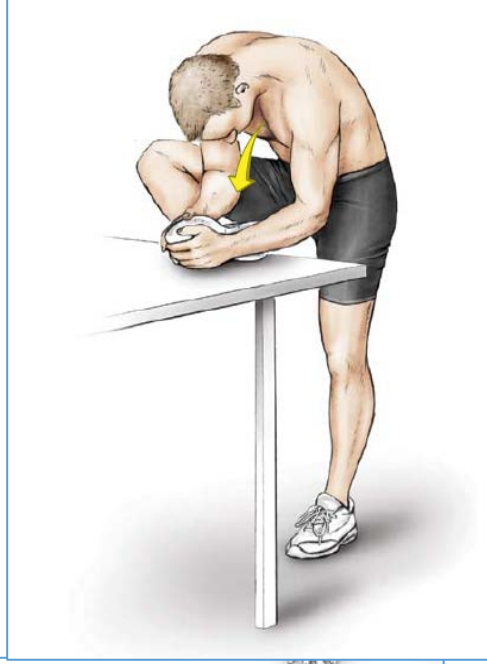
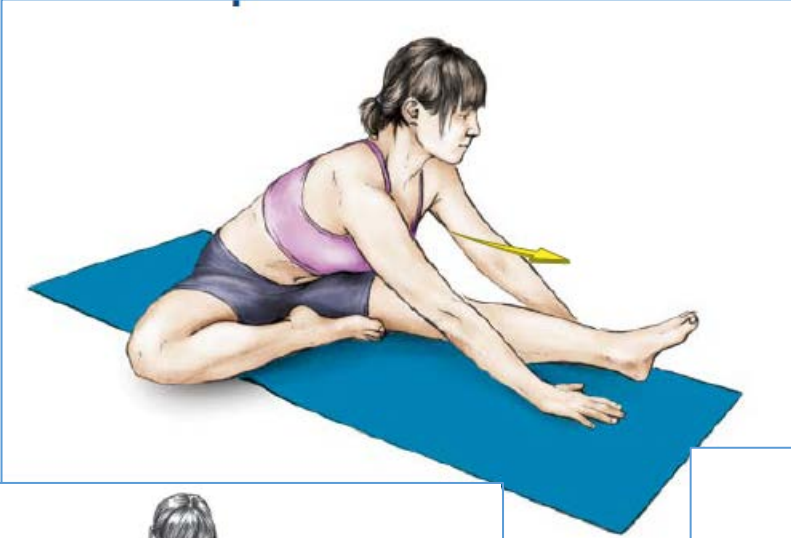
YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ

• ABDOMEN



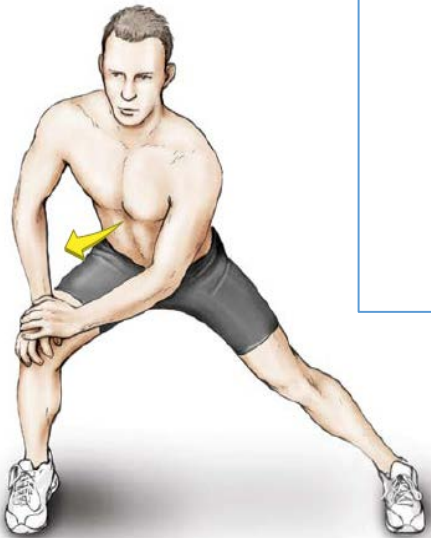
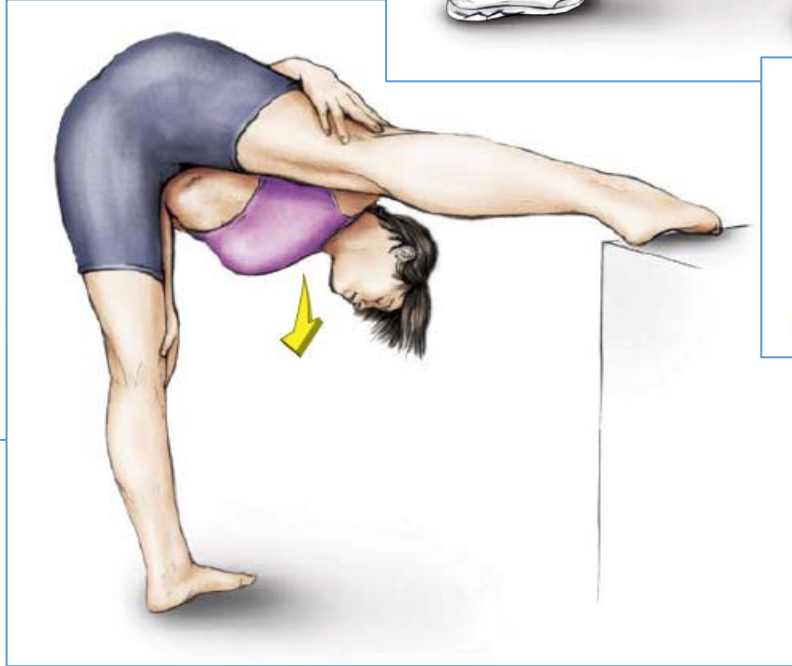
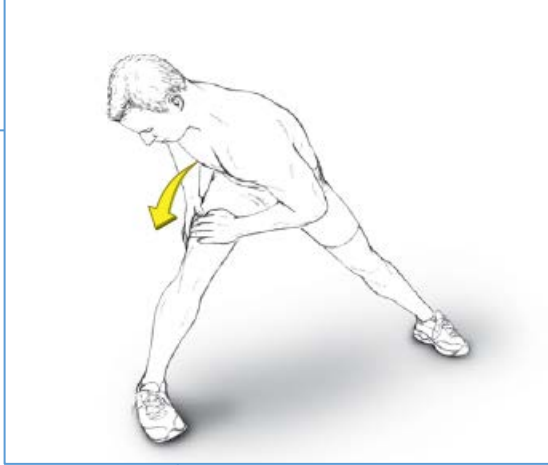
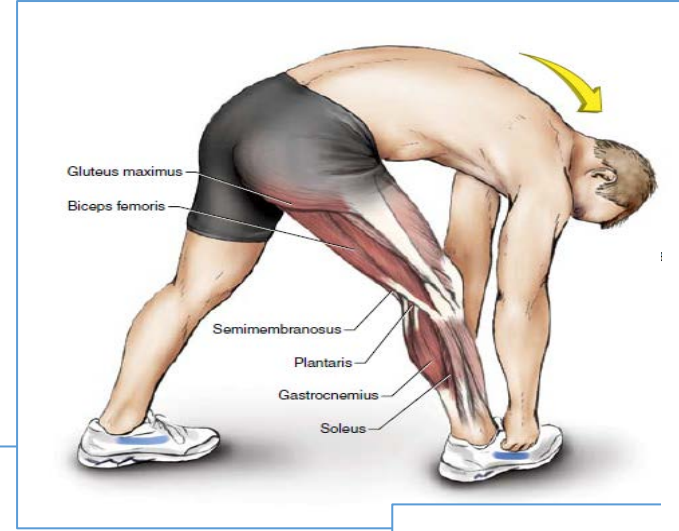
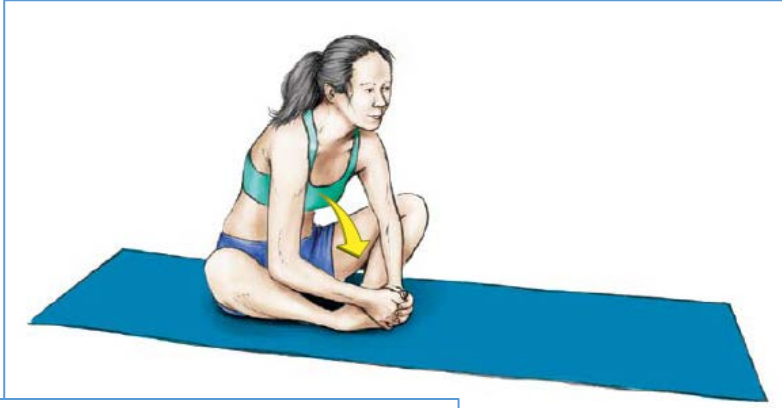
YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ

