

FTR306 - Cardiac Rehabilitation

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
Cardiac Rehabilitation	FTR 306	6. semester/2.term Spring	2	2	-	2
Prequisites						
Course language	Turkish					
Course type	Compulsory					
Learning and teaching strategies	Lecture, Question&answer, case study, Clinical practice, demonstration					
Instructor (s)						
Course objective(Aim of course)	Recognition of cardiovascular problems in patients with cardiovascular disorders, evaluation of patients with appropriate assessment methods, planning and application of appropriate intervention protocols with selection of cardiac rehabilitation techniques and treatments.					
Learning outcomes	1. Explains basic concepts of cardiac rehabilitation Defines clinical features of cardiovascular disorders. 2. Assesses the cardiovascular disorders in physical, physiologic, and functional respects, Applies physiotherapy and rehabilitation interventions on cardiovascular disorders 3. Assesses quality of life and psychosocial status of cardiovascular disorders and gives home program. 4. Analyses risk factors in individuals with cardiovascular diseases risk, Carries out patient education and behaviour modification in individuals with cardiovascular diseases risk.					
References	1. Kardiyak ve Pulmoner Rehabilitasyon / Mehmet Uzun, İstanbul: İstanbul Tıp Kitapevleri, 2014. 2. Ayşe Karaduman, Öznur Tunca Yılmaz. Fizyoterapi ve rehabilitasyon : nörolojik rehabilitasyon kardiyopulmoner rahabilitasyon 3. Ankara : Pelikan Yayıncılık, 2016					

Course outline weekly:

Weeks	Topics
1. Week	anatomy of Cardiac
2. Week	Physiology of cardiac
3. Week	Atherosclerosis
4. Week	Diagnostic tests and procedures
5. Week	Normal electrocardiography
6. Week	Anormal electrocardiography
7. Week	Exercise tests used in cardiovascular diseases
8. Week	Midterm exam
9. Week	Ischemic cardiac conditions
10. Week	Phases of cardiac rehabilitation
11. Week	cardiac rehabilitation in cardiac surgery
12. Week	Rehabilitation in peripheral arterial diseases, hypertension and obesity
13. Week	Rehabilitation in heart failure and diabetes
14. Week	Plans of exercise program
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.)			
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	1	1
Final Exam Preparation Time	1	3	3
Total Work Load (hour) / 25(s)	60/ 25 = 2.4		
ECTS	2		

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	%40
Homework		
Practice	1	%60
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.		4	4	4
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