PRINCIPLES OF THERAPEUTIC MOVEMENTS

Course Name	**Code**	**Term**	**Theory (hours/week)**	**Application (hours/week)**	**Laboratory (hours/week)**	**ECTS**
Principles of Therapeutic Movements	FTR 202	**2.year/ 2.term spring**	3	2	-	4
Prequisites	-					
Course language	Turkish					
Course type	Compulsory					
Learning and teaching strategies	Lecture,Discussion,Question and Answer,Drill and Practice,Case Study					
Instructor (s)						
Course objective(Aim of course)	The aim of the course is to teach the appropriate approaches in order to assess and determine the treatment programmes in different age groups and purposes of the exercise treatment, classification of exercises and to teach the planning of exercise programmes, to gain appropriate exercise programme planning while determining the factors which affect normal range of motion, to improve problem solving and to improve performing exercise programme after the determination according to basic assessment and measurement methods.					
Learning outcomes	1. Learns required approaches in order to assess and improve treatment of the patient, classification of the exercises, purposes and effects of the exercises. 2. Plans basic exercise programme 3. Gains ability to prepare appropriate exercise programme and apply in practice while determining the factors which affect normal range of motion. 4. Learns the problems in postural disorders and their characteristics 5. Gains the ability in problem solving, planning exercise programme and application in practice.					
References	Otman AS, Köse N. Egzersiz Tedavisinde Temel Prensipler ve Yöntemler. Meteksan, Ankara, 2006. Otman AS, Köse N. Tedavi Hareketlerinde Temel Değerlendirme Prensipleri. 4. baskı Yücel Ofset Matbaacılık. Ankara, 2008					

Course outline weekly:

Weeks	Topics
1. Week	Introduction to theraupetic exercises, classification of exercises and planning exercises programme.

2. Week	Normal range of motion, passive, active assistive and active ROM
3. Week	Resistive exercises, manual resistive exercises, mechanic resistive exercises
4. Week	Stretching exercises for increasing ROM
5. Week	Postural problems and exercise samples : Pelvic and lumbar region
6. Week	Postural problems and exercise samples: Thoracal region
7. Week	Spinal Stabilization and Pilates
8. Week	Overview
9. Week	Postural problems and exercise samples: Scoliosis
10. Week	Postural problems annd exercise samples: Scoliosis
11. Week	Postüral problems and exercise samples: Lower extremity problems
12. Week	Relaxation exercises
13. Week	Group exercises,
14. Week	Overview
15. Week	General evaluation

ECTS (Student Work Load Table)

Activities	Number	Duration	Total Work Load
Course Duration (X14)	14	3	42

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	1	10	10
Final Exam Preparation Time	1	20	20
Total Work Load (hour) / 25(s)	100 / 25 = 4		
ECTS	4		

Evaluation System

Mid-Term Studies	**Number**	**Contribution**

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		
Total Time To Activities For Midterm		100
Final works		
Final	1	%50
Homework		
Practice	1	%50
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
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
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