• HIP



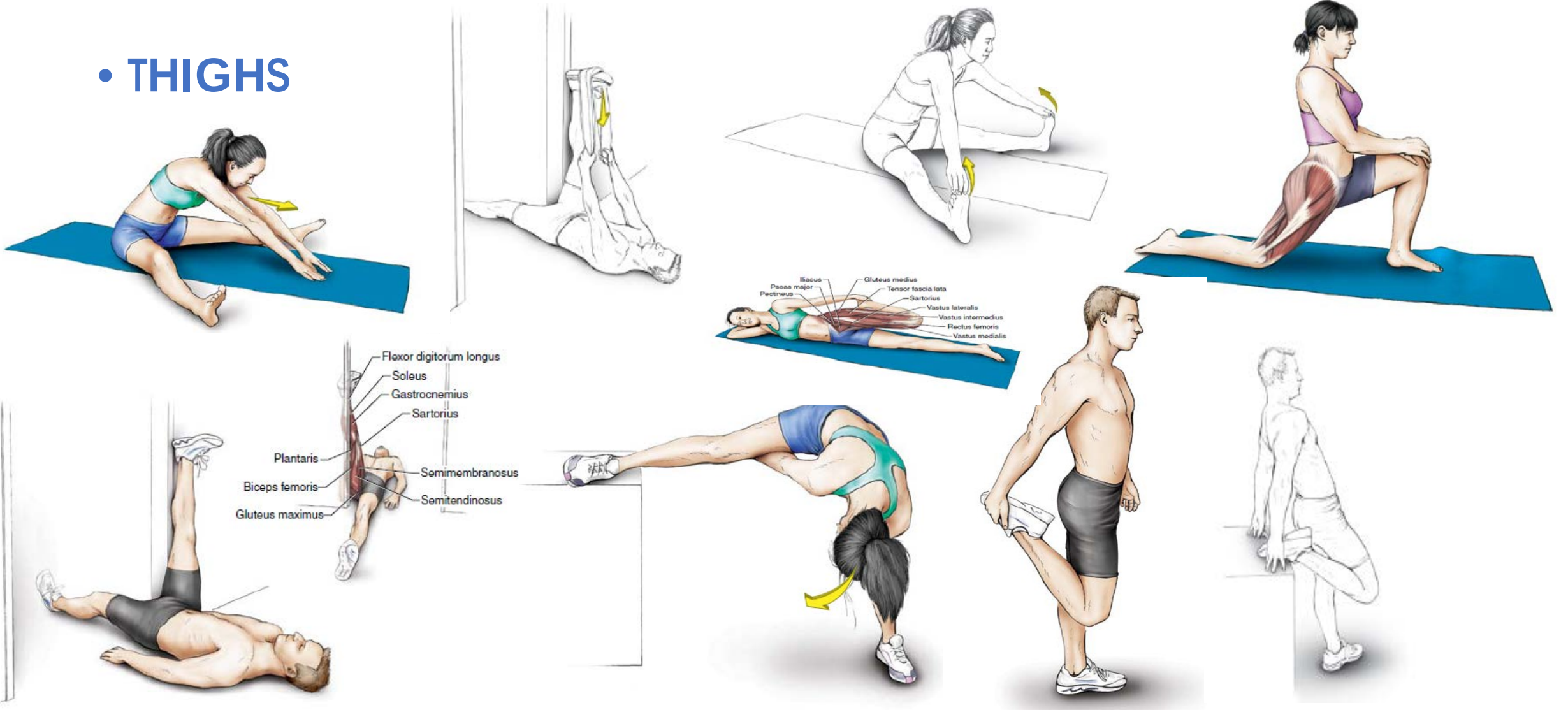
YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ

