

FTR313 - Physiotherapy in Orthopedics And Sports

| Course Name | Code | Term | Theory (hours/week) | Application (hours/week) | Laboratory (hours/week) | ECTS |
|---|---|-----------------------|---------------------|--------------------------|-------------------------|------|
| Physiotherapy in Orthopedics and Sports | FTR 313 | 3.year/1.term Fall | 2 | 2 | - | 4 |
| Prerequisites | | | | | | |
| Course language | Turkish | | | | | |
| Course type | Compulsory | | | | | |
| Learning and teaching strategies | Theory,Application, Demonstration | | | | | |
| Instructor (s) | | | | | | |
| Course objective(Aim of course) | Providing to comprehend and to transfer application of basic procedures in evaluation methods of musculoskeletal system injuries and orthopaedic problems which needs surgical intervention or not; developing competence and skills to select and to apply the most appropriate and surgery specific physiotherapy and rehabilitation program and interventions | | | | | |
| Learning outcomes | The students; 1. Explains musculoskeletal system injuries and degenerative joint diseases and knows related complications of these problems 2. comprehends and apply general and pathology-specific evaluation and measurement methods in orthopaedic problems 3. determines and apply the most appropriate physiotherapy and rehabilitation program dependent upon pathology and situation for the patients undergone surgical interventions or not | | | | | |
| References | Ayşe Karaduman, Öznur Tunca Yılmaz. Fizyoterapi ve rehabilitasyon : ortopedik rehabilitasyon pediatrik rehabilitasyon 2. Ankara : Pelikan Yayıncılık, 2016 Gül Baltacı. Omuz yaralanmalarında rehabilitasyon. Ankara : Pelikan Tıp, 2015 Gül Baltacı. Diz yaralanmalarında rehabilitasyon. Ankara : Hipokrat Kitabevi, 2016 Volga Bayrakçı Tunay, Zafer Erden, Cemil Yıldız. Alt ekstremitte yaralanmalarında rehabilitasyon. Ankara : Hipokrat Kitabevi, 2017 | | | | | |

Course outline weekly:

| Weeks | Topics |
|----------|--|
| 1. Week | Some tests used in orthopedics, physiotherapy of soft tissue problems |
| 2. Week | Rehabilitation of upper extremity fracture |
| 3. Week | Rehabilitation of lower extremity fracture |
| 4. Week | Physiotherapy and rehabilitation of the upper extremity (shoulder, elbow, hand-wrist) problems |
| 5. Week | Physiotherapy and rehabilitation of the upper extremity (shoulder, elbow, hand-wrist) problems |
| 6. Week | Physiotherapy and rehabilitation in the lower extremity (hip, knee, foot-ankle) problems |
| 7. Week | Physiotherapy and rehabilitation in the lower extremity (hip, knee, foot-ankle) problems |
| 8. Week | Midterm Exam |
| 9. Week | Assessment and diagnosis methods of the vertebral column |
| 10. Week | Physiotherapy and rehabilitation of the vertebral column problems |
| 11. Week | Physiotherapy and rehabilitation in hip-knee arthroplasties |
| 12. Week | Soft tissue injuries and soft tissue healing |
| 13. Week | Diagnosis and treatment of the Soft tissue |
| 14. Week | Ligament injuries and rehabilitation |
| 15. Week | An overview |

ECTS (Student Work Load Table)

| Activities | Number | Duration | Total Work Load |
|--|--------------|----------|-----------------|
| Course Duration (X14) | 14 | 2 | 28 |
| Laboratory | | | |
| Practice | 14 | 2 | 28 |
| 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 | 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 | 0 | %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 | %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 |
| 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