

## SPORTİVE HEALTH AND PHYSIOTHERAPY

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
Sportive Health And Physiotherapy	FTR 232	2.year/ 2.term spring	1	2	-	4
Prequisites	-					
Course language	Turkish					
Course type	Elective					
Learning and teaching strategies	Lecture, drill and practice					
Instructor (s)						
Course objective(Aim of course)	Describing sports physiotherapy, physical fitness test batteries for different groups, sports injuries and soft tissue injuries healing process, comprehending measurement and evaluation techniques in sports and sports injuries and also basic principles related to the treatment techniques and reflecting these comprehensions to the applications, development of clinical problem solving after sport injuries in sports physiotherapy area and providing athletes to safely return to the sport activities.					
Learning outcomes	<ol style="list-style-type: none"> <li>1. Describes sports physiotherapy, importance of measurement and evaluation in sports, principles of sports physiotherapy, physical fitness and physical fitness test batteries for athletes, adults, disabled people and children. Comprehends children and sport, women and sport.</li> <li>2. Describes training knowledge and sport psychology and explains the relationship between sports nutrition and doping.</li> <li>3. Prepares the exercise plan in chronic diseases</li> <li>4. Makes the classification of the sport branches, describes soft tissue injuries and healing process in athletes. Describes the first aid and preliminary treatment in sports injuries.</li> <li>5. Comprehends and applies current measurement and evaluation techniques in sports injuries, comprehends accurate treatment principles in sport injuries.</li> <li>6. Describes upper extremity injuries in athletes, evaluates and uses data evaluations in clinical decision making process, synthesizes and prepares the accurate treatment program.</li> <li>7. Describes lower extremity injuries in athletes, evaluates and uses data evaluations in clinical decision making process, synthesizes and prepares the accurate treatment program.</li> </ol>					
References	<ol style="list-style-type: none"> <li>1. Baltacı G, Tunay BV, Beşler A, Ergun N. Spor Yaralanmalarında Egzersiz Tedavisi, 2. Baskı, Alp Yayıncılık, 2006.</li> <li>2. Ergun N, Baltacı G. Spor Yaralanmalarında Fizyoterapi ve Rehabilitasyon Prensipleri 2.Basım, Pelin Ofset Yayıncılık, 2006.</li> </ol>					

**Course outline weekly:**

Weeks	Topics
1. Week	Definitions, sports physiotherapist in the world and Turkey
2. Week	Sports in measurement and evaluation, evaluation of building physics
3. Week	The evaluation of performance, sports nutrition
4. Week	First aid in the field

5. Week	Doping
6. Week	Taping and bandaging
7. Week	Taping and bandaging
8. Week	Physical fitness tests
9. Week	Physical fitness tests
10. Week	Physical fitness tests
11. Week	Physical fitness tests
12. Week	Physical fitness tests
13. Week	Children and sport, women and sport, and exercise Aging, Disability and sports
14. Week	Prevention of sports injuries
15. Week	Final Exam

#### ECTS (Student Work Load Table)

Activities	Number	Duration	Total Work Load
Course Duration (X14 )	14	1	14
Laboratory			
Practice	14	2	28
Field Study			

Study Time Of Outside Of Class (Pre-Study, Practice, Etc.)	14	2	28
Presentations (Video shoot/Poster preparation/Oral presentation, Etc.)	14	1	14
Seminars			
Project			
Case study			
Role playing, Dramatization			
Writing articles, Critique			
Time To Prepare For Midterm Exam	1	4	4
Final Exam Preparation Time	1	12	12
<b>Total Work Load ( hour ) / 25(s)</b>	<b>100/25=4</b>		
<b>ECTS</b>	<b>4</b>		

### **Evaluation System**

<b>Mid-Term Studies</b>	<b>Number</b>	<b>Contribution</b>
Midterm exams	1	%50
Quiz		
Laboratory		

Practice	1	%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**

<b>Program Qualifications</b>			<b>Learning outcomes</b>				
	<b>L.O.1</b>	<b>L.O.2</b>	<b>L.O.3</b>	<b>L.O.4</b>	<b>L.O.5</b>	<b>L.O.6</b>	<b>L.O.7</b>
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
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
3. Ability to choose and use modern equipments, techniques and modalities for physiotherapy and rehabilitation practices; effectively use the informatique technologies.							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**

