

FTR344 – Metabolic Syndrome and Physiotherapy

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	Lecture, homework					
Instructor(s)						
Goal	To defined the Metabolic syndrome in terms of physiotherapy and rehabilitation approaches					
Learning Outcomes	1. Defines the cause and etiology of metabolic syndrome 2. Assess the metabolic syndrome, Knows and comments the associated diseases with metabolic syndrome (obesity, diabetes, heart disease, musculoskeletal problems, cancer, etc.) – 3. Determines - Knows Physiotherapy practice and the preventive treatment in metabolic syndrome - Lists physical activity assessment parameters in metabolic syndrome, Explains the physical activity program in metabolic syndrome					
References	-T.C: Sağlık Bakanlığı. Erişkin İçin Kronik Hastalıklarda Fiziksel Aktivite Rehberi. Ankara, 2018. Ed: Prof.Dr. Gülay Şahin Güvenç, Prof.Dr. Şerife Gül Öz, Prof.Dr. Nevin Ergun -Türkiye'de diyabet ve metabolik sendrom epidemiyolojisi / Editör H. Hürev Hatemi, 1999					

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	Obesity and associated diseases
8. Week	Mid term exam
9. Week	Preventive and treatment approaches in obesity and associated diseases
10. Week	exercises and physical activity in Obesity and associated diseases,
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

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.)	1	2	2
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	5	5
Total Work Load (hour) / 25(s)	25 / 25		
ECTS	1		

Evaluation System

Mid-Term Studies	Number	Contribution
Midterm exams	1	% 100
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	% 90
Homework	1	% 10
Practice		
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.			
4-Design individual and multidisciplinary research, keep records, prepare reports, analyze and interpret results for quality service and research in health sciences.	5	5	5
5-They conduct a literature search to access the information by using evidence-based databases and information sources.	4	4	4
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