

UNDERGRADUATE COURSE DETAILS

Course Title: YOGA				Code :		Faculty: Architecture Programme: Architecture		
Education and Teaching Methods							Credits	
Lecture	Application	Lab.	Project/ Field Study	Homework	Other	Total	Credit T+A+L=Credit	ECTS
2	-	-	-	-			2+0+0=2	3
Semester			5	Language			English	
Course Type	Basic Scientific ☐		Scientific ☐	Technical Elective ☐		Social Elective ☒		
Course Objectives	Main objective is to inform students about the traditional yoga culture. Understands and internalizing yoga philosophy increases one's awareness of the breath, emotions and thoughts and their effects thus one is more capable to control one's body and brain, enhancing one's focus and creativity. .							
Learning Outcomes and Competencies	History of yoga, the 5 steps of yoga, Ashtanga, Hatha and Raja Yoga definitions, basic breath and body exercises.							
Textbooks and for References	Autobiography of a Yogi by Paramhansa Yogananda; Yoga Anatomy: Leslie Kaminoff, Amy Matthews; Yoga Mind and Body, Sivananda Yoga Vedanta Centre							
ASSESSMENT CRITERIA								
Theoretical Courses					Project Course and Graduation Study			
	If any, mark as (X)	Percent (%)		If any, mark as (X)	Percent (%)			
Midterm Exams	x	40	Midterm Exams					
Quizzes	-	-	Midterm Controls					
Homework	-	-	Term Paper					
Term Paper, Project Reports, etc.	-	-	Oral Examination					
Laboratory Work	-	-	Final Exam					
Final Exam	x	60	Other					
Other	-	-						
Week	Subjects							
1	Introduction to Yoga							
2	History							
3	Tarihçe: Yoga Sutras, Swami Sivananda ve Vishnudevananda							
4	5 Steps of Yoga							
5	Ashtanga Yoga							
6	Hatha Yoga							
7	Raja Yoga							
8	Cakras							
9	Mid Term Exam							
10	Breath Techniques							
11	Joint Yoga							
12	Relaxation							
13	Meditation							
14	Yoga Asanas Balance and Aesthetics							
Instructor/s	Assoc.Prof. Dr Yasemin Ince Guney							
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Website								