

SPECIAL EXERCISE I

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
Special Exercise I	SBF 118	3.year/ 1.term Fall	1	2	-	4
Prequisites						
Course language	Turkish					
Course type	Elective					
Learning and teaching strategies	Theory, Demonstration					
Instructor (s)						
Course objective(Aim of course)	The aim of this course; to describe where Pilates exercises is used and teach practices.					
Learning outcomes	<p>The students;</p> <ol style="list-style-type: none"> 1) explain the main concepts of pilates, 2) explain where we use pilates, 3) explain where we don't use pilates, 4) apply pilates exercises. 					
References						

Course outline weekly:

Weeks	Topics
1. Week	The main concepts of Pilates
2. Week	Using states
3. Week	Don't using states
4. Week	Pilates exercises
5. Week	Pilates exercises
6. Week	Pilates exercises
7. Week	Pilates exercises
8. Week	Midterm Exam
9. Week	Pilates exercises
10. Week	Pilates exercises
11. Week	Pilates exercises
12. Week	Pilates exercises
13. Week	Pilates exercises
14. Week	Midterm exam
15. 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	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	1	14	14
Final Exam Preparation Time	1	16	16
Total Work Load (hour) / 25(s)	100 / 25		
ECTS	4		

Evaluation System

Mid-Term Studies	Number	Contribution
Midterm exams	1	%50
Quiz		
Laboratory		
Practice	1	%50
Field Study		
Course Internship (If There Is)		
Homework's		
Presentation and Seminar		
Project		
Other evaluation methods		
Total Time To Activities For Midterm		100
Final works		
Final	1	%50
Homework		
Practice	1	%50
Laboratory		
Total Time To Activities For Midterm		100
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.O.1	L.O.2	L.O.3	L.O.4
1. Sufficient background in basic- clinical medical sciences and physical therapy and rehabilitation discipline; ability to use theoretical and practical skills and knowledge in these fields with analytical thinking	4	4	4	
2. Ability to determine, define, formulate and solve the factors that affect health; ability to choose and apply evidence based techniques and new methods for this aim.				4
3. Ability to choose and use modern equipments, techniques and modalities for physiotherapy and rehabilitation practices; effectively use the informatique technologies.				
4. Ability to design multidisciplinary research, keep records, collect appropriate data, analysis and interpret results.				
5. Ability to attain new knowledge, make literature reviews, use medical databases and sources of information devoted to medical- health sciences				
6. To work autonomously and effectively in health team and self confidence to take responsibility				

7. To internalize characteristically development, literate and lifelong learning; quality development,to contribute education and promotion programs in field,to internationalize their professional behavior.				
8. To have professional deontology and ethical awareness				

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