• LEGS



YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ

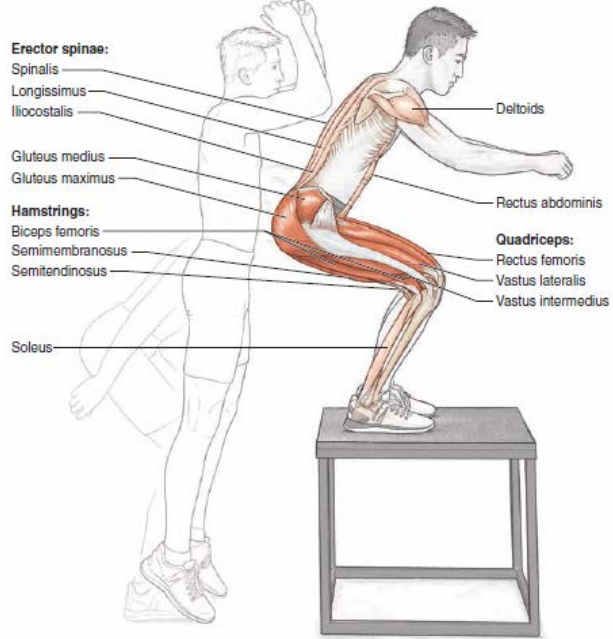
• THIGHS



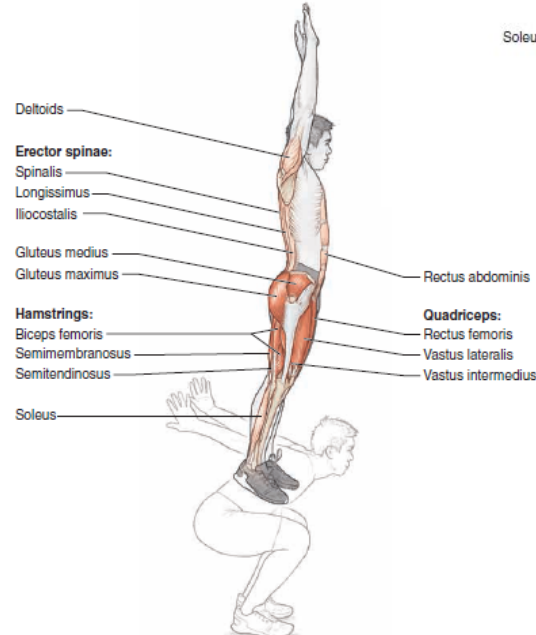
YÜZMEYE ÖZGÜ ISINMA HAREKETLERİ

• WHOLE BODY

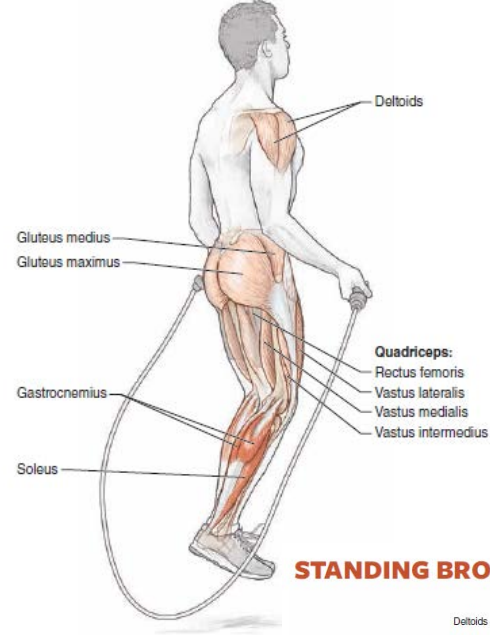
BOX JUMP FROM A STATIC START



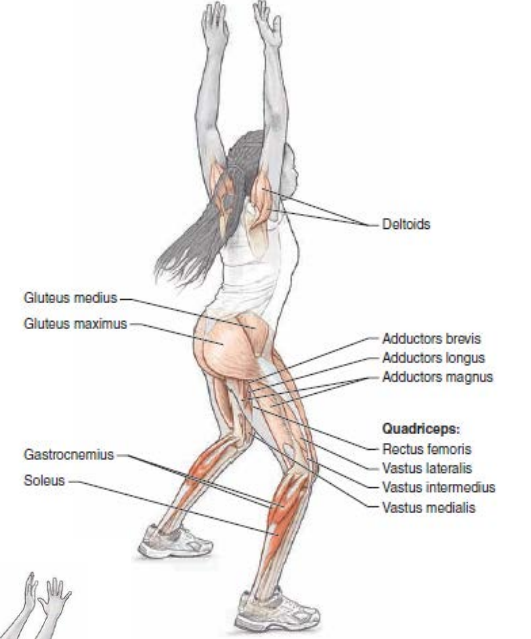
SQUAT JUMP



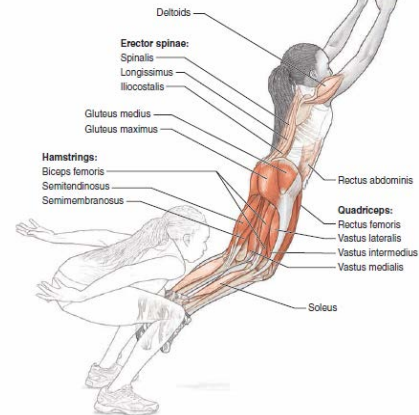
ROPE JUMP



JUMPING JACK



