Course Syllabus

Code - Course Title	**OPE135 - Breathing Techniques**
Course Type	I. SEMESTER
Laboratory + Practice	1+1
ECTS	**3.0**
Language of Instruction	Türkçe
Course Type	Elective Courses
Course Instructor(s)	ÖĞR. GÖR. ALEV GÜNDÜZ

Mode of Delivery	Face To Face
Prerequisites	There is no prerequisite or co-requisite for this course.

Course Syllabus

Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1		What is correct breathing? How to breathe properly? What are the physical and mental effects of breathing?	
Week - 2		Importance of respiratory system, autonomic nervous system, vagus nerve and diaphragm.	
Week - 3		Auxiliary respiratory muscles, differences in the use of mouth and nose for breathing.	
Week - 4		Breathing methods and exercises that develop the diaphragm muscle.	
Week - 5		What is the concept of pH? What is the importance of breathing? Balance exercises.	
Week - 6		4,7,8 and 7,11 breathing techniques.	
Week - 7		Breathing exercises that increase concentration and focus.	
Week - 8		Aerobic and anaerobic respiration.	
Week - 9		Nefes çeşitleri ve nefeste kullanılan 5 temel özellik.	
Week - 10		Understanding the body with the breath. To learn about the energy centers of the body and its relationship with the breath.	
Week - 11		Learning to analyze the breath. Abdominal breathing, chest breathing, chakra breathing and its practices.	
Week - 12		Balancing with control breath. Balance breathing and its applications.	
Week - 13		Congested throat and body applications.	
Week - 14		Recall and rework all these practices taught.	

Learning Outcomes

#	Learning Outcome
1	Technically he/she will learn to breathe. He/she will gain the ability to use his/her breath and voice in a controlled manner.
2	Gains the ability to control excitement, fear and anxiety on stage with breath and voice control.

Sustainable Development Goals

No content has been provided.

Course Theme

No content has been provided.

AKTS Workload

Activity	Duration (Hour)	Count	Workload
Teorik Derse Katılım	0	0	0
Sınıf Dışı Çalışma (Ön Hazırlık & Pekiştirme Amaçlı)	0	0	0
Ödevler	0	0	0
Proje - Rapor - Sunum Hazırlama	0	0	0
Ara Sınav Hazırlığı (sınav süresi dahil)	0	0	0
Final Sınavı Hazırlığı (sınav süresi dahil)	0	0	0
Uygulama (Laboratuvar, Müzik/Enstrüman Uygulaması, Atölye/Saha Çalışması vb.)	0	0	0
Staj Uygulaması	0	0	0
		Calculated ECTS	**0**

Assessment Method and Passing Requirements

No content has been provided.

Assessment Method and Passing Requirements	Quamtity	Percentage (%)
1.Midterm Exam	1	40
Final Exam	1	60
	Sum (%)	**100**