

SBF119 - Special Exercises II

Course Title	Code	Semester	Theoretical (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECTS
SPECIAL EXERCIES 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	1. Explains the general concepts of Yoga. 2. Learn the general principles of yoga. 3. Practices yoga exercises. 4. Applies breathing exercises.					
References	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.