

**FTR210 - Neurophysiological Approaches I**

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
Neurophysiological Approches 1	FTR 210	5. semester/Fall term	3	2	-	3
Prerequisites	-					
Course language	Turkish					
Course type	Compulsory					
Learning and teaching strategies	Lecture,Discussion, Clinical application, Question&answer					
Instructor (s)						
Course objective(Aim of course)	The course aims to give the student the basic theoretical and practical knowledge about the place and effect mechanisms of Proprioceptive Neuromuscular Facilitation (PNF) techniques in therapeutic exercises and to provide them with the ability to apply PNF exercises and techniques.					
Learning outcomes	1. Defines neurophysiologic mechanisms of PNF techniques. 2. States the aims of usage and the importance of PNF in other therapeutic exercises. 3. Solves the problems about facilitation or inhibition techniques in various neuromuscular disorders, Applies PNF techniques in different clinical conditions					
References	Livanelioğlu A, Kerem Günel M, Erden Z. ? Propriozeptif Nöromusküler Fasilitasyon Teknikleri?, Genişletilmiş 3.bs, Ankamat Matbaacılık, Ankara 2011 Susan S.Adler ; Dominiek Beckers ,Math Buck. Fonksiyonel PNF teknikleri. Ankara : Pelikan, 2015					

**Course outline weekly:**

Weeks	Topics
1. Week	Introduction to PNF, characteristics of patterns
2. Week	Scapula, pelvis and upper extremity patterns
3. Week	Lower extremity patterns
4. Week	Neck and upper trunk patterns
5. Week	Lower trunk patterns
6. Week	Basic procedures of PNF, Facilitation techniques
7. Week	Inhibition techniques
8. Week	Midterm Exam
9. Week	Bilateral extremity patterns
10. Week	Bilateral extremity patterns
11. Week	Mat activities
12. Week	Mat activities
13. Week	The uses of assistant agents in PNF, Facilitation of vital functions
14. Week	An Overview
15. Week	An overview

**ECTS (Student Work Load Table)**

Activities	Number	Duration	Total Work Load
Course Duration (X14 )	14	3	42
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	7	7
Final Exam Preparation Time	1	8	8
<b>Total Work Load ( hour ) / 25(s)</b>	<b>85 / 25 = 3.4</b>		
<b>ECTS</b>	<b>3</b>		

### Evaluation System

Mid-Term Studies	Number	Contribution
Midterm exams		
Quiz		
Laboratory		
Practice	1	% 100
Field Study		
Course Internship (If There Is)		
Homework's		
Presentation and Seminar		
Project		
Other evaluation methods		
<b>Total Time To Activities For Midterm</b>		100
<b>Final works</b>		
Final	1	% 40
Homework		
Practice	1	% 60
Laboratory		
<b>Total Time To Activities For Midterm</b>		100
Contribution Of Midterm Studies On Grades		% 40
Contribution Of Final Exam On Grades		% 60
<b>Total</b>		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