

Course Title	Code	Semester	Theoretical (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECTS
Metabolic Syndrome and Physiotherapy	FTR344	6/Spring	1	0	0	1
Prerequisites						
Language of Instruction	Turkish					
Course Type	Elective					
learning and teaching techniques of the Course	Face to face					
Instructor(s)						
Goal	To defined the obesity in terms of physiotherapy and rehabilitation approaches					
Learning Outcomes	<ol style="list-style-type: none"> 1. A student who successfully completes this course is expected to; - Defines the cause and etiology of obesity. - Assess the obesity. - Knows and comments the associated diseases with obesity (diabetes, heart disease, musculoskeletal problems, cancer, etc.) - Determines - Knows Physiotherapy practice and the preventive treatment in obesity,. - Lists physical activity assessment parameters in obesity. - Explains the physical activity program in obesity. 					
References	<ol style="list-style-type: none"> 1. Gormley J, Hussey J. Exercise Therapy: Prevention and Treatment of disease. 2005. Blackwell Publishing. United Kingdom. 2. Claude Bouchard, Peter T Katzmarzyk. Physical Activity and Obesity 2nd ed. Human Kinetics, 2010. 3. George A Bray, Claude Bouchard. Handbook of Obesity: Clinical Applications, 3rd Ed. Informa Healthcare, 2008 					

Course Outline Weekly:

WEEKS	TOPICS
1. Week	Definition, etiology and classification of Obesity
2. Week	Obesity in adult
3. Week	Obesity in children
4. Week	Obesity in elder
5. Week	Obesity in pregnancy
6. Week	Assessment parameters of obesity
7. Week	Mid term exam
8. Week	Obesity and associated diseases

9. Week	Preventive and treatment approaches in obesity
10. Week	Obesity, exercises and physical activity
11. Week	Evidence in obesity
12. Week	The study plan and presentation to combat obesity
13. Week	The study plan and presentation to combat obesity
14. Week	Preparation the brochure to inform the public
15. Week	To introduce and present the brochure prepared
	Final

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
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
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