

FTR346 – Therapeutic Exercise In Children

Course Title	Code	Semester	Theoretical (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECTS
Therapeutic Exercise In Children	FTR346	6. semester/Spring term	1	0	0	1
Prerequisites						
Language of Instruction	Turkish					
Course Type	Elective					
learning and teaching techniques of the Course	Lecture, discussion, Question&answer, practice, case study, problem solving, other; homework, presentation etc.					
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. Comprehends the specific assessment methods according to children. 2. Determines the therapy needs of typical development and disorders arising in these developmental processes. 3. Understands the goals and effects of therapy and exercises, plan the basic exercise program in children					
References	1. Otman AS, Köse N. Egzersiz Tedavisinde Temel Prensipler ve Yöntemler. Ankara : Pelikan Yayıncılık, 2014					

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	Determination of exercise applications according to problems
8. Week	Mid-term exam
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	An overview

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	% 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	% 100
Homework		
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-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.	5	5	5
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