

SBF119 - Special Exercise II

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
Special Exercise II	SBF 119	6. semester/2.term Spring	1	2	-	4
Prerequisites						
Course language	Turkish					
Course type	Elective					
Learning and teaching strategies	Lecture, Demonstration, Clinical practice					
Instructor (s)						
Course objective(Aim of course)	The aim of this course; explanation of how and why Yoga and consolidate the learning with practices.					
Learning outcomes	The student; 1) explains the general concepts of yoga, 2) applies Yoga exercises and breathing exercises					
References						

Course outline weekly:

Weeks	Topics
1. Week	History and philosophy of Yoga
2. Week	General concepts of Yoga
3. Week	Components of Yoga
4. Week	Yoga and health
5. Week	Types of Yoga exercises
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	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
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		
Homework		
Practice	1	%100
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.