

FTR118 - Heat-Light And Hydrotherapy

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
Heat-Light and Hydrotherapy	FTR 118	1.year/2.term spring	2	-	-	4
Prerequisites						
Course language	Turkish					
Course type	Compulsory					
Learning and teaching strategies	Lecture, Discussion, Observation, Case study					
Instructor (s)						
Course objective(Aim of course)	The course aims to give the students the basic theoretical and practical knowledge on physical principles related to heat, light and hydrotherapy modalities, physiological effects, practical methods, indications, contraindications, hazards.					
Learning outcomes	<ol style="list-style-type: none"> 1. In clinic conditions, gains the knowledge and skills of application, application principles and selection of the appropriate treatment modality. 2. Defines the physical and physiological effects of superficial heat- light modalities, cold applications, hydrotherapy applications and problem solves. 					
References	<ol style="list-style-type: none"> 1.Kayıhan H, Dolunay N. 'Fizyoterapi'de Isı-Işık Su' H.Ü. Fizik Tedavi ve Rehabilitasyon YO Yayınları Ankara 1992. 2.Razak Özdiş A. Fiziksel Modaliteler ve Elektroterapi' İstanbul Tıp Kitabevi 2014 3.Harutoğlu H. 'Isı-İşik ve hidroterapi'. Hipokrat Kitapevi, 20160 					

Course outline weekly:

Weeks	Topics
1. Week	Inflammation and repair
2. Week	Pain theory and physiotherapy
3. Week	Physical and physiological effects of heat
4. Week	Hotpack, Parafin and Fluidotherapy
5. Week	Basic information about light, Infrared
6. Week	Ultraviolet and heliotherapy
7. Week	Laser
8. Week	Midterm exam
9. Week	Cold modalities
10. Week	Physical and physiological principles in hydrotherapy
11. Week	Water applications with mechanical stimulation
12. Week	Pool therapy and aquatic exercises
13. Week	Spa treatment in physical therapy
14. Week	General revision
15. Week	General revision

ECTS (Student Work Load Table)

Activities	Number	Duration	Total Work Load
Course Duration (X14)	14	2	28
Laboratory			
Practice			
Field Study			
Study Time Of Outside Of Class (Pre-Study, Practice, Etc.)	14	3	42
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	14	14
Final Exam Preparation Time	1	16	16
Total Work Load (hour) / 25(s)			100/25=4
ECTS			4

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
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
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
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
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