Course Title	Code	Semester	Theoretical (hours/week)	Practical (hours/week)	Laboratory (hours/week)	ECTS
Evidence-Based Exercise Methods in Physical Therapy	**FTR 606**		**3**	**0**	**0**	**10**
Prerequisites	-					
Course Language	Turkish					
Course Type	Compulsory					
Teaching Methods	Lecture, Presentation, Discussion, Research, Project					
Instructor(s)						
Course Objective	1. To develop the ability to plan, conduct, and interpret high-quality research on the mechanisms of action, application methods, and relative advantages of neurodevelopmental treatment approaches. 2. To teach the selection of evidence-based physical therapy approaches in orthopedic pathologies, the principles of their application, and to examine literature studies on preventive and therapeutic approaches.					
Course Learning Outcomes	1. Plans high-quality research on the clinical use and outcomes of neurodevelopmental treatment approaches in the field of physical therapy and rehabilitation. 2. Conducts research independently while adhering to ethical values. 3. Analyzes research results using appropriate statistical methods. 4. Interprets research results and makes clinical interpretations. 5. Writes the research report and prepares it for presentation at a scientific meeting. 6. Analyzes physical therapy and rehabilitation approaches for problems related to the musculoskeletal system, determines the most appropriate treatment plan for the patient, and implements it. 7. Applies high-level evidence-based knowledge to their practice.					
References	1. Raine S, Meadows L, Ellerington ML (eds). The Bobath Concept: Theory and clinical practice in neurological rehabilitation, first edition, Blackwell Publishing Ltd. 2009. 2. Darcy Ann Umphred, Neurological Rehabilitation, 5e (Neurological					

	Rehabilitation, November 24, 2006 | ISBN-10: 0323033067. 3. Wane W. Daniel (1991). Biostatistics: A Foundation for Analysis in the 4. Physical Therapy Principles and Methods. Lippincott Williams & Wilkins, 2005.

WEEKLY COURSE TOPICS

Weeks	DISCUSSION TOPICS TO BE PROCESSED
1.	Introduction to the course, general information
2.	Sensory and motor basis of exercise, physiological mechanisms of exercise types
3.	The effect of exercise on pain and inflammation
4.	Evidence-based exercise approaches in orthopedic physical therapy
5.	Evidence-based exercise approaches in orthopedic physical therapy
6.	Evidence-based exercise approaches in sports physical therapy
7.	Evidence-based exercise approaches in the field of neurological physical therapy
8.	**Mid-Term Examination**
9.	Evidence-based exercise approaches in pediatric physical therapy
10.	Evidence-based exercise approaches in pediatric physical therapy
11.	Evidence-based exercise approaches in the field of cardiopulmonary physical therapy
12.	Evidence-based exercise approaches in oncological physical therapy, evidence- based exercise approaches in physical therapy for rheumatic diseases
13.	Evidence-based exercise approaches in physical therapy in women's health, evidence-based exercise approaches in physical therapy in oromotor dysfunction
14.	Evidence-based exercise approaches in geriatric physical therapy, evidence-based exercise approaches in physical therapy for systemic diseases
15.	**Final Exam**

ECTS / WORK LOAD TABLE

Activities	**Number**	**Duration**	**Total Work Load**
Course	14	3	42
Laboratory			
Practice			
Field Study			
Outclass course work hours (Self working / Teamwork / Preliminary work)	14	5	70
Presentations (Video preparation / Poster preparation / Oral presentation / Focus group discussion / Applying questionnaire/ Observation and report writing)	14	3	42
Seminars			
Project	2	48	96
Case study			
Role playing, dramatization			
Preparing and criticizing article			
Semester midterm exams			
Semester final exams			
Total Work Load (hour) / 25(s)	**250/25**		
ECTS	**10**		

EVALUATION SYSTEM

Midterm Studies	**Number**	**Contribution**
Midterm exam		
Quiz		
Laboratory		
Practice		
Field Study		
Specific practical training (If exists)		
Homework assignment	1	%25
Presentation and seminar	1	%25
Projects		
Other evaluation methods		
Total of Midterm Studies		%50
Final Studies		
Final		
Homework assignment	1	%50
Practice		
Laboratory		
Total of Final Studies		%50
Contribution of midterm studies to course grade		%50
Contribution of final studies to course grade		%50
Total Grade		100

RELATIONSHIPS BETWEEN COURSE LEARNING OUTCOMES AND PROGRAM QUALIFICATIONS

Program Qualifications		Learning Outcomes						
		LO1	**LO2**	**LO3**	**LO4**	**LO5**	**LO6**	**LO7**
1.	Accesses, interprets, and applies advanced and original knowledge in the field of physiotherapy and rehabilitation.	**4**	**3**	**3**	**5**			
2.	Conducts original research plans that contribute to the field using scientific methods.	**5**	**4**			**4**		
3.	With a commitment to lifelong learning, follows current developments and technologies in the field, develops existing methods and techniques, and designs and implements new applications.	**4**	**5**		**4**			
4.	Adopts and applies an evidence-based approach in clinical decision-making processes. Acts in accordance with ethical principles in research and practice.	**5**	**5**			**3**		
5.	Establishes effective collaboration in interdisciplinary projects, plans, manages, and executes scientific projects. Effectively shares scientific knowledge on national and international platforms.		**5**			**5**		
6.	Performs advanced clinical and laboratory practices in different areas of expertise. Contributes to undergraduate and graduate education activities, mentors students at .		**4**					**3**
7.	Contributes to the development of rehabilitation services and health policies that promote public health.						3	
8	Has knowledge of statistical methods commonly used in health- related studies. Selects, applies, and interprets appropriate statistical methods.	**5**				**5**		
9.	Contributes to expanding the boundaries of knowledge in their field by publishing at least one scientific article in national and/or international peer- reviewed journals.					**5**		

Contribution to the level of proficiency: 1: Low **2:** Low/Moderate **3:** Moderate **4:** High **5:** Excellent