Course Title	Code	Semester	Theoretical (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECTS
Therapeutic Exercise In Children	FTR346	6/Spring	1	0	0	1
Prerequisites						
Language of Instruction	Turkish					
Course Type	Elective					
learning and teachingtechniques of the Course	Face to face					
Instructor(s)						
Goal	The purpose of this course is; to teach the aim of the exercise treatment and classification of exercises and to teach planning the exercise program in different problems of children which requires different approach compared with the adults as they are in growth and development process as well as to gain the ability to prepare exercise program, problem solving in different disorders according to basic assessment and measurement methods and to gain the ability to determine the exercise program.					
Learning Outcomes	1. The student who completes this course; I. Comprehends the difference between child and adult patients 2. II. Determines the therapeutic requirements in different disorders of children 3. III. Comprehends and selects the specific assessment methods according to different problems of children 4. IV. Learns the effects and the aims of exercises and plans the basic exercise program in children 5. V. Take knowledge about how to use the appropriate exercise program in children by using problem solving					
References	1. 1. Bandy WD, Sanders B. Therapeutic Exercise: Techniques for Intervention. Lippincott Williams and Wilkins. 2001. Hacettepe Üniversitesi, e-kaynaklar (Pubmed, WOS) 2. Basmajian JV, Wolf SL. Therapeutic Exercise. 5th Ed. Williams and Wilkins, Baltimore. 1990. 3. Friedberg R. Therapeutic Exercises for Children: Guided Self-Discovery Using Cognitive-Behavioral Techniques. Professional Resource Exchange; 1 edition, 2001. 4. Otman AS, Köse N. Egzersiz Tedavisinde Temel Prensipler ve Yöntemler. Meteksan, Ankara, 2006.					

Course Outline Weekly:

WEEKS	TOPICS
1. Week	Difference of therapeutic exercises in children compared to adults
2. Week	Requirement of therapy and exercise in different problems
3. Week	Elaboration of the requirements
4. Week	Introducing the specific assessment methods according to the children and condition
5. Week	Methods of assessment and classification

6. Week	Classification of therapy and exercise applications
7. Week	Mid term exam
8. Week	Determination of exercise applications according to problems
9. Week	Giving knowledge about postural control, strengthening, developmental exercises
10. Week	Giving knowledge about spinal stabilization, stretching, relaxation and strengthening exercises
11. Week	Exercises samples with cases: Lower extremity problems
12. Week	Exercises samples with cases: Upper extremity problems and trunk problems
13. Week	Group exercises
14. Week	Group exercises
15. Week	Preparation to final exam

ECTS (Student Work Load Table)

Activities	Number	Duration	Total Work Load
Course Duration (X14)	14	1	14
Laboratory			
Practice			
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	4	4
Final Exam Preparation Time	1	7	7
Total Work Load (hour) / 25(s)	25 / 25		
ECTS	1		

Evaluation System

Mid-Term Studies	Number	Contribution
Midterm exams	1	%50
Quiz		
Laboratory		
Practice		
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		
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
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.	5	5	5	5	5
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