

SBF119 - Special Exercises II

| Course Title | Code | Semester | Theoretical (hours/week) | Practice (hours/week) | Laboratory (hours/week) | ECTS |
|--|--|------------------------|--------------------------|-----------------------|-------------------------|------|
| SPECIAL EXERCISES II | SBF119 | 8. Semester/ Spring | 1 | 2 | 0 | 4 |
| Prerequisites | None | | | | | |
| Language of Instruction | Turkish | | | | | |
| Course Type | Elective | | | | | |
| learning and teaching techniques of the Course | Lecture, Practice | | | | | |
| 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. Explains the general concepts of Yoga. 2. Learn the general principles of yoga. 3. Practices yoga exercises. 4. Applies 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 | History and philosophy of Yoga |
| 2. Week | The basic concepts of Yoga |
| 3. Week | Components of Yoga |
| 4. Week | Yoga and health |
| 5. Week | Yoga types |
| 6. Week | Breathing exercise and yoga practices |
| 7. Week | Breathing exercise and yoga practices |
| 8. Week | MIDTERM EXAM |
| 9. Week | Breathing exercise and yoga practices |
| 10. Week | Breathing exercise and yoga practices |
| 11. Week | Breathing exercise and yoga practices |
| 12. Week | Breathing exercise and yoga practices |
| 13. Week | Breathing exercise and yoga practices |
| 14. Week | Breathing exercise and yoga practices |
| 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 | 2 | 8 | 16 |
| Final Exam Preparation Time | 1 | 14 | 14 |
| Total Work Load (hour) / 25(s) | 100 / 25 | | |
| ECTS | 4 | | |

Evaluation System

| Mid-Term Studies | Number | Contribution |
|---|---------------|---------------------|
| Midterm exams | 1 | 100% |
| Quiz | | |
| Laboratory | | |
| Practice | | |
| 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 | | 40% |
| Contribution Of Final Exam On Grades | | 60% |
| Total | | 100 |

The Relationship Between Learning Outcomes And The Program Qualifications Of The Courses

This course is suitable for all programs within the Faculty of Health Sciences. Therefore, the level of contribution to program qualifications has not been specified.