SBF118 - Special Exercies I

Course Title	Code	Semester	Theoretical (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECTS
SPECIAL EXERCIES I	SBF118	7. Semester/ Autumn	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	To teach where pilates exercises are used and to teach applications
Learning Outcomes	1. Explains the basic concepts of Pilates. 2. Explain the indications of Pilates exercises. 3. Explains the contraindications of Pilates exercises. 4. Applies Pilates exercises.
References	E publications

Course Outline Weekly:

WEEKS	TOPICS
1. Week	Pilates history and method
2. Week	Pilates types and equipment
3. Week	Pilates principles
4. Week	Pilates elements
5. Week	Basic anatomy and biomechanics in pilates method
6. Week	Matwork 1 Pilates exercise application, indications and contraindications
7. Week	Matwork 1 Pilates exercises, indications and contraindications
8. Week	**MIDTERM EXAM**
9. Week	Matwork 1 Pilates exercises, indications and contraindications
10. Week	Matwork 1 Pilates exercises, indications and contraindications
11. Week	Matwork 1 Pilates exercises, indications and contraindications
12. Week	Matwork 1 Pilates exercises, indications and contraindications
13. Week	Matwork 1 Pilates exercises, indications and contraindications
14. Week	Matwork 1 Pilates exercises, indications and contraindications
15. Week	**FİNAL 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=4		
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.