STANDING BROAD JUMP



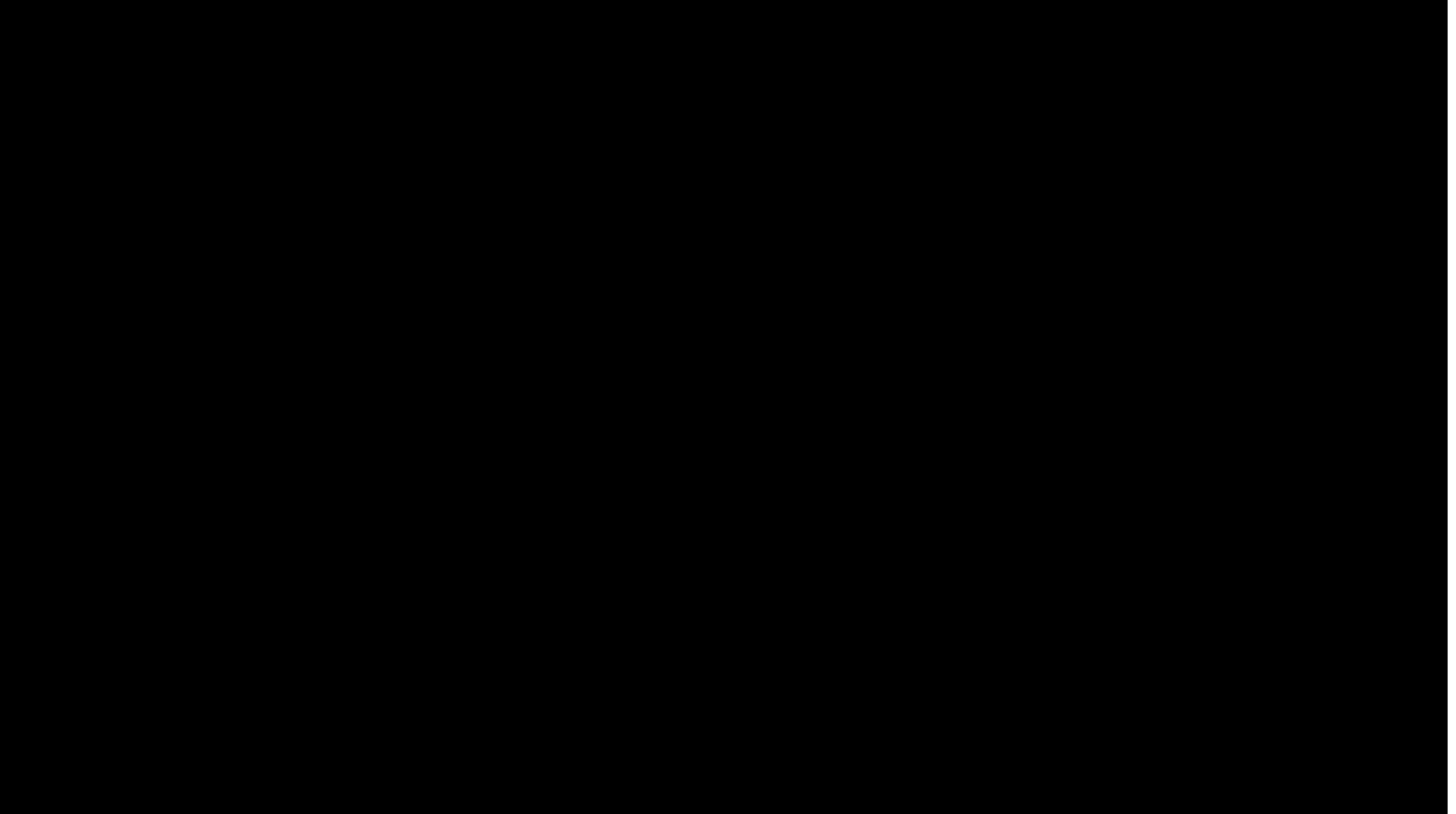
HOMework



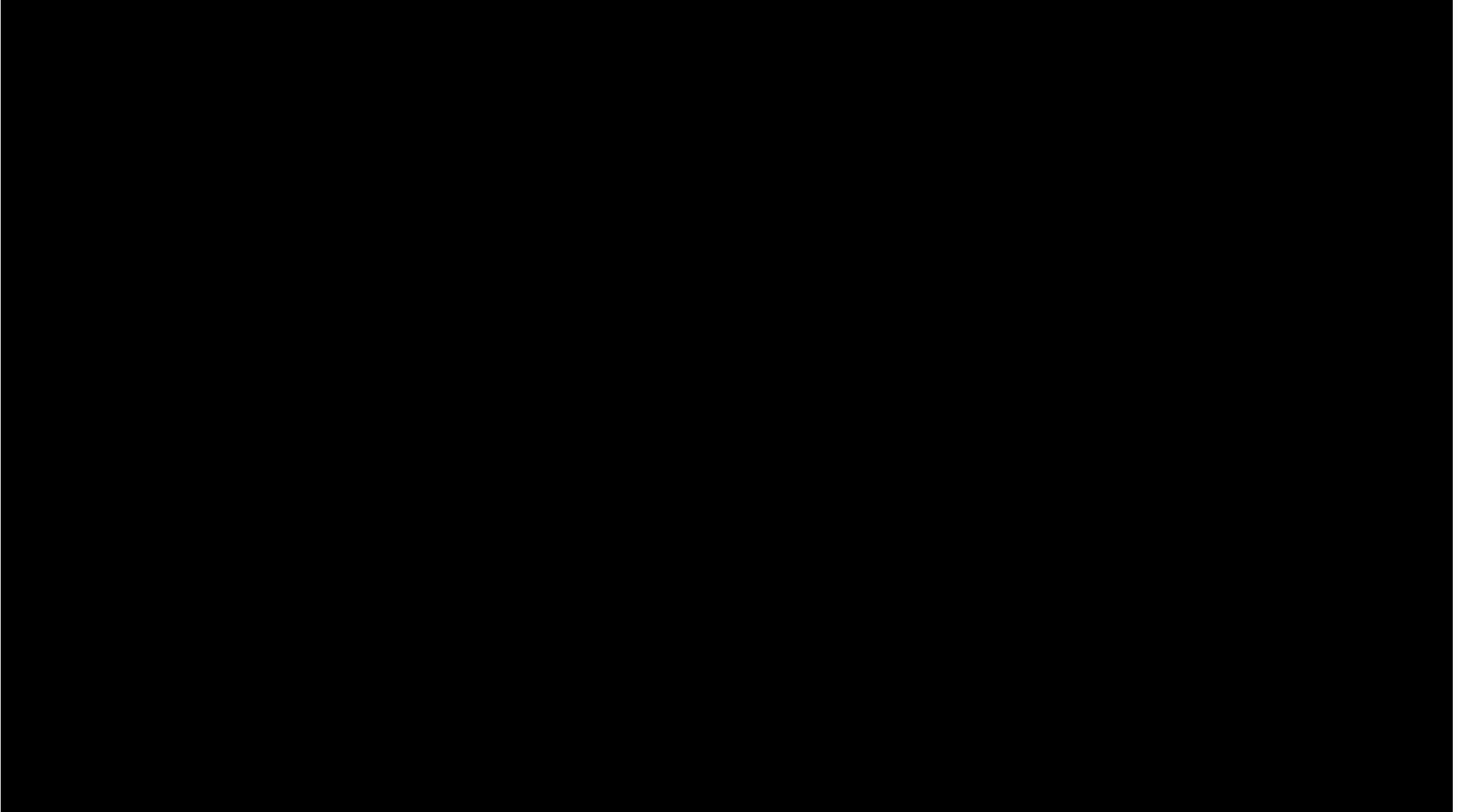
HOMEWORK



HOMEWORK



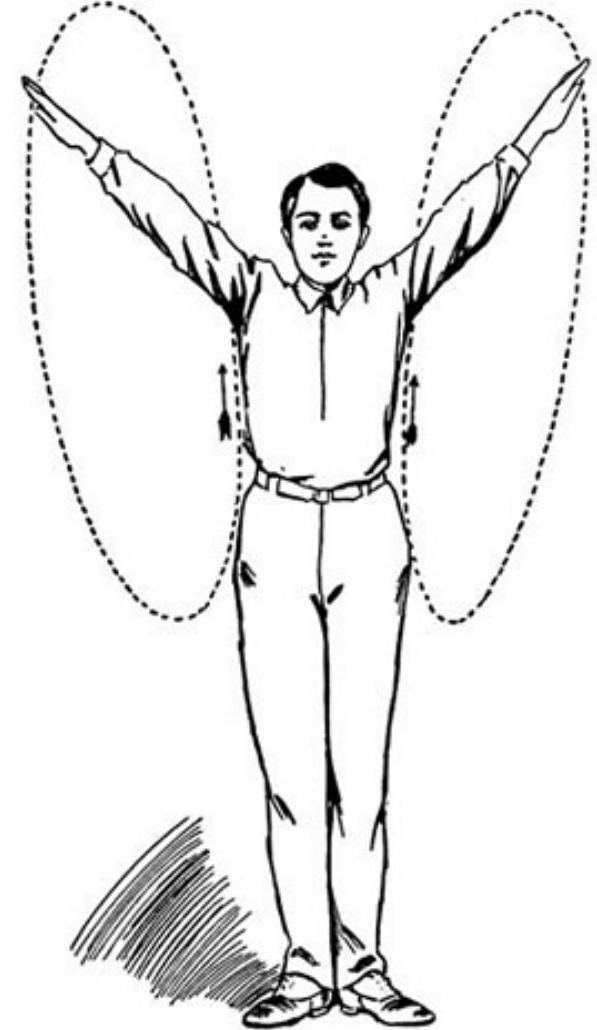
HOMEWORK



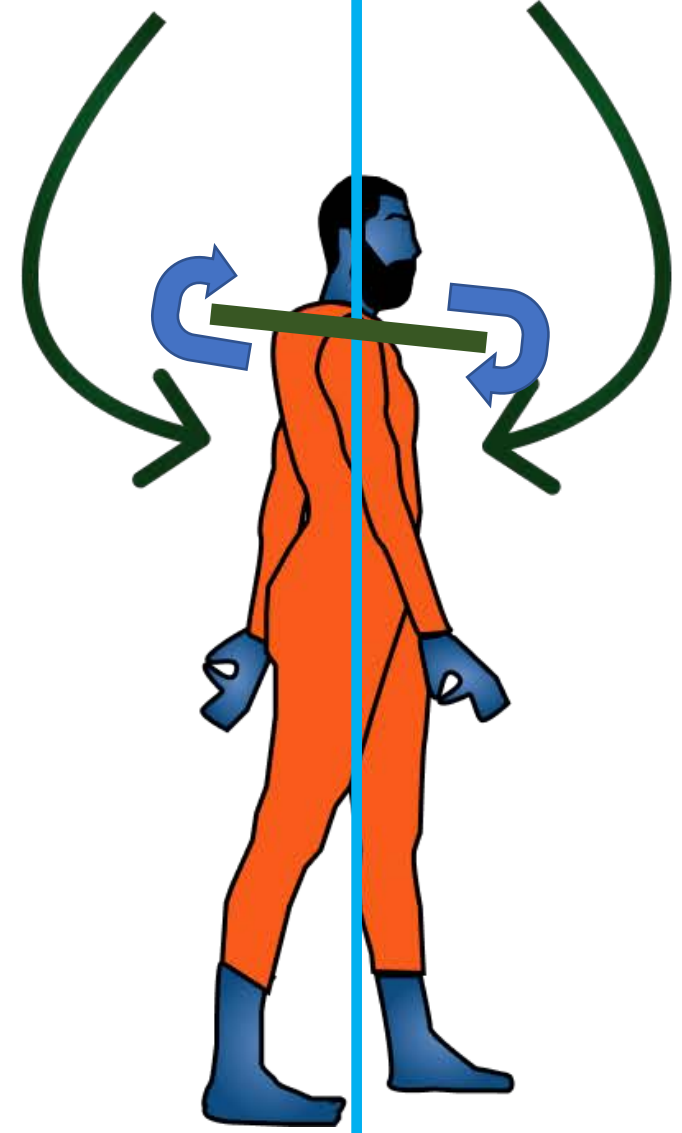
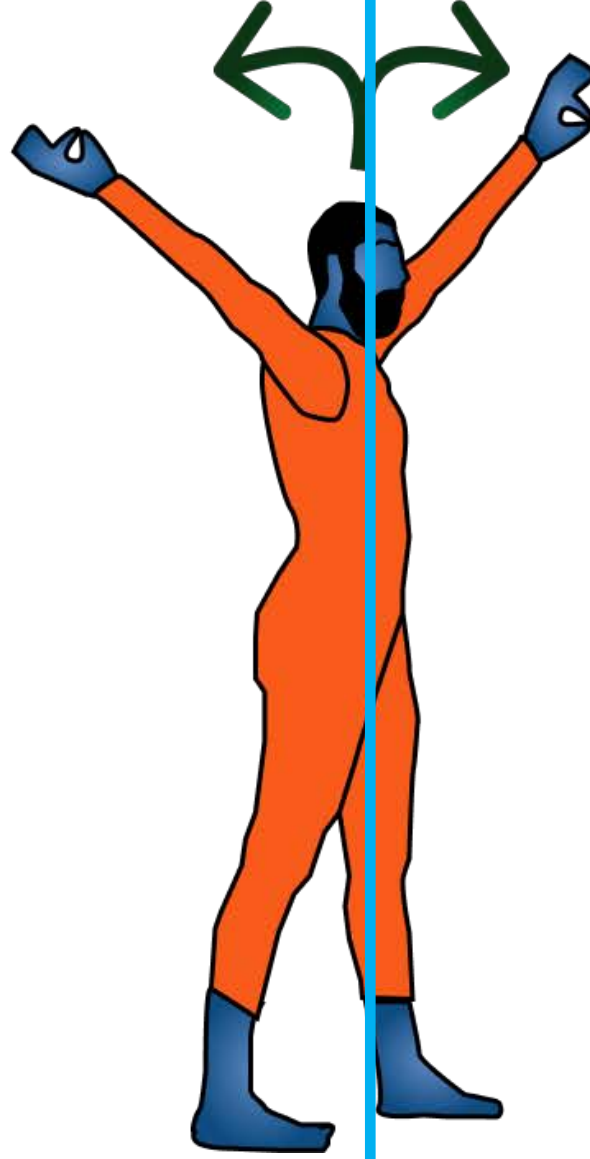
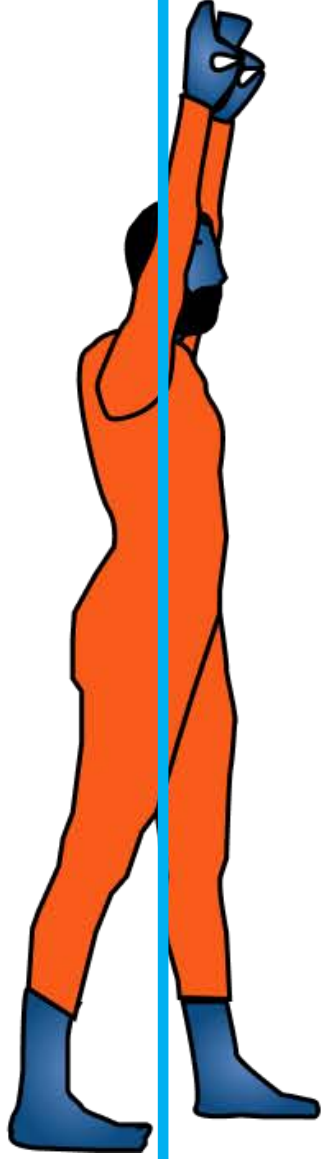
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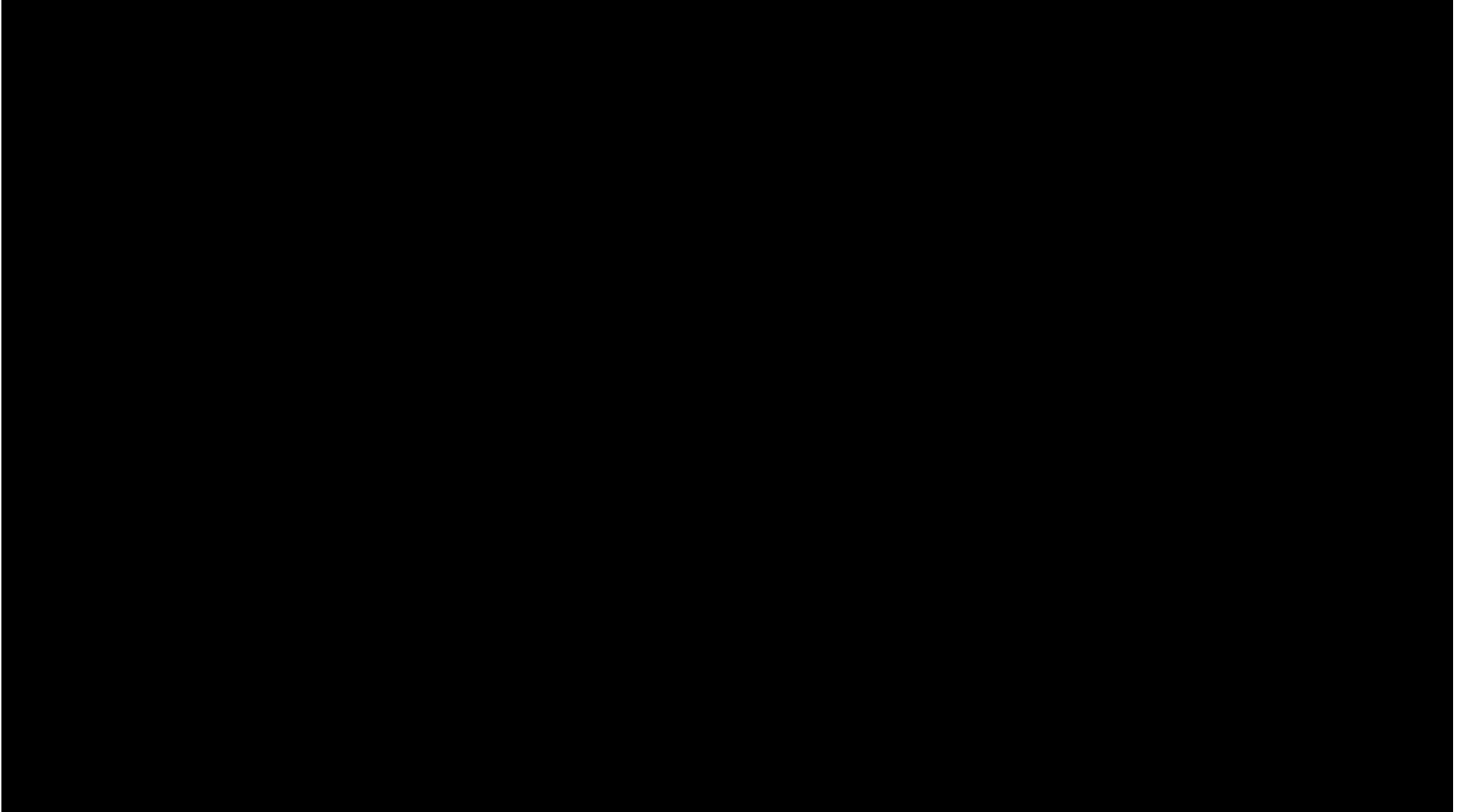
SPOTEBI.COM



