



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Yoga							
Course Code		TG003		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	52 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		The aim of this course to introduce yoga and its philosophy, to teach its application technique, to teach the importance of yoga in terms of different disease groups, to teach breathing and relaxation techniques, to explain its application in different diseases, to give information about yoga therapy.							
Course Content		Definition and philosophy of Yoga. Effects of Yoga practices on health. Breathing and relaxation techniques. Body recognition and Warm-up practice. Bodily postures. Yoga for Kids. Chair Yoga. Face Yoga							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Discussion, Case Study, Individual Study					
Name of Lecturer(s)		Ins. Müge DERELİ							

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

### Recommended or Required Reading

1	Özlem Ülger, Naciye Vardar Yağlı. Yoga. Fizyoterapi ve Rehabilitasyon, Cilt 1, Böl:48, 2016.
2	Hauser, B. (Ed.). (2013). Yoga Traveling: Bodily Practice in Transcultural Perspective. Springer Science & Business Media
3	Yuan, C. S., & Bieber, E. J. (Eds.). (2006). Textbook of complementary and alternative medicine. CRC Press.

Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction to Yoga
2	Theoretical	Therapeutic effects of Yoga
3	Theoretical	Introducing breathing exercises
4	Theoretical	Body recognition and warm-up exercises
5	Theoretical	Surya Namaskara movement series
6	Theoretical	Introducing the poses (Asanas)
7	Theoretical	Standing bodily postures
8	Intermediate Exam	Midterm exam
9	Theoretical	Sitting postures
10	Theoretical	Bodily postures lying down
11	Theoretical	Relaxation techniques
12	Theoretical	Yoga for Kids
13	Theoretical	Chair Yoga
14	Theoretical	Face Yoga
15	Theoretical	Yoga practice
16	Final Exam	Final exam

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Midterm Examination	1	4	1	5



Final Examination	1	4	1	5
Total Workload (Hours)				52
[Total Workload (Hours) / 25*] = ECTS				2
*25 hour workload is accepted as 1 ECTS				

### Learning Outcomes

1	To have general knowledge about Yoga
2	Learning basic movements of Yoga
3	To experience contribution of Yoga to physical integrity of person
4	To experience contribution of Yoga to mental integrity of person
5	To learn about Yoga therapy

### Programme Outcomes (Anesthesia )

1	To be able to recall basic knowledge about human anatomy
2	To be able to recall the knowledge about Atatürk's principles and the history of Turkish Revolution
3	To be able to recall the knowledge about ethical and moral values
4	To be able to recall the knowledge of Turkish grammar and be able to use it
5	To be able to communicate effectively with patient, their family, and own team
6	To be able to control, use, and maintain the anesthesia machines
7	To be able to recall the information about anesthesia application in the system diseases
8	To be able to recall the issues that needed to be considered in follow-up of patients in intensive care.
9	To be able to make the patients' care in intensive care
10	To be able to apply the cardiopulmonary resuscitation.
11	To be able to apply the drug, liquid and blood to the patient.
12	To be able to apply nasogastric tube to the patient and to aspirate.
13	To be able to assist the implementation of general anesthesia to patient.
14	To be able to recall the drugs used in general and regional anesthesia and learn to use them safely.
15	PO15. Can help during the maintenance, ending and post anaesthesia process.
16	Can help the practices of anesthesia and sedation outside the operation room.
17	Can communicate at the basic level of a foreign language and use this language in his job.
18	Be able to communicate at a basic level in a foreign language and be able to use this language in professional fields
19	To have the appropriate knowledge of basic sciences at the level of interest, to use specific medical terms and terminology of field

### Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3	L4	L5
P5	1	1	3	3	3

