

**SBF118 - Special Exercise I**

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
Special Exercise I	SBF 118	5. semester/1.term Fall	1	2	-	4
Prerequisites						
Course language	Turkish					
Course type	Elective					
Learning and teaching strategies	Theory, Demonstration, Clinical application					
Instructor (s)						
Course objective(Aim of course)	The aim of this course; to describe where Pilates exercises is used and teach practices.					
Learning outcomes	The students; 1) explains the main concepts of pilates, 2) explains endications and contraendications pilates, 3) applies pilates exercises.					
References	1.Verena Geweniger, Alexander Bohlander : çeviri editörleri Gül Baltacı, Aydan Aytar. Pilates : eğitimciler için el kitabı : önleme ve rehabilitasyon için mat ve ekipmanla egzersizler. Ankara : Hipokrat Kitabevi, 2017					

**Course outline weekly:**

Weeks	Topics
1. Week	History and method of Pilates
2. Week	Types and equipments of Pilates
3. Week	Principles of Pilates
4. Week	Elements of Pilates
5. Week	Basic Anatomy and biomechanics in Pilates method
6. Week	Matwork 1 Pilates exercise application, indications and contraindications
7. Week	Matwork 1 Pilates exercise application, indications and contraindications
8. Week	Midterm Exam
9. Week	Matwork 1 Pilates exercise application, indications and contraindications
10. Week	Matwork 2 Pilates exercise application, indications and contraindications
11. Week	Matwork 2 Pilates exercise application, indications and contraindications
12. Week	Matwork 2 Pilates exercise application, indications and contraindications
13. Week	Matwork 3 Pilates exercise application, indications and contraindications
14. Week	Matwork 3 Pilates exercise application, indications and contraindications
15. Week	An overview

**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
<b>Total Work Load ( hour) / 25(s)</b>	100 / 25		
<b>ECTS</b>	4		

**Evaluation System**

<b>Mid-Term Studies</b>	<b>Number</b>	<b>Contribution</b>
Midterm exams	1	%100
Quiz		
Laboratory		
Practice		
Field Study		
Course Internship (If There Is)		
Homework's		
Presentation and Seminar		
Project		
Other evaluation methods		
<b>Total Time To Activities For Midterm</b>		100
<b>Final works</b>		
Final		
Homework		
Practice	1	%100
Laboratory		
<b>Total Time To Activities For Midterm</b>		100
Contribution Of Midterm Studies On Grades		%40
Contribution Of Final Exam On Grades		%60
<b>Total</b>		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.