

Course Title	Code	Semester	Theoretical (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECST
Exercise Tests	FTR 622		3	0	0	10
Prerequisites	-					
Course Language	Turkish					
Course Type	Compulsory					
Teaching Methods	Lecture Discussion Team/Group Work Report Preparation and/or Presentation Practice Case Study Problem/Problem Solving					
Instructor(s)	Prof. Dr. Arzu DEMİRGÜÇ					
Course Objective	The tests, methods, and interpretation used to determine functional exercise capacity in healthy individuals, those with cardiovascular problems, and pulmonary diseases will be reviewed comprehensively.					
Course Learning Outcomes	1. Gain knowledge of the tests and methods used to determine functional exercise capacity in healthy individuals, those with cardiovascular problems, and pulmonary diseases. 2. Know the monitoring parameters. 3. Interpret the results of the tests and methods used.					
References	1. Dr Warrick Bishop. Cardiac Rehabilitation Explained: An in-Depth Guide to Understanding and Navigating Life after Heart Attack, Stenting, or Surgery 2023. ISBN-10 0645268143 2. Josef Niebauer. Cardiac Rehabilitation Manual 978-3-319-47737-4 Published: 20 February 2017 3. ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription. 6th ed. United States: Lippincott Williams & Wilkins; 2010. 4. Wasserman K, Hansen JE, Sue DY, Stringer WW, Sietsema K, Sun XG, Whipp BJ. Principles of Exercise Testing and Interpretation: Including Pathophysiology and Clinical Applications. 5th ed. China: Lippincott Williams & Wilkins; 2011. 5. SANKO Üniversitesi, e-kaynaklar (Pubmed, Springer vb)					

WEEKLY COURSE TOPICS

Weeks	DISCUSSION TOPICS TO BE PROCESSED
1.	Course content and description
2.	Physiological processes related to exercise
3.	Blood gas and pH changes during exercise
4.	Exercise tests performed on healthy individuals
5.	Exercise tests performed on healthy individuals
6.	Field tests in cardiovascular diseases
7.	Exercise test ECG interpretation
8.	Mid-Term Examination
9.	Exercise tests in cardiovascular diseases
10.	Exercise tests in COPD
11.	Exercise tests in restrictive lung diseases
12.	Exercise tests in the elderly
13.	Exercise tests in children
14.	Current literature on exercise tests
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)	3	14	42
Seminars			
Project	1	10	10
Case study	5	10	50
Role playing, dramatization			
Preparing and criticizing article	2	16	32
Semester midterm exams	1	2	2
Semester final exams	1	2	2
Total Work Load (hour) / 25(s)	250/25		
ECTS	10		

EVALUATION SYSTEM

Midterm Studies	Number	Contribution
Midterm exam	1	%25
Quiz		
Laboratory		
Practice		
Field Study		
Specific practical training (If exists)		
Homework assignment		
Presentation and seminar	14	%25
Projects		
Other evaluation methods		
Total of Midterm Studies		%50
Final Studies		
Final	1	%50

Homework assignment		
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
1.	Accesses, interprets and applies advanced and original information in the field of physiotherapy and rehabilitation,	4	4	4
2.	Plans and conducts original research that will contribute to the field using scientific methods.	2	3	
3.	With the awareness of lifelong learning, she follows current developments and technologies in her/his field, develops existing methods and techniques, designs and implements new applications.			
4.	Adopts and applies an evidence-based approach in clinical decision-making processes. Acts in accordance with ethical principles in research and practice.	3	3	3
5.	Establishes effective collaboration in interdisciplinary projects, plans, manages and executes scientific projects. Effectively shares scientific knowledge on national and international platforms.			

6.	Performs advanced clinical and laboratory practices in various areas of expertise. Contributes to undergraduate and graduate educational activities and mentors students.	3	3	3
7.	Contributes to the creation of health policies that improve rehabilitation services and community health..			
8.	Knowledge of statistical methods commonly 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 refereed journals.			

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