



COURSE INFORMATION FORM

| | Course Information | | | | | |
|--------------------|-----------------------|---------|----------|----------|---------|------|
| Year of Curriculum | Course Title | Code | Semester | L+P Hour | Credits | ECTS |
| | Therapeutic Exercises | 5055017 | I-II | 3+0 | 3 | 7 |

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|---|---|
| Language of Instruction | Turkish |
| Course Level | Postgraduate |
| Department/Program | Department of Physiotherapy and Rehabilitation / Master's Degree with Thesis |
| Education Type | Formal |
| Course Type | Elective |
| Prerequisites | - |
| Department/Program Coordinator | Asst. Prof. Çağtay MADEN |
| Instructors | |
| Assistants | - |
| Objectives of the Course | To develop clinical decision-making skills in physiotherapy and rehabilitation, appropriate exercise program preparation, problem solving in disorders determined by basic evaluation and measurement methods and ability to create exercise program. |
| Course Content | Planning and implementation of exercise programs for problems in different body parts. |
| Teaching-Learning Methods and Techniques Used in the Course | Expression Discussion Question & Answer Preparing and / or Presenting a Report Drill & Practice Case Study Problem / Problem Solving Brainstorming |
| Internship of the Course (If there is) | - |

| Learning Outcomes |
|---|
| 1. Learn therapeutic therapeutic exercises. |
| 2. Gains the ability to prepare evaluation and therapeutic program in different body disorders. |
| 3. Gains the ability to plan and implement a rehabilitation program. |
| 4. Diversify the rehabilitation program with different exercises. |
| 5. Plans and completes scientific research. |

| COURSE CONTENT | |
|-----------------------|---|
| Week | Topics |
| 1 | Intoduction to the course |
| 2 | Movement and postural development in early childhood |
| 3 | Assessment methods in postural disorders |
| 4 | Assessment methods in postural disorders |
| 5 | Assessment methods in postural disorders |
| 6 | Exercise in postural disorders |
| 7 | Exercise in postural disorders |
| 8 | Midterm Exam |
| 9 | Exercise in lower extremity postural disorders |
| 10 | Exercise in upper extremity musculoskeletal dysfunction |
| 11 | Exercises for specific muscle groups and areas |
| 12 | Exercises to improve posture and body awareness |
| 13 | In-pool exercises used in postural disorders |
| 14 | General Review |
| 15 | Final Exam |

| RECOMMENDED SOURCES | | |
|---|----------|------------|
| Lecture Notes | | |
| ASSESSMENT | | |
| IN-TERM STUDIES | QUANTITY | PERCENTAGE |
| Mid-terms | 1 | 40 |
| Quizzes | | |
| Homework | | |
| Attendance | | |
| Practice | | |
| Seminar | | |
| Internship of the Course | | |
| Project | | |
| Field Survey | | |
| Workshop | | |
| Laboratory | | |
| Presentation | | |
| Final examination | 1 | 60 |
| Total | 2 | 100 |
| Contribution of Semester Studies to the Success Grade | | |
| Contribution of the Final Exam to the Success Grade | | |
| Total | | |

| ECTS/WORKLOAD TABLE | | | |
|---|----------|-----------------|-----------------------|
| Activities | Quantity | Duration (Hour) | Total Workload (Hour) |
| Course Duration (Including the exam week: 15x Total course hours) | 15 | 3 | 45 |
| Hours for off-the-classroom study (Pre-study, practice) | 15 | 3 | 45 |

| | | | |
|----------------------------------|----|---|--------|
| Homework | 15 | 3 | 45 |
| Seminar | | | |
| Presentation | 14 | 3 | 42 |
| Practice | | | |
| Laboratory | | | |
| Internship of the Course | | | |
| Project | | | |
| Field Survey | | | |
| Workshop | | | |
| Others (.....) | 1 | 1 | 1 |
| Mid-terms | 1 | 1 | 1 |
| Quizzes | 2 | 1 | 2 |
| Homework(s)/Seminar(s) | | | |
| Final examination | 1 | 1 | 1 |
| Total Work Load | | | 210 |
| Total Work Load / 30 (h) | | | 210/30 |
| ECTS Credit of the Course | | | 7 |

ASSOCIATING THE LEARNING OUTCOMES OF THE COURSE WITH THE PROGRAM OUTCOMES

| Course Learning Outcomes | PO1 | PO2 | PO3 | PO4 | PO5 | PO6 |
|---|-------------|--------|-----------|---------|--------------|-----|
| CLO1 | 4 | 3 | 5 | 3 | 3 | 5 |
| CLO2 | 4 | 3 | 5 | 3 | 3 | 5 |
| CLO3 | 4 | 3 | 5 | 3 | 3 | 5 |
| CLO4 | 4 | 3 | 5 | 3 | 3 | 5 |
| CLO5 | 5 | 5 | 5 | 5 | 5 | 5 |
| CLO: Course Learning Outcomes PO: Programme Outcomes | | | | | | |
| Contribution level | 1. Very low | 2. Low | 3. Medium | 4. High | 5. Very High | |