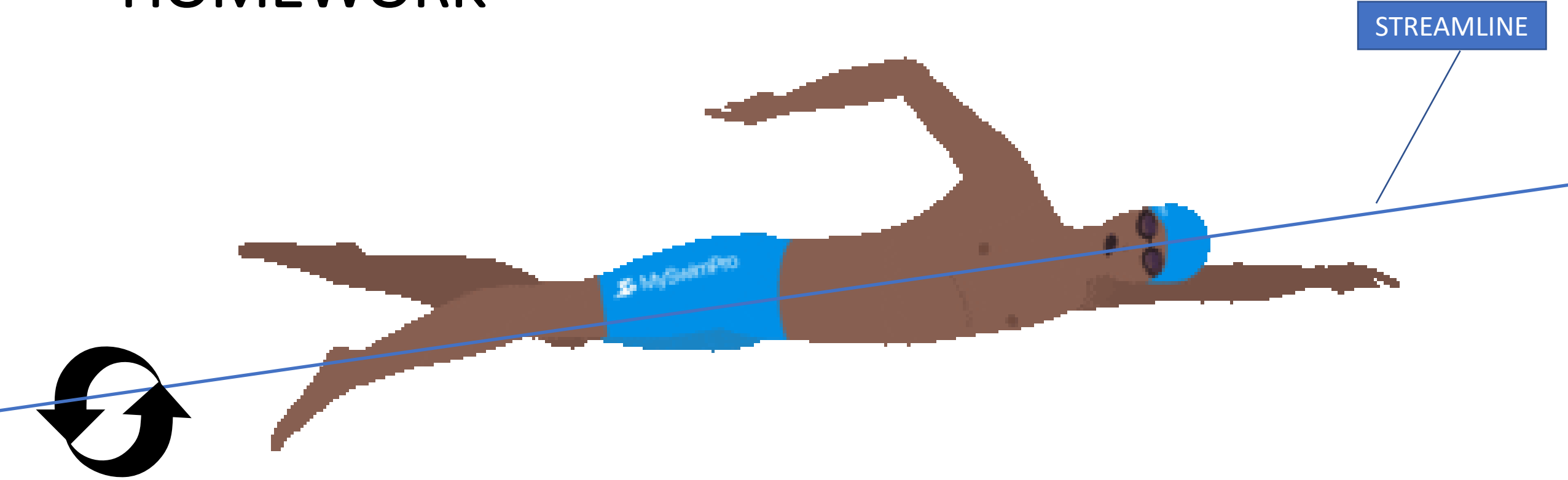
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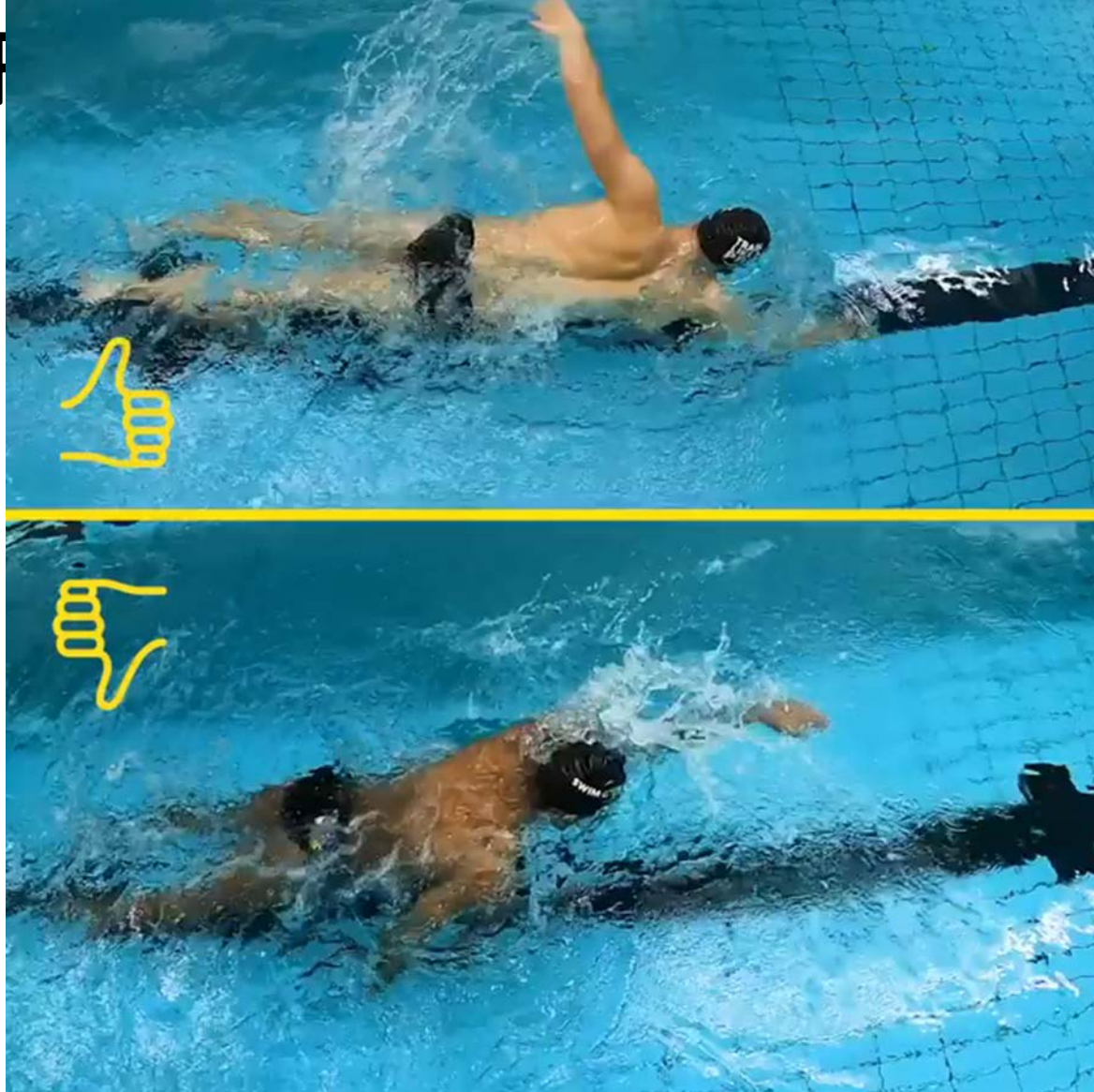
HOMEWORK



HOMEWORK



HOMEWORK



BEB101 – BEB102 – PHE101
DERSE GİRİŞ

- SUYA GİRMEK İÇİN MERDİVENLERİ KULLANINIZ
VEYA HAVUZ KENARINA OTURDUKTAN SONRA
KENARI BIRAKMADAN SUYA GİRİNİZ.
- SUYA ATLAMAK KESİNLİKLE YASAKTIR.

İTÜ OLİMPİK YÜZME HAVUZU

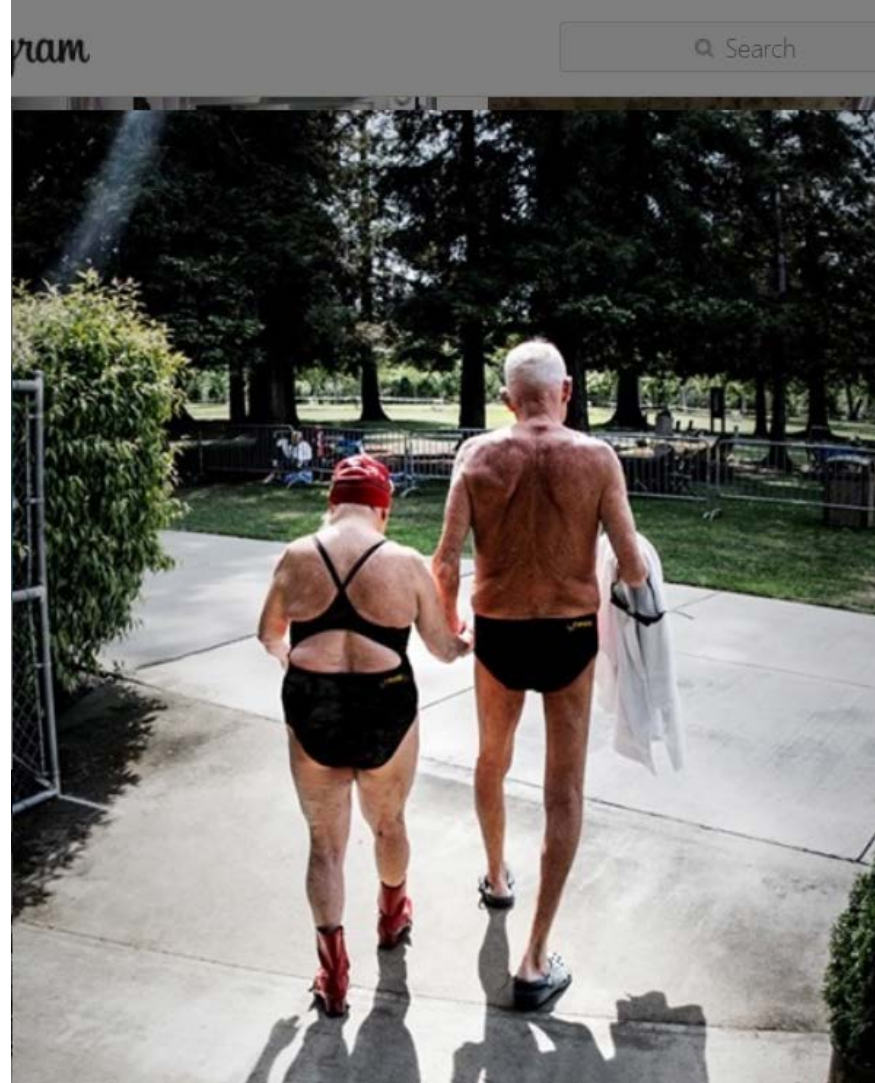


DERS ESNASINDA KULLANILACA MALZEMELER

• MAYO

Öğrenciler derste yüzme amaçlı kumaştan üretilmiş tek parça yüzme mayosu giymek zorundadırlar. Yüzme amaçlı üretilmiş malzemeler dışında kot pantolon, futbol şortu, plaj/sörf şortu vs ile suya girilemez.

Havuza girmek için kullanılan mayonun içine iç çamaşırı giyilemez.



DERS ESNASINDA KULLANILACA MALZEMELER

• HAVLU

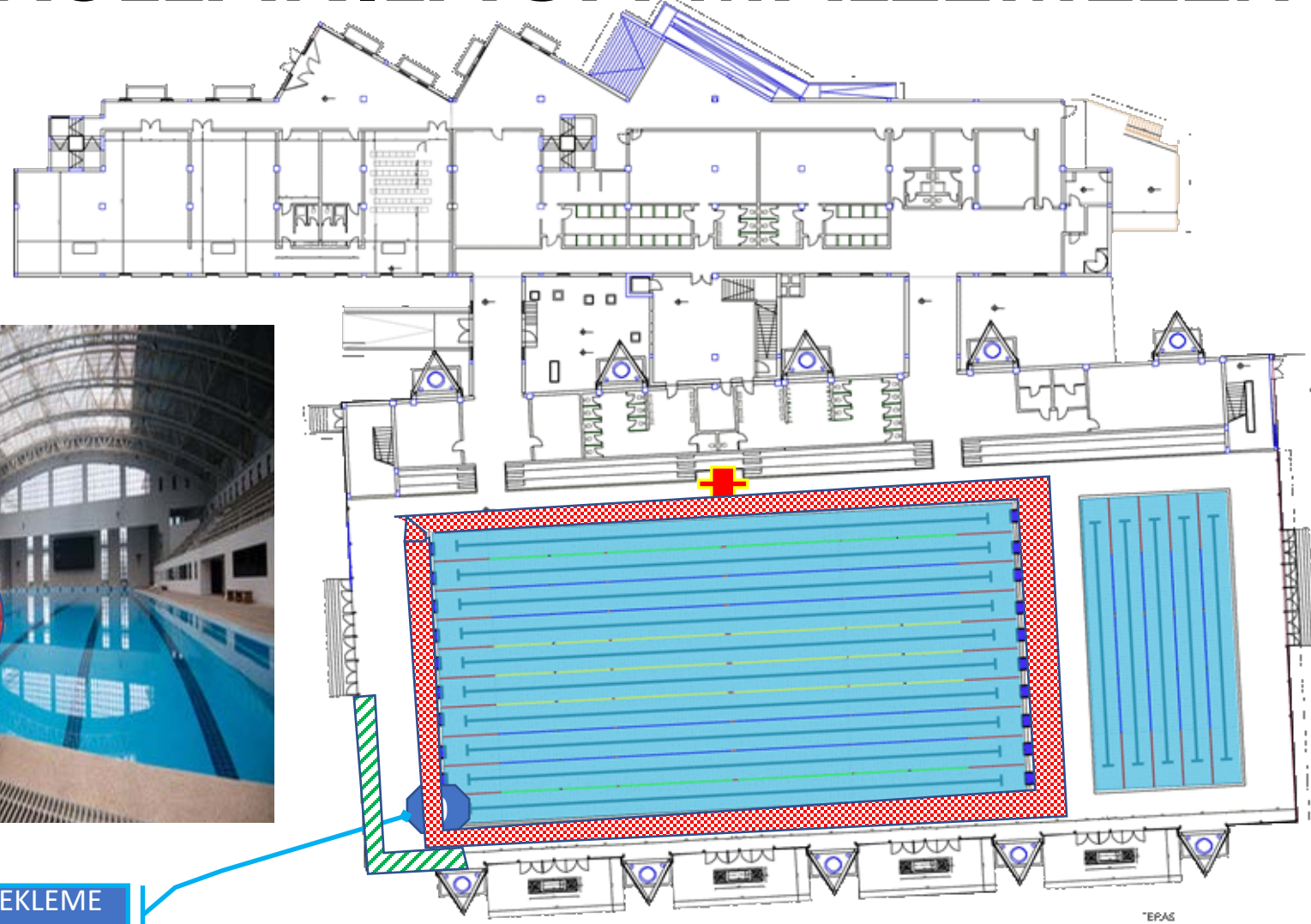
Havuz çevresine sadece yüzme amaçlı malzemelerinizi getiriniz. Terliksiz, günlük giysiler, ayakkabı, çanta, torba ve benzeri eşyalar ile havuz alanına girmeyiniz.

Derste suya giremeyecek durumda iseniz sadece şort, tişört ve terlikle havuz kenarına geliniz.

Dışarıda kullanılan ayakkabılarla ve terliklerle havuz çevresine girilmez.



ISINMA/BEKLEME
ALANI



ZEMİN KAT PLANI
ÖLÇEK:1/200

DERS ESNASINDA KULLANILACA MALZEMELER

• TERLİK

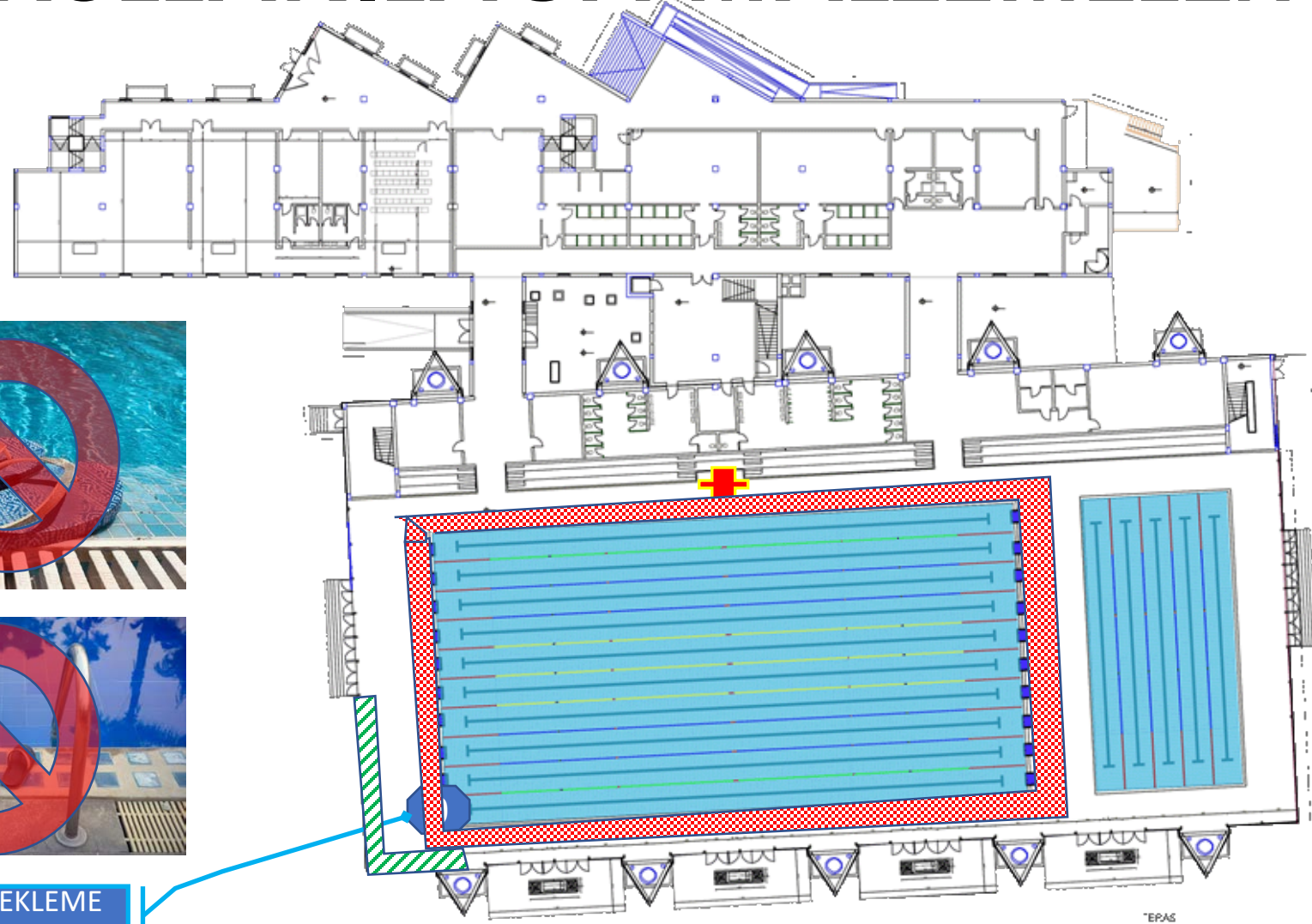
Havuz çevresine sadece yüzme amaçlı malzemelerinizi getiriniz. Terliksiz, günlük giysiler, ayakkabı, çanta, torba ve benzeri eşyalar ile havuz alanına girmeyiniz.

Derste suya giremeyecek durumda iseniz sadece şort, tişört ve terlikle havuz kenarına geliniz.

Dışarıda kullanılan ayakkabılarla ve terliklerle havuz çevresine girilmez.



