| Course Title | Code | Semester | Theoretical (hours/week) | Practice (hours/week) | Laboratory (hours/week) | ECTS |
|---|---|---|---|---|---|---|
| **Functıonal Rehabılıtatıon In Sports Injurıes** | **FTR620** | **2** | **2** | **1** | **0** | **10** |

| | |
|---|---|
| **Prerequisites** | - |
| **Course Language** | Turkish |
| **Course Type** | Compulsory |
| **Teaching Methods** | Lecture<br>Drill and Practice |
| **Instructor(s)** | |
| **Course Objective** | To provide to comprehend how the unified sport spesific rehabilitation strategies and functional activities in the process which is started in gains sports related skill patterns in athlete? rehabilitatition program until return to sport, reflect to this to application. |
| **Course Learning Outcomes** | 1.To define functional rehabilitation<br>2.To comprehend the phases and activities contained in the functional rehabilitation<br>3.To distinguish between the proporties of functional assessment test and methods.<br>4.To define and implement proprioception training for rehabilitation phases.<br>5.To know the sport-spesific functional activities, knows the return to play based on the results of test methods and evaluation |
| **References** | 1 Ergun N, Baltacı G. Spor Yaralanmalarında Fizyoterapi ve Rehabilitasyon Prensipleri, (ISBN 978– 605-6474-13-2) 6. Baskı, Hipokrat Kitabevi, 2018, Ankara<br>2.Ergun N, Baltacı G, Aytar A, Özyürek S, Keklik Şenbursa G, Ulusoy B(Editörler): 2025 25.Yıla Özel, Vakalarla Sporda Fizyoterapi ve Rehabilitasyon (ISBN 978-625-6169-25-8) Hipokrat Yayınevi, 2025<br>3. Baltacı G, Tunay BV, Beşler A, Ergun N. Spor Yaralanmalarında Egzersiz Tedavisi, 2. Baskı, Alp Yayıncılık, 2006.<br>4. Moran GT, McGlynn G. Dynamics of Strength Training and Conditioning, 2nd Edt. McGraw Hill CO. 1997.<br>5. Tippett SR, Voight ML. Functional Progressions for Sport Rehabilitation, Human Kinetics 1995<br>6. Tunay VB, Erden Z, Yıldız C. Üst ekstremite yaralanmalarında rehabilitasyon. Hipokrat Publishing House, 2021<br>7. Tunay VB, Erden Z, Yıldız C. Alt ekstremite yaralanmalarında rehabilitasyon. Hipokrat Yayınevi, 2017.<br>8. Bayrakcı Tunay V, Düzgün İ, Turgut E, Harput G. Sporda Fizyoterapi ve Rehabilitasyon, 1. Basım, Hipokrat Kitabevi, 2023 |

**WEEKLY COURSE TOPICS**

| Weeks | DISCUSSION TOPICS TO BE PROCESSED |
|---|---|
| **1.** | General Principles of Functional rehabilitation and goals |
| **2.** | Properties of functional rehabilitatiton phases and identification of phases |
| **3.** | Reactive neouromuscular traning |
| **4.** | Functional rehabilitation programs for lower extremity |
| **5.** | Functional tests for lower extremity and application |
| **6.** | Literature |
| **7.** | Functional rehabilitation programs for upper extremity |
| **8.** | Functional tests for upper extremity and application |
| **9.** | Proprioception training in functional rehabilitation phases |
| **10.** | Sport-spesific functional training and implementation of functional tests |
| **11.** | Literature |
| **12.** | Electromyography applications and the importance and areas in functional rehabilitation assessment tests |
| **13.** | Columna vertebralis functional rehabilitation programs |
| **14.** | Planning and implementation of stabilization exercise program |
| **15.** | **Final Exam** |

**ECTS / WORK LOAD TABLE**

| Activities | Number | Duration | Total Work Load |
|---|---|---|---|
| Course | 14 | 3 | 42 |
| Laboratory | 0 | 0 | 0 |
| Practice | 14 | 2 | 28 |
| Field Study | 0 | 0 | 0 |
| Outclass course work hours ( Self working / Teamwork / Preliminary work) | 5 | 5 | 25 |
| Presentations (Video preparation / Poster preparation / Oral presentation / Focus group discussion / Applying questionnaire/ Observation and report writing) | 2 | 8 | 16 |
| Seminars | 9 | 6 | 54 |
| Project | 5 | 5 | 25 |
| Case study | 5 | 4 | 20 |
| Role playing, dramatization | 0 | 0 | 0 |
| Preparing and criticizing article | 0 | 0 | 0 |
| Semester midterm exams | | | |
| Semester final exams | 1 | 40 | 40 |
| **Total Work Load ( hour) / 25(s)** | 250 / 25 | | |
| **ECTS** | 10 | | |

**EVALUATION SYSTEM**

| Midterm Studies | Number | Contribution |
|---|---|---|
| Midterm exam | | |
| Quiz | | |
| Laboratory | | |
| Practice | 14 | %10 |
| Field Study | 5 | %10 |
| Specific practical training (If exists) | | |
| Homework assignment | 10 | %10 |
| Presentation and seminar | 10 | %10 |
| Projects | 5 | %20 |
| Other evaluation methods | | |
| **Total of Midterm Studies** | 1 | %60 |
| **Final Studies** | | |
| Final | 1 | %40 |
| Homework assignment | | |
| Practice | | |
| Laboratory | | |
| **Total of Final Studies** | | %100 |
| Contribution of midterm studies to course grade | | %60 |
| Contribution of final studies to course grade | | %40 |
| **Total Grade** | | 100 |

**RELATIONSHIPS BETWEEN COURSE LEARNING OUTCOMES AND PROGRAM QUALIFICATIONS**

| Program Qualifications | | Learning Outcomes | | | | |
|---|---|---|---|---|---|---|
| | | **LO1** | **LO2** | **LO3** | **LO4** | **LO5** |
| **1.** | Accesses, interprets, and applies advanced and original knowledge in the field of physiotherapy and rehabilitation. | **5** | | **5** | | |
| **2.** | Conducts original research plans that contribute to the field using scientific methods. | **5** | | | | **5** |
| **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** | **4** |
| **4.** | Adopts and implements an evidence-based approach in clinical decision-making processes. Acts in accordance with ethical principles in research and practice. | | **5** | **5** | | |
| **5.** | Establishes effective collaboration in interdisciplinary projects, plans, manages, and executes scientific projects. Effectively shares scientific knowledge on national and international platforms. | | | | **4** | **5** |
| **6.** | Performs advanced clinical and laboratory practices in various specialties. Contributes to undergraduate and graduate educational activities and mentors students. | | | | **4** | **5** |
| **7.** | Contributes to the development of health policies that improve rehabilitation services and public health. | | | | | |
| **8.** | Is knowledgeable about statistical methods frequently used in health studies. Selects, applies, and interprets appropriate statistical methods. | | | | | |
| **9.** | Contributes to expanding the boundaries of knowledge in the field by publishing at least one scientific article in national and/or international peer-reviewed journals. | | | | | |

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