

**SPECIAL EXERCIES I**

Course Title	Code	Semester	Theoretical (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECTS
SPECIAL EXERCIES I	SBF118	7. Semester/ Autumn	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	Where it is used to describe Pilates exercises and is teaching practices.					
Learning Outcomes	<ol style="list-style-type: none"> <li>1. To be able to explain the basic concepts of pilates</li> <li>2. To be able to explain the pilates indications</li> <li>3. To be able to explain the pilates contraindication,</li> <li>4. To be able to apply the pilates exercises</li> </ol>					
References	E publications					

**Course Outline Weekly:**

WEEKS	TOPICS
1. Week	The general concept of Pilates
2. Week	Pilates indications
3. Week	Pilates contraindications
4. Week	Pilates exercises
5. Week	Pilates exercises
6. Week	Pilates exercises
7. Week	Pilates exercises
8. Week	<b>MIDTERM EXAM</b>
9. Week	Pilates exercises
10. Week	Pilates exercises
11. Week	Pilates exercises
12. Week	Pilates exercises
13. Week	Pilates exercises
14. Week	Pilates exercises
15. Week	Pilates exercises

**ECTS (Student Work Load Table)**

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

**Evaluation System**

<b>Mid-Term Studies</b>	<b>Number</b>	<b>Contribution</b>
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		
<b>Total Time To Activities For Midterm</b>		%50
<b>Final works</b>		
Final	1	%25
Homework		
Practice	1	%25
Laboratory		
<b>Total Time To Activities For Midterm</b>		%50
Contribution Of Midterm Studies On Grades		%50
Contribution Of Final Exam On Grades		%50
<b>Total</b>		100

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

Program Qualifications	Learning outcomes			
	L.O.1	L.O. 2	L.O.3	L.O.4
1. To acquire information in the basic and social sciences as the Dietitian as he profession entails and make use of it for life.	3	3	3	3
2. To develop personalized diet and programme in accordance with the principles of adequate and balanced nutrition.				
3. To improve and develop the food and nutrition plans and policy for the development of individuals with the energy and nutrient element requirements with scientific method detection, health protection				
4. To determine and evaluate individual, the community and the patient's nutritional status by applying up-to-date information gained in the field of nutrition and dietetics. He/She can use the knowledge to raise the level of community health and the quality of life.				
5. Assess the nutritional status of the patients, evaluate the clinical symptoms, plan and apply individualized medical nutrition therapy for the patients.				
6. The student can understand the basic values and culture of the society he/she is living in and gain the skill to transform him/herself in a positive way				
7. Dietitian can improve products, make laboratory practice on elements affecting analysis and quality of nutrition, review and evaluate them regarding the legal regulations	4	4	4	4
8. The student embraces the concepts with regard to biological systems that form the basis of human health, Anatomy, Physiology, and the sustainability of them.				
9. The student can participate in Nutrition and Dietetics practices individually and/or with in a team, use, apply, discuss and share scientific and evidence based knowledge in nutrition and dietetics practice with team and team members, develop and demonstrate effective skills using oral, print, visual methods in communicating and expressing thoughts and ideas, communicate with all stakeholders within ethical principles. Develop and demonstrate effective communications skills using oral, print, visual, electronic and mass media methods	4	4	4	4
10. Dietitian has knowledge to develop food and nutrition plans and policies for protection of health, in order to improvement and development by using methods for determining the nutritional status.				

**Contribution to the level of proficiency: 1. Lowest, 2. Low / Medium, 3. Average, 4. High, 5. Excellent**