

## CARDIAC REHABILITATION

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
Cardiac Rehabilitation	FTR 306	3.year/ 2.term Spring	2	2	-	2
Prequisites						
Course language	Turkish					
Course type	Compulsory					
Learning and teaching strategies	Theory,Application					
Instructor (s)						
Course objective(Aim of course)	Recognition of cardiovascular problems in patients with cardiovascular disorders, evaluation of patients with appropriate assessment methods, planning and application of appropriate intervention protocols with selection of cardiac rehabilitation techniques and treatments.					
Learning outcomes	<ol style="list-style-type: none"> <li>1. Explains basic concepts of cardiac rehabilitation.</li> <li>2. Defines clinical features of cardiovascular disorders.</li> <li>3. Assesses the cardiovascular disorders in physical, physiologic, and functional respects.</li> <li>4. Applies physiotherapy and rehabilitation interventions on cardiovascular disorders.</li> <li>5. Assesses quality of life and psychosocial status of cardiovascular disorders and gives home program.</li> <li>6. Analyses risk factors in individuals with cardiovascular diseases risk.</li> <li>7. Carries out patient education and behaviour modification in individuals with cardiovascular diseases risk.</li> </ol>					
References	<ol style="list-style-type: none"> <li>1.American Association of Cardiovascular and Pulmonary Rehabilitation. Guidelines for Cardiac Rehabilitation and Secondary Prevention programs. 4th ed. Champaign, IL: Human Kinetics, 2003.</li> <li>2.Thow M. Exercise Leadership in Cardiac Rehabilitation: An Evidence-Based Approach. 1st ed. Singapore: Wiley, 2006</li> <li>3.ACSM's Guidelines for Exercise Testing and Prescription. 7th ed. Philadelphia: Lippincott Williams &amp; Wilkins, 2009.</li> <li>4.Hacettepe Üniversitesi, e-kaynaklar, pubmed, WOS</li> </ol>					

**Course outline weekly:**

Weeks	Topics
1. Week	Course outline and notes, History of cardiac rehabilitation, definition and components
2. Week	Definition and clinical features of major cardiac diseases
3. Week	Cardiovascular assessment and electrocardiography
4. Week	Early cardiac rehabilitation program
5. Week	Modifiable risk factors and treatment I
6. Week	Modifiable risk factors and treatment II
7. Week	Exercise tests used in cardiovascular diseases
8. Week	Exercise training and outpatient cardiac rehabilitation program
9. Week	Exercise training and outpatient cardiac rehabilitation program
10. Week	Revascularization and postoperative cardiac rehabilitation
11. Week	Revascularization and postoperative cardiac rehabilitation
12. Week	Patient education in cardiac rehabilitation
13. Week	Preventive cardiac rehabilitation
14. Week	Rehabilitation in peripheral vascular disorders
15. Week	FINAL EXAM

**ECTS (Student Work Load Table)**

Activities	Number	Duration	Total Work Load
Course Duration (X14 )	14	2	28

Laboratory			
Practice	14	2	28
Field Study			
Study Time Of Outside Of Class (Pre-Study, Practice, Etc.)			
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	6	12
Final Exam Preparation Time	1	9	9
<b>Total Work Load ( hour) / 25(s)</b>	77 / 25 = 3.08		
<b>ECTS</b>	3		

### Evaluation System

Mid-Term Studies	Number	Contribution
Midterm exams	2	%50

Quiz		
Laboratory		
Practice	2	%50
Field Study		
Course Internship (If There Is)		
Homework's		
Presentation and Seminar		
Project		
Other evaluation methods		
<b>Total Time To Activities For Midterm</b>		100
<b>Final works</b>		
Final	1	%50
Homework		
Practice	1	%50
Laboratory		
<b>Total Time To Activities For Midterm</b>		100
Contribution Of Midterm Studies On Grades		%50
Contribution Of Final Exam On Grades		%50
<b>Total</b>		100

**The relationship between learning outcomes and the program qualifications of the courses**

Program Qualifications	Learning outcomes						
	L.O.1	L.O.2	L.O.3	L.O.4	L.O.5	L.O.6	L.O.7
1. Sufficient background in basic- clinical medical sciences and physical therapy and rehabilitation discipline; ability to use theoretical and practical skills and knowledge in these fields with analytical thinking	5	5					
2. Ability to determine, define, formulate and solve the factors that affect health; ability to choose and apply evidence based techniques and new methods for this aim.			5	5	5	5	5
3. Ability to choose and use modern equipments, techniques and modalities for physiotherapy and rehabilitation practices; effectively use the informatique technologies.							
4. Ability to design multidisciplinary research, keep records, collect appropriate data, analysis and interpret results.							
5. Ability to attain new knowledge, make literature reviews, use medical databases and sources of information devoted to medical- health sciences							
6. To work autonomously and effectively in health team and self confidence to take responsibility							
7. To internalize characteristically development, literate and lifelong learning; quality development, to contribute education and promotion programs in field, to internationalize their professional behavior.							
8. To have professional deontology and ethical awareness							

**Contribution to the level of proficiency: 1. Lowest, 2. Low / Medium, 3. Average, 4. High, 5. Excellent**