Course Syllabus

Code - Course Title	**YAB238 - Calisthenic Exercise Approaches in the Elderly**
Course Type	IV. SEMESTER
Laboratory + Practice	1+1
ECTS	**2.0**
Language of Instruction	Türkçe
Course Type	Area Elective Courses
Course Instructor(s)	ÖĞR. GÖR. DİLARA EBRU UÇAR YILDIZER

Mode of Delivery	This course is conducted theoretically and practically.
Place of Delivery	On Campus
Used Educational Platforms	Face-to-face
Prerequisites	There is no prerequisite or co-requisite for this course.
Courses Recomended	-
Recommended Resources	Çetin, S. (2021). Yaşlılık ve Egzersiz. Akademisyen Kitabevi.
Work Placement	There is no internship application.
Aims of the Course	The aim of this course is to provide students with the knowledge and skills related to calisthenic exercise approaches designed to improve physical fitness, functional capacity, and quality of life in older adults, and to develop their competencies in planning and implementing safe, effective, and adaptable calisthenic exercise programs based on older adults' physical characteristics, health conditions, and individual needs.

Course Syllabus

Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 1		Introduction and basic concepts	
Week - 2		Callisthenic exercise	
Week - 3		Basic techniques of callisthenic exercise	
Week - 4		Strengthening exercise for the elderly	
Week - 5		Balance exercise for the elderly	
Week - 6		Flexibility exercise for the elderly	
Week - 7		Balance, coordination, and fall prevention approaches in calisthenic exercises for older adults	
Week - 8		Preparation for callisthenic exercise - warm-up	
Week - 9		Core area exercises	
Week - 10		Arm and neck exercises	

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Weeks	Learning Outcomes	Topics	Teaching Methods
Week - 11		Chest muscle group exercises	
Week - 12		Back muscle group exercises	
Week - 13		Cooling exercises	
Week - 14		Design of calisthenic exercise programs and functional exercise applications for older adults	

Learning Outcomes

#	Learning Outcome
1	1. Understands the importance of calisthenic exercise approaches in the elderly.
2	2. Illustrates callisthenic exercise techniques.
3	3. Explain the balance effects of callisthenic exercise approaches.
4	4. Explains the effects of muscle strength from callisthenic exercise approaches.
5	5. Explain the flexibility effects of callisthenic exercise approaches.
6	6. Analyzes physical activity and health conditions when choosing calisthenic exercise approaches in the elderly.
7	7. Correctly applies strengthening exercises to the elderly.
8	8. Elderly people perform hip muscle exercises correctly.
9	9. Correctly performs leg muscle exercises in the elderly.

Sustainable Development Goals

✓ Partnerships for Purposes

Course Theme

✓ Educational Sciences and Educational Technologies

AKTS Workload

Activity	Duration (Hour)	Count	Workload
Teorik Derse Katılım	1.00	14	14
Sınıf Dışı Çalışma (Ön Hazırlık & Pekiştirme Amaçlı)	1.00	14	14
Ödevler	0.00	0	0
Proje - Rapor - Sunum Hazırlama	0.00	0	0
Ara Sınav Hazırlığı (sınav süresi dahil)	4.00	2	8
Final Sınavı Hazırlığı (sınav süresi dahil)	4.00	1	4
Uygulama (Laboratuvar, Müzik/Enstrüman Uygulaması, Atölye/Saha Çalışması vb.)	1.00	14	14
Staj Uygulaması	0.00	0	0
		Calculated ECTS	**2.0**

Assessment Method and Passing Requirements

✓ Open-Ended Test ✓ Multiple Choice Test ✓ True-False Test ✓ Practical Examination