

SPECIAL EXERCIES II

Course Title	Code	Semester	Theoretical (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECTS
SPECIAL EXERCIES II	SBF119	2. Spring	1	2	0	4
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Elective					
learning and teaching techniques of the Course	Lecture, Demonstration					
Instructor(s)						
Goal	Explaining why and how to do yoga and the reinforcement of learning applications.					
Learning Outcomes	<ol style="list-style-type: none"> 1. To be able to explain the general concepts of Yoga 2. To be able to apply the yoga exercises 3. To be able to apply the breathing exercises 					
References	<ol style="list-style-type: none"> 1. Braddom RL. Physical Medicine & Rehabilitation. WB Saunders Company. Philadelphia, 1996. 2. DeLisa JA. Rehabilitation Medicine. Second Edition. JB Lippincott Company. Philadelphia, 1993. 					

Course Outline Weekly:

WEEKS	TOPICS
1. Week	General concepts of yoga
2. Week	Breathing exercises
3. Week	Breathing exercises
4. Week	Breathing exercises
5. Week	Yoga exercises
6. Week	Yoga exercises
7. Week	Yoga exercises
8. Week	MIDTERM EXAM
9. Week	Yoga exercises
10. Week	Yoga exercises
11. Week	Yoga exercises
12. Week	Yoga exercises
13. Week	Yoga exercises
14. Week	Yoga exercises
15. Week	Yoga exercise
16. Week	FINAL EXAM

ECTS (Student Work Load Table)

Activities	Number	Duration	Total Work Load
Course Duration (X14)	14	1	14
Laboratory			
Practice	14	2	28
Field Study			
Study Time Of Outside Of Class (Pre-Study, Practice, Etc.)	14	3	42
Presentations (Video shoot/Poster preparation/Oral presentation, Etc.)			
Seminars			
Project			
Case study			
Role playing, Dramatization			
Writing articles, Critique			
Time To Prepare For Midterm Exam	1	6	6
Final Exam Preparation Time	1	10	10
Total Work Load (hour) / 25(s)	100 / 25=4		
ECTS	4		

Evaluation System

Mid-Term Studies	Number	Contribution
Midterm exams	1	%25
Quiz		
Laboratory		
Practice	1	%25
Field Study		
Course Internship (If There Is)		
Homework's		
Presentation and Seminar		
Project		
Other evaluation methods		
Total Time To Activities For Midterm		%50
Final works		
Final	1	%25
Homework		
Practice	1	%25
Laboratory		
Total Time To Activities For Midterm		%50
Contribution Of Midterm Studies On Grades		%50
Contribution Of Final Exam On Grades		%50
Total		100

The relationship between learning outcomes and the program qualifications of the courses

Program Qualifications		Learning outcomes			
		L.O1	L.O2	L.O3	L.O.4
1.	1. Competent and has the capabilities to fulfill their occupational duties.				
2.	2. Knows the theories and models that form the basis of Professional practice.				
3.	3. Has the general knowledge required to be both an individual and a member of the occupation.	5	5	5	5
4.	4. Carries out nursing practice based on the principles and standards.				
5.	5. Meets the health-care needs of the individuals, families and the society with a holistic approach.				
6.	6. Makes use of effective communication.				
7.	7. Utilizes information and care technologies in professional practice and research.				
8.	8. Uses scientific principles and techniques in Nursing practice.				
9.	9. Follows the latest advances and communicates with colleagues in a foreign language.				
10	10. Behaves according with the professional ethics and values.				
11	11. Takes the related legislation and regulations into account in Nursing practice.				
12	12. Follows the politics and regulations affecting the Nursing profession.				
13	13.Uses the learning-teaching and management processes in Nursing practice.				
14.	14.Uses the life-long learning, problem-solving and critical thinking abilities.				
15.	15.With a sense of social responsibility takes part in studies, projects and some other activities with other team members and other disciplines.				

16.	16.Joins in activities that can contribute to professional development.				
17.	17.Sets as a model for colleagues and the society with their professional identity.				
18.	18.Protects the basic values and social rights.				
Contribution to the level of proficiency: 1. Lowest, 2. Low / Medium, 3. Average, 4. High, 5. Excellent					