

Course Title	Code	Semester	Theoretical (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECTS
Special Exercises II	SBF119	8. Semester / Spring	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	Explaining why and how to do yoga and the reinforcement of learning applications.					
Learning Outcomes	1. To be able to explain the general concepts of Yoga 2. To be able to apply the yoga exercises 3. To be able to apply the breathing exercises					
References	1. Braddom RL. Physical Medicine & Rehabilitation. WB Saunders Company. Philadelphia, 1996. 2. DeLisa JA. Rehabilitation Medicine. Second Edition. JB Lippincott Company. Philadelphia, 1993.					

Course Outline Weekly:

WEEKS	TOPICS
1. Week	General concepts of yoga
2. Week	Breathing exercises
3. Week	Breathing exercises
4. Week	Breathing exercises
5. Week	Breathing exercises
6. Week	Breathing exercises
7. Week	Breathing exercises
8. Week	MIDTERM
9. Week	Breathing exercises
10. Week	Breathing exercises
11. Week	Breathing exercises
12. Week	Breathing exercises
13. Week	Breathing exercises
14. Week	Breathing exercises
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	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		
Total Time To Activities For Midterm		40
Final works		
Final	1	%60
Homework		
Practice		
Laboratory		
Total Time To Activities For Midterm		60
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.