



COURSE INFORMATION FORM

	Course Information					
Year of Curriculum	Course Title	Code	Semester	L+P Hour	Credits	ECTS
	Active Aging and Physical Activity	5055020	I-II	3+0	3	7

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	Asst. Prof. Demet GÖZAÇAN KARABULUT
Assistants	-
Objectives of the Course	Introducing concepts such as elderly, aging, active aging, social participation etc. to graduate students, teaching the measures that delay aging, emphasizing the importance of physical activity among them.
Course Content	
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. Discuss active and successful aging in the elderly.
2. Can explain active and healthy aging.
3. Discuss physical activity practices in the elderly.
4. Explain different exercise applications in the elderly.
5. Explain the general principles of mobility training in the elderly.

COURSE CONTENT	
Week	Topics
1	Introduction to the course
2	Concepts of healthy, active and successful aging
3	Physical consequences of aging
4	Importance and benefits of physical activity
5	Social participation in the elderly, current literature
6	Active aging and physical activity assessment parameters
7	Discussion of literature information specific to assessment parameters
8	