HEAT-LIGHT AND HYDROTHERAPY

Course Name	**Code**	**Term**	**Theory (hours/week)**	**Application (hours/week)**	**Laboratory (hours/week)**		**ECTS**
Heat-Light and Hydrotherapy	**FTR 118**	**1.year/ 2.term spring**	**2**	**-**	**-**		**4**
Prequisites							
Course language	Turkish						
Course type	Compulsory						
Learning and teaching strategies	Theory						
Instructor (s)							
Course objective(Aim of course)	The course aims to give the students the basic theoretical and practical knowledge on physical principles related to heat, light and hydrotherapy modalities, physiological effects, practical methods, indications, contraindications, hazards.						
Learning outcomes	1. explains and selects the effect of superficial heat modalities on pain and inflammation 2. defines the physical and physiological effects of superficial heat modalities and problem solves. 3. explains the physical and physiological effects of Infrared, Laser, UVL, helyoterapi and cold applications, determines and apply the indication and contraindication 4. explains the objectives, basic concepts and the physiological effects of hydrotherapy 5. describes the physiological effects ,the application methods and application areas of moist heat applications, water applications with mechanical stimulation, fluidotherapy 6. explains the physiological effects, application methods and application areas of spa therapy, pool therapy and water exercises						
References	1. Kayıhan H, Dolunay N. 'Isı-Işık Su' H.Ü. Fizik Tedavi ve Rehabilitasyon YO Yayınları Ankara 1992.						

Course outline weekly:

Weeks	Topics
1. Week	Inflamation and repair
2. Week	Pain theory and physiotherapy
3. Week	Physical features of heat,hotpack
4. Week	Parafin and Fluidotherapy
5. Week	Physical features of light, Infrared and ultraviolet
6. Week	Laser and heliotherapy
7. Week	Midterm exam
8. Week	Cold therapy
9. Week	Physical and physiological principles in hydrotherapy
10. Week	Water applications with mechanical stimulation
11. Week	Pool therapy and aquatic exercises
12. Week	PUBLİC HOLİDAY
13. Week	Spa treatment in physical therapy, tests used in hydrotherapy
14. Week	Midterm exam
15. Week	FINAL EXAM

ECTS (Student Work Load Table)

Activities	**Number**	**Duration**	**Total Work Load**
Course Duration (X14)	14	2	28
Laboratory			
Practice			
Field Study			
Study Time Of Outside Of Class (Pre-Study, Practice, Etc.)	14	3	42
Presentations (Video shoot/Poster preparation/Oral presentation, Etc.)			
Seminars			
Project			
Case study			
Role playing, Dramatization			
Writing articles, Critique			
Time To Prepare For Midterm Exam	1	14	14
Final Exam Preparation Time	1	16	16
Total Work Load (hour) / 25(s)	1000/25=4		
ECTS	**4**		

Evaluation System

Mid-Term Studies	**Number**	**Contribution**
Midterm exams	1	50
Quiz		
Laboratory		
Practice		
Field Study		
Course Internship (If There Is)		
Homework’s	1	50
Presentation and Seminar		
Project		
Other evaluation methods		
Total Time To Activities For Midterm		100
Final works		
Final	1	%100
Homework		
Practice		
Laboratory		
Total Time To Activities For Midterm		100
Contribution Of Midterm Studies On Grades		%50
Contribution Of Final Exam On Grades		%50
Total		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**	
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**	**5**	**5**	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.	**5**	**5**	**5**	**5**	5	5
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