

FTR346 – Therapeutic Exercise In Children

| Course Title | Code | Semester | Theoretical (hours/week) | Practice (hours/week) | Laboratory (hours/week) | ECTS |
|--|---|-------------------------|--------------------------|-----------------------|-------------------------|------|
| Therapeutic Exercise In Children | FTR346 | 6. semester/Spring term | 1 | 0 | 0 | 1 |
| Prerequisites | | | | | | |
| Language of Instruction | Turkish | | | | | |
| Course Type | Elective | | | | | |
| learning and teaching techniques of the Course | Lecture, discussion, Question&answer, practice, case study, problem solving, other; homework, presentation etc. | | | | | |
| Instructor(s) | | | | | | |
| Goal | The purpose of this course is; to teach the aim of the exercise treatment and classification of exercises and to teach planning the exercise program in different problems of children which requires different approach compared with the adults as they are in growth and development process as well as to gain the ability to prepare exercise program, problem solving in different disorders according to basic assessment and measurement methods and to gain the ability to determine the exercise program. | | | | | |
| Learning Outcomes | 1. Comprehends the specific assessment methods according to children. 2. Determines the therapy needs of typical development and disorders arising in these developmental processes. 3. Understands the goals and effects of therapy and exercises, plan the basic exercise program in children | | | | | |
| References | 1. Otman AS, Köse N. Egzersiz Tedavisinde Temel Prensipler ve Yöntemler. Ankara : Pelikan Yayıncılık, 2014 | | | | | |

Course Outline Weekly:

| WEEKS | TOPICS |
|----------|---|
| 1. Week | Difference of therapeutic exercises in children compared to adults |
| 2. Week | Requirement of therapy and exercise in different problems |
| 3. Week | Elaboration of the requirements |
| 4. Week | Introducing the specific assessment methods according to the children and condition |
| 5. Week | Methods of assessment and classification |
| 6. Week | Classification of therapy and exercise applications |
| 7. Week | Determination of exercise applications according to problems |
| 8. Week | Mid-term exam |
| 9. Week | Giving knowledge about postural control, strengthening, developmental exercises |
| 10. Week | Giving knowledge about spinal stabilization, stretching, relaxation and strengthening exercises |
| 11. Week | Exercises samples with cases: Lower extremity problems |
| 12. Week | Exercises samples with cases: Upper extremity problems and trunk problems |
| 13. Week | Group exercises |
| 14. Week | Group exercises |
| 15. Week | An overview |

ECTS (Student Work Load Table)

| Activities | Number | Duration | Total Work Load |
|--|---------|----------|-----------------|
| Course Duration (X14) | 14 | 1 | 14 |
| Laboratory | | | |
| Practice | | | |
| 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 | 4 | 4 |
| Final Exam Preparation Time | 1 | 7 | 7 |
| Total Work Load (hour) / 25(s) | 25 / 25 | | |
| ECTS | 1 | | |

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 | 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. | | | |
| 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. | 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