

Course Title	Code	Semester	Theoretical (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECTS
Special Exercises I	SBF118	5. Semester / Fall	1	2	0	4
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Elective					
learning and teaching techniques of the Course	Lecture, Demonstration					
Instructor(s)						
Goal	Where it is used to describe Pilates exercises and is teaching practices.					
Learning Outcomes	1. To be able to explain the basic concepts of pilates 2. To be able to explain the pilates indications 3. To be able to explain the pilates contraindication, 4. To be able to apply the pilates exercises					
References	1. e publications					

Course Outline Weekly:

WEEKS	TOPICS
1. Week	The general concept of Pilates
2. Week	Pilates indications
3. Week	Pilates contraindications
4. Week	Pilates exercises
5. Week	Pilates exercises
6. Week	Pilates exercises
7. Week	Pilates exercises
8. Week	MIDTERM EXAM
9. Week	Pilates exercises
10. Week	Pilates exercises
11. Week	Pilates exercises
12. Week	Pilates exercises
13. Week	Pilates exercises
14. Week	Pilates exercises
15. Week	General review

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	%40
Quiz		
Laboratory		
Practice		
Field Study		
Course Internship (If There Is)		
Homework's		
Presentation and Seminar		
Project		
Other evaluation methods		
Final	1	%60
TOTAL	2	%100
Contribution Of Midterm Studies On Grades	1	%40
Contribution Of Final Exam On Grades	1	%60
TOTAL	2	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.