

FTR202 - Principles of Therapeutic Movements

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
Principles of Therapeutic Movements	FTR 202	4.semester /2.term spring	3	2	-	4
Prerequisites	-					
Course language	Turkish					
Course type	Compulsory					
Learning and teaching strategies	Lecture, Discussion, Question-Answer, Clinical Practice, Case Discussion					
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 in postural disorders after the determination according to basic assessment and measurement methods.					
Learning outcomes	<ol style="list-style-type: none"> 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. Gains ability to prepare appropriate exercise programme and apply in healthy people. 3. Learns, determines, solves the disease related problems. 4. Gains the ability to plans and applies exercise in disease related problems. 					
References	1- Otman AS, Köse N. Egzersiz Tedavisinde Temel Prensipler ve Yöntemler. Ankara : Pelikan Yayıncılık, 2014 2-Edibe Ünal. Fizyoterapide kanita dayalı egzersiz yaklaşımalar. Ankara : Pelikan, 2015					

Course outline weekly:

Weeks	Topics
1. Week	Introduction to therapeutic 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	Mid-term exam
9. Week	Postural problems and exercise samples: Scoliosis
10. Week	Postural problems and exercise samples: Scoliosis
11. Week	Postural problems and exercise samples: Lower extremity problems
12. Week	Relaxation exercises
13. Week	Group exercises,
14. Week	Tai Chi Chuan, Traction
15. Week	An overview

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		%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	L.O.4
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	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	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	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