

FTR232 - Sportive Health And Physiotherapy

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
Sportive Health And Physiotherapy	FTR 232	4. semester/2.term spring	1	2	-	4
Prerequisites	-					
Course language	Turkish					
Course type	Elective					
Learning and teaching strategies	lecture Clinical Practice					
Instructor (s)						
Course objective(Aim of course)	Describing sports physiotherapy, physical fitness test batteries for different groups, sports injuries healing process, comprehending measurement and evaluation techniques in sports and sports injuries and also basic principles related to the treatment techniques and reflecting these comprehensions to the applications, development of clinical problem solving after sport injuries in sports physiotherapy area and providing athletes to safely return to the sport activities.					
Learning outcomes	<ol style="list-style-type: none"> 1. Describes and learns sports physiotherapy, importance of measurement and evaluation in sports, principles of sports physiotherapy, physical fitness and physical fitness test batteries for athletes, women, adults, disabled people and children 2. Describes training knowledge and sport psychology and explains the relationship between sports nutrition and doping. 3. Prepares the exercise and sport plan in chronic diseases 4. Describes upper extremity, lower extremity and vertebral column injuries in athletes, evaluates and uses data evaluations in clinical decision making process, synthesizes and prepares the accurate treatment program, defines the criteria for return to sports 					
References	1- Nevin Ergun ; Gül Baltacı Spor yaralanmalarında fizyoterapi ve rehabilitasyon prensipleri Ankara : Pelikan Kitabevi, 2014. 2- Gül Baltacı, Spor yaralanmalarında egzersiz tedavisi, Ankara : Asıl Yayın Dağıtım, 2013.					

Course outline weekly:

Weeks	Topics
1. Week	Sports physiotherapist in the world and Turkey
2. Week	Evaluation of the athlete, performance tests
3. Week	Physical Fitness and Tests
4. Week	Children and Sports, Women and Sports
5. Week	Exercise in Chronic Diseases
6. Week	Sports for the Disabled
7. Week	Prevention of sports injuries and soft tissue injuries
8. Week	Midterm Exam
9. Week	Soft Tissue Healing, Pretreatment
10. Week	Definitive treatment and taping
11. Week	Return to Sports principles
12. Week	Knee injuries and rehabilitation
13. Week	Shoulder injuries and rehabilitation
14. Week	Nutrition in Sports, Doping
15. Week	An overview

ECTS (Student Work Load Table)

Activities	Number	Duration	Total Work Load
Course Duration (X14)	14	1	14
Laboratory			
Practice	14	2	28
Field Study			
Study Time Of Outside Of Class (Pre-Study, Practice, Etc.)	14	2	28
Presentations (Video shoot/Poster preparation/Oral presentation, Etc.)	14	1	14
Seminars			
Project			
Case study			
Role playing, Dramatization			
Writing articles, Critique			
Time To Prepare For Midterm Exam	1	4	4
Final Exam Preparation Time	1	12	12
Total Work Load (hour) / 25(s)	100/25=4		
ECTS	4		

Evaluation System

	Number	Contribution
Mid-Term Studies		
Midterm exams	1	%80
Quiz		
Laboratory		
Practice		
Field Study		
Course Internship (If There Is)		
Homework's	1	%20
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	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.				
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.	5	5	5	5
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	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