

**SPECIAL EXERCIES I**

Course Title	Code	Semester	Theoretical (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECTS
SPECIAL EXERCIES I	SBF118	1. Autumn	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	<b>MIDTERM EXAM</b>
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	Pilates exercises
16.	<b>FINAL EXAM</b>

**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	3	42
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	6	6
Final Exam Preparation Time	1	10	10
<b>Total Work Load ( hour) / 25(s)</b>			<b>100 / 25=4</b>
<b>ECTS</b>			<b>4</b>

**Evaluation System**

Mid-Term Studies	Number	Contribution
Midterm exams	1	%25
Quiz		
Laboratory		
Practice	1	%25
Field Study		
Course Internship (If There Is)		
Homework's		
Presentation and Seminar		
Project		
Other evaluation methods		
<b>Total Time To Activities For Midterm</b>		<b>%50</b>
Final works		
Final	1	%25
Homework		
Practice	1	%25
Laboratory		
<b>Total Time To Activities For Midterm</b>		<b>%50</b>
Contribution Of Midterm Studies On Grades		%50
Contribution Of Final Exam On Grades		%50
<b>Total</b>		<b>100</b>

**The relationship between learning outcomes and the program qualifications of the courses**

Program Qualifications	Learning outcomes			
	L.O1	L.O2	L.O3	L.O.4
1. Competent and has the capabilities to fulfill their occupational duties.				
2. Knows the theories and models that form the basis of Professional practice.				
3. Has the general knowledge required to be both an individual and a member of the occupation.	5	5	5	5
4. Carries out nursing practice based on the principles and standards.				
5. Meets the health-care needs of the individuals, families and the society with a holistic approach.				
6. Makes use of effective communication.				
7. Utilizes information and care technologies in professional practice and research.				
8. Uses scientific principles and techniques in Nursing practice.				
9. Follows the latest advances and communicates with colleagues in a foreign language.				
10. Behaves according with the professional ethics and values.				
11. Takes the related legislation and regulations into account in Nursing practice.				
12. Follows the politics and regulations affecting the Nursing profession.				
13. Uses the learning-teaching and management processes in Nursing practice.				
14. Uses the life-long learning, problem-solving and critical thinking abilities.				
15. With a sense of social responsibility takes part in studies, projects and some other activities with other team members and other disciplines.				

16.	16.Joins in activities that can contribute to professional development.				
17.	17.Sets as a model for colleagues and the society with their professional identity.				
18.	18.Protects the basic values and social rights.				
<b>Contribution to the level of proficiency: 1. Lowest, 2. Low / Medium, 3. Average, 4. High, 5. Excellent</b>					