Course Title	Code	Semester	Theoretical (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECST
Physical Activity Consulting	**FTR 624**		**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)						
Course Objective	Physical activity programs in healthy individuals and in patients with cardiovascular, pulmonary, metabolic, immunological, hematological, orthopedic and neuromuscular diseases will be examined comprehensively.					
Course Learning Outcomes	1. Determines exercise capacity and physical activity levels in different age groups and with different diseases. 2. Plans an appropriate exercise program. 3. Provides physical activity counseling and monitoring.					
References	1. Main E, Denehy L. Cardiorespiratory Physiotherapy: Adults and Paediatrics, 5th ed. Edinburgh: Elsevier, 2016. 2. McArdle WD, Katch FI, Katch VL. Exercise Physiology: Nutrition, Energy, and Human Performance 8th ed. Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins; 2015. 3. Hillegass E. Essentials of Cardiopulmonary Physical Therapy, 3rd ed. Saunders, Philadelphia, United States;2011. 4. ACSM's Guidelines for Exercise Testing and Prescription. 9th ed. Philadelphia: Lippincott Williams & Wilkins; 2014. 5. ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription 7th ed. Philadelphia, United States: Lippincott Williams & Wilkins; 2014 6. SANKO Üniversitesi, e-kaynaklar (Pubmed, Springer vb)					

WEEKLY COURSE TOPICS

Weeks	DISCUSSION TOPICS TO BE PROCESSED
1.	Course content and description
2.	Concepts of physical activity, exercise, and physical fitness
3.	The relationship between physical activity and health, and the effects of exercise
4.	Responses to and adaptations to physical activity
5.	Assessment of physical activity
6.	Healthy individuals and physical activity
7.	**Mid-Term Examination**
8.	Physical activity in children and adolescents
9.	Physical activity and aging
10.	Physical activity in cardiovascular diseases
11.	Physical activity in pulmonary diseases
12.	Physical activity in metabolic, immunological, and hematological diseases
13.	Physical activity in orthopedic, cognitive, and neuromuscular diseases
14.	Behavior change models for increasing physical activity
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..	**2**	**3**	
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