FTR209 - Manipulative Therapy Techniques I

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
Manipulative TherapyTechniques I	FTR 209	3. Semester/ fall term	2	3	-	4

Prequisites	-
Course language	Turkish
Course type	Compulsory
Learning and teaching strategies	Lecture, Demonstration, Clinical Practice
Instructor (s)	
Course objective(Aim of course)	To give the student the basic theoretical and practical knowledge of massage techniques, to provide the learning of the basic concepts of evaluation and aplication of different stituations that the massage can be used to improve ability to apply and to develop problem-solving skills in these issues in the field of physiotherapy and rehabilitation
Learning outcomes	1. Define therapeutic massage, comprehend the basic information about the reflex, mechanical, physiological and clinical effects of massage methods and techniques 2. Makes the necessary evaluations in planning the massage treatment and plans the treatment option in the indicated cases, identifies the pathologies that may be contraindicated, applies the methods and techniques taught. 3. Applies the decision making process for the use of massage application in the clinic
References	İnci Yüksel, Masaj Teknikleri, Ankara : Asil Yayınları, 2013.

Course outline weekly:

Weeks	Topics
1. Week	The history of massage, different massage techniques, objectives, principles of implementation, effects, the practical application of massage movements
2. Week	Discussion of the dosage of massage, the practical application of the massage on the upper and lower extremity
3. Week	Repetition of practical applications, indications and contra-indications for massage discussion
4. Week	Practical application of back, neck, abdomen and facial massage
5. Week	Repetetion of practical application a, discussion of the sports massage and mechanical massage methods
6. Week	Discussion of the first evaluation before the connective tissue massage (CTM) implementation and practical application
7. Week	The practical application of CTM on lumbosacral region (base region), lower thoracic, and scapular region
8. Week	MIDTERM EXAM
9. Week	The practical application of CTM in interscapular, cervical and occipital region
10. Week	Discussion of the reactions that occur after the application of CTM and general practice
11. Week	Practical applications of CTM ofthe upper and lower extremities
12. Week	The practical application of the CTM on pelvic, abdominal, chest and face region and discussion of the use of CTM in different diseases
13. Week	The practical application of the CTM on pelvic, abdominal, chest and face region and discussion of the use of CTM in different diseases
14. Week	Repetation of practical aplications, discussion of current massage techniques
15. Week	An overview

ECTS (Student Work Load Table)

Activities	Number	Duration	Total Work Load
Course Duration (X14)	14	2	28
Laboratory			
Practice	14	3	42
Field Study			
Study Time Of Outside Of Class (Pre-Study, Practice, Etc.)	14	1	14
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	8	8
Final Exam Preparation Time	1	8	8
Total Work Load (hour) / 25(s)	100 / 25		
ECTS	4		

Evaluation System

Mid-Term Studies	**Number**	**Contribution**
Midterm exams	1	%40
Quiz		
Laboratory		
Practice	1	%60
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	%40
Homework		
Practice	1	%60
Laboratory		
Total Time To Activities For Midterm		100
Contribution Of Midterm Studies On Grades		%40
Contribution Of Final Exam On Grades		%60
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-Acquire proficient infrastructure related to the field of Physiotherapy and Rehabilitation, gain the ability to use theoretical and practical knowledge and skills in this field.	**5**	**5**	**5**
2-Identify, define the factors affecting health and gain problem-solving skill by using the information they have; plan and implement a treatment and exercise program with appropriate evidence-based methods and new techniques.	**5**	**5**	**5**
3-Gain the ability to use information technologies effectively, as well as the ability to select and use modern tools, techniques and agents necessary for physiotherapy and rehabilitation applications.	**5**	**5**	**5**
4-Design individual and multidisciplinary research, keep records, prepare reports, analyze and interpret results for quality service and research in health sciences.			
5-They conduct a literature search to access the information by using evidence-based databases and information sources.			
6-Gain autonomy in interdisciplinary and individual studies, ability to work effectively and take responsibility and awareness of the universal and social effects of their professional practice.			
7-Adopt life-long learning; contribute to quality improvement, field-related training and introductory programs and exhibit their professional behavior at national and international level.			
8-Have deontological and ethical awareness in professional researches and applications.			

Contribution to the level of proficiency: 1. Lowest, 2. Low / Medium, 3. Average, 4. High, 5. Excellent