ISINMA/BEKLEME
ALANI

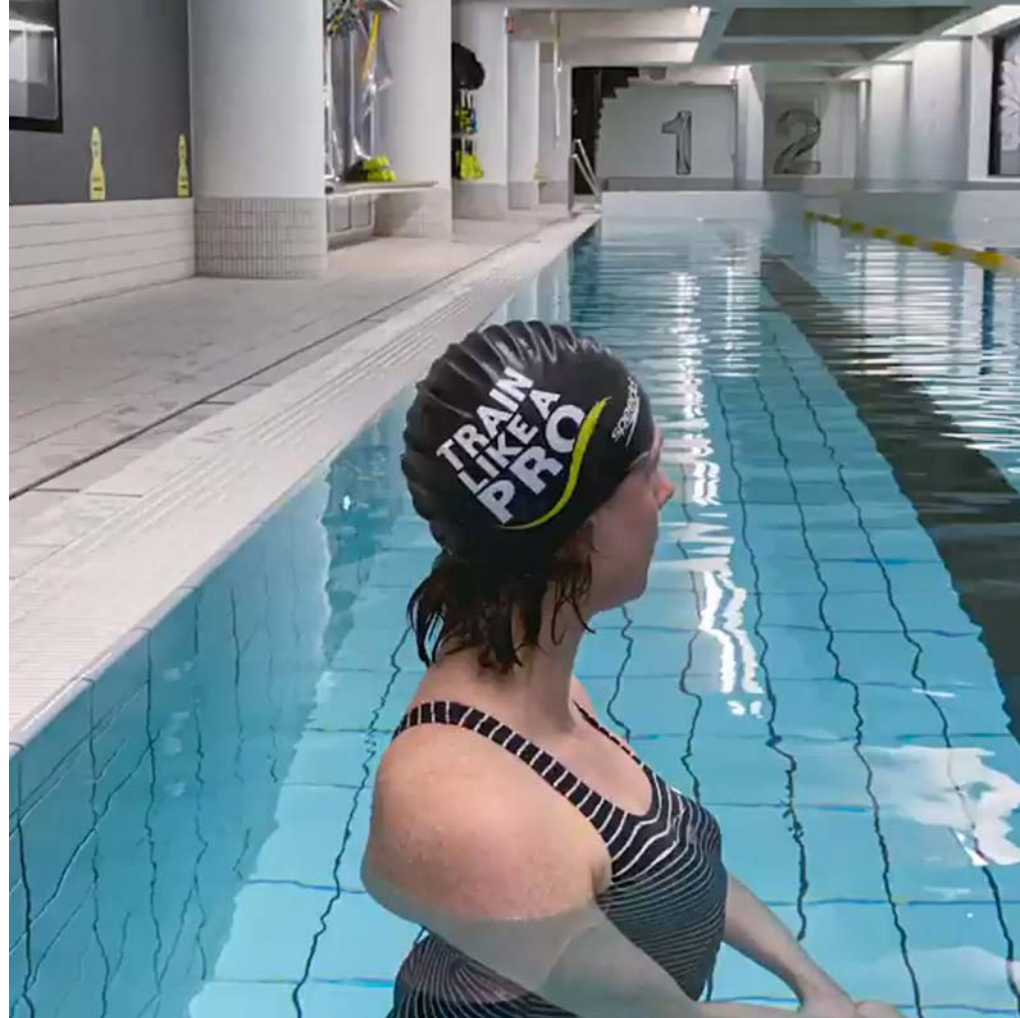


ZEMİN KAT PLANI
ÖLÇEK:1/200

DERS ESNASINDA KULLANILACA MALZEMELER

- BONE

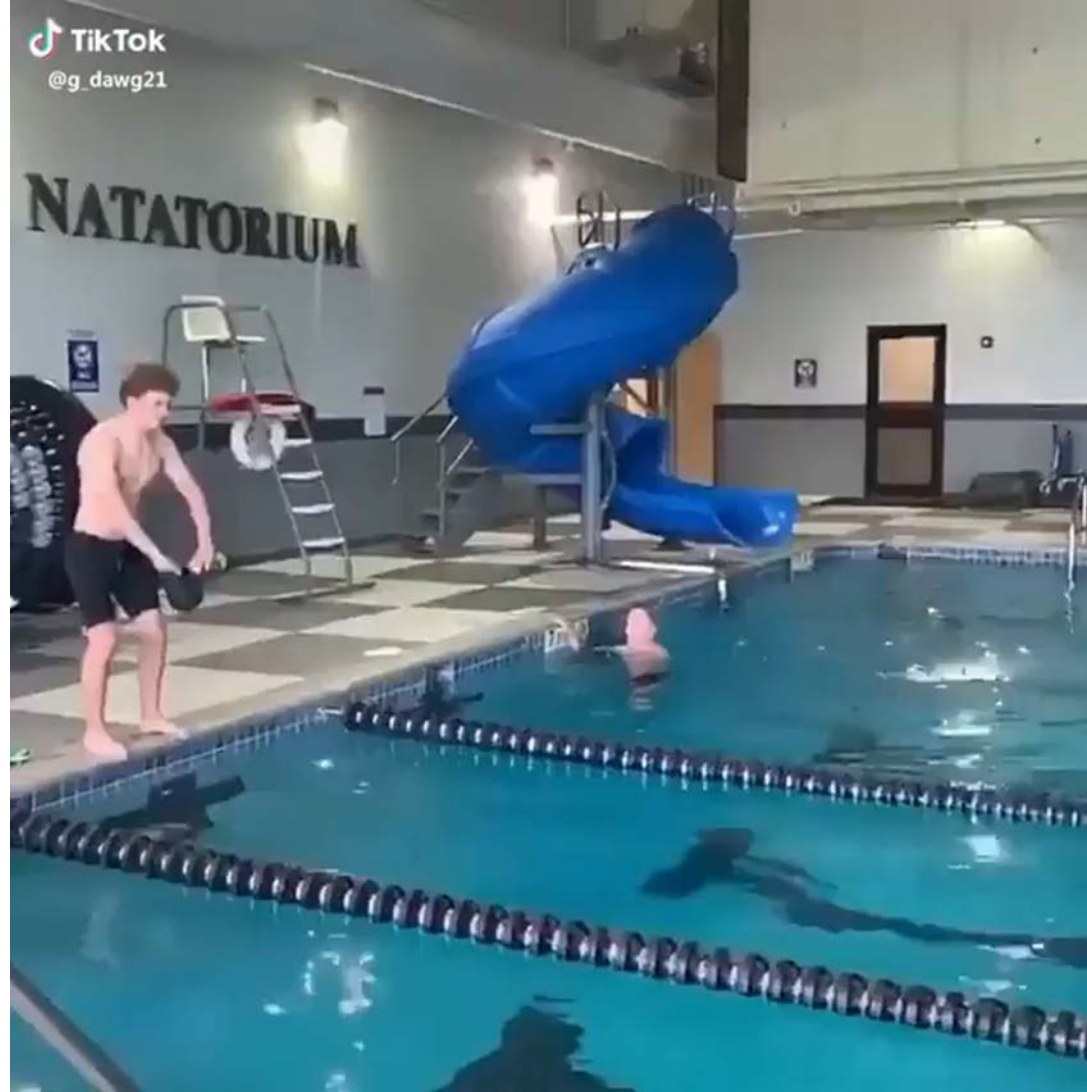
Havuza bonesiz girmeyiniz.



DERS ESNASINDA KULLANILACA MALZEMELER

- BONE

Havuza bonesiz girmeyiniz.



DERS ESNASINDA KULLANILACA MALZEMELER

• GÖZLÜK

Gözleri alerjik yapıda olanlar dışında, havuz gözlüğü, ders sorumlusu izin verdiği zamanlarda kullanılabilir.

**2020 – 2021 EĞİTİM/ÖĞRETİM YILI
GÜZ DÖNEMİ**

**BEB 101 – TEMEL YÜZME BECERİSİ ÖĞRENİMİ
BEB 102 –YÜZME TEKNİKLERİ BECERİSİ ÖĞRENİMİ
PHE 101 – PHYSICAL EDUCATION
HAFTALIK DERS PROGRAMI**

14. HAFTA (18 OCAK – 22 OCAK 2021)

Havuzda kullanılan malzemeler ve havuz kullanımının ve havuz görgü kurallarının (pool etiquette) anlatılması.

- HAVUZ DEKİ
0. KULVAR

ZEMİN KAT PLANI
ÖLÇEK:1/200

HAVUZ KENARINDA YÜRÜYERE DERS YAPILACAK ORTAMIN
GÖSTERİLMESİ, ÖĞRENCİLERİN TEPKİSİNİN DEĞERLENDİRİLMESİ.

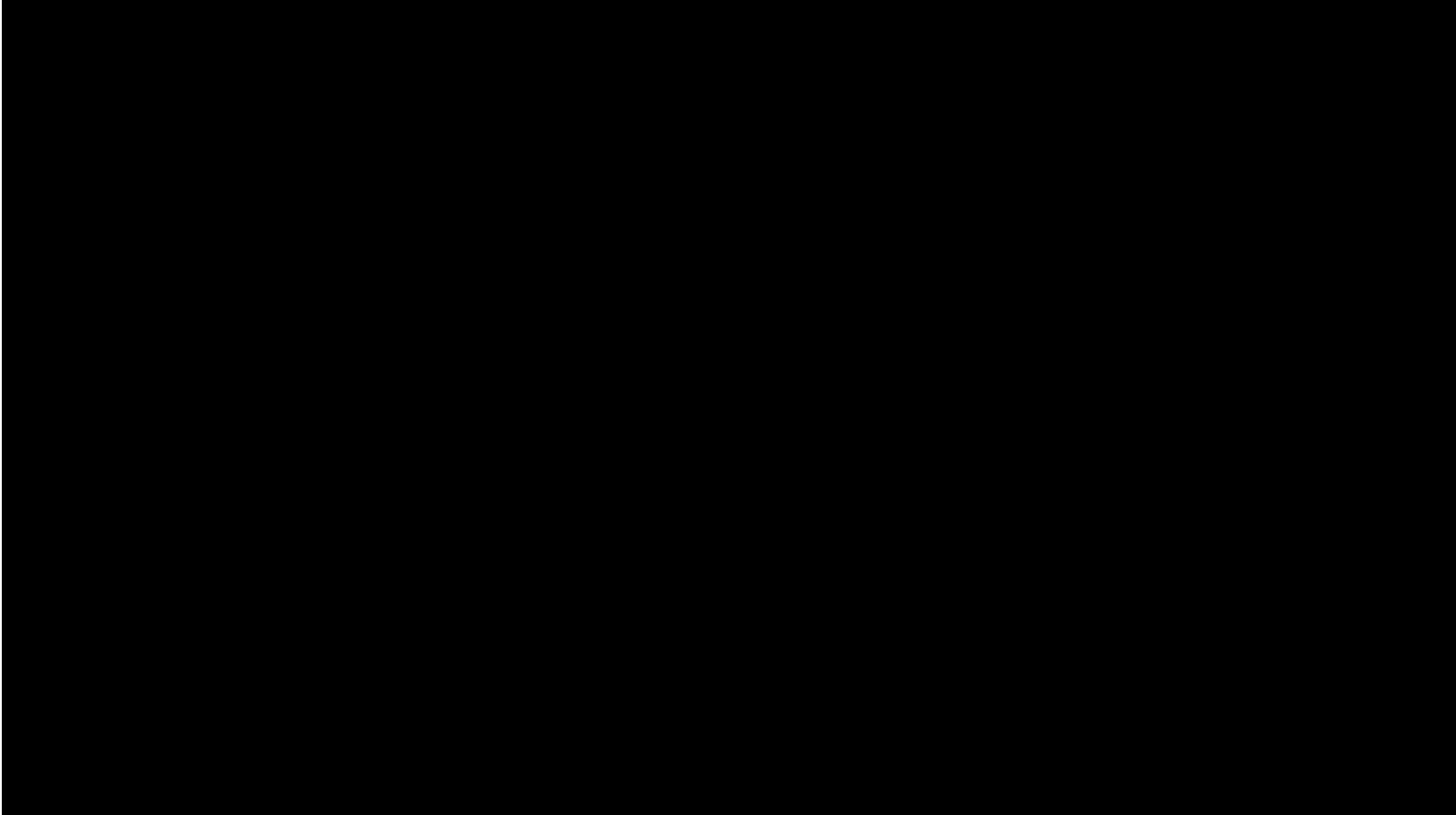
SUYA GİRİŞ NASIL YAPILIR



SUDAN ÇIKIŞ NASIL YAPILIR



SUYA GİRİŞ NASIL YAPILMAZ



SUDAN ÇIKIŞ NASIL YAPILMAZ

