



PHYSICAL EDUCATION COURSES



In support of the mission of Turkish Naval Academy the objectives of the Department of Physical Education and Sport are provide every midshipmen with;

1. High level of swimming an Life saving ability,
2. Basic sailing and rowing skills,
3. Improving personal ability and confidence,
4. Develop team spirit, sport culture and dicipline,
5. Keen interest and sufficient skill in carry-over sports to insure a proper level physical fitness after graduation.

Under these objectives ; The P.E.S Department conduct its curriculum with two major areas,

1. Combat Physical Education and Sport (C.P.E.S.-1) Lesson
2. Combat Physical Education and Sport (C.P.E.S.-2) which is conducted after the main Naval Academy daily curricular program.

Combat Physical Education and Sport (C.P.E.S.-1) Lesson

C.P.E.S.-1 Lesson is given to all midshipmen in two hours once a week under the subjects of

1. Swimming,
2. Sailing,
3. Rowing,
4. Naval Pentathlon and Obstacle Course,
5. Endurance Run (2400m).

At the end of each semester midshipmen are conducting their physical tests and complete C.P.E.S - 1 Lesson

CLASS	First Semester		Second Semester	
	Test Subject	Percentage	Test Subject	Percentage
First	100m.Freestyle Swimming	% 40	100m.Freestyle Swimming	% 40
	2400m. Run	% 20	2400m. Run	% 20
	Obstacle	% 20	Obstacle	% 20
	Sit-up (2 min.)	% 10	Push-Up	% 10
	Chin-Up	% 10	Tower Jump (3m.)	% 10
Second	100m.Breaststroke	% 40	100m. .Breaststroke	% 40
	2400m. Run	% 20	2400m. Run	% 20
	Obstacle	% 20	Obstacle	% 20
	Sit-up (2 min.)	% 10	Push-Up	% 10
	Chin-Up	% 10	Tower Jump (5m.)	% 10
Third	100m.Freestyle Swimming	% 40	100m. .Breaststroke	% 40
	2400m. Run	% 20	2400m. Run	% 20
	Obstacle	% 20	Obstacle	% 20
	Sit-up (2 min.)	% 10	Push-Up	% 10
	Chin-Up	% 10	Tower Jump (7,5m.)	% 10
Fourth	100m.Freestyle Swimming	% 40	100m. .Breaststroke	% 40
	2400m. Run	% 20	2400m. Run	% 20
	Obstacle	% 20	Obstacle	% 20
	Sit-up (2 min.)	% 10	Push-Up	% 10
	Chin-Up	% 10	Tower Jump (7,5m.)	% 10

Combat Physical Education and Sport (C.P.E.S.-2) Lesson

C.P.E.S.-2 is conducted on the 7th hour of daily curricular program under the general subjects of sports and personal naval education.(Rowing, Sailing, Endurance Running, Sailing knot)

Class	Subjects	Yacht	Sailing Boat	Rowing	Sailing Knot	Open Field Exercises	Closed Field Exercises	Swimming and Life Saving
ALL	First and Second Semester	18 h	12 h	12 h	6 h	12 h	24 h	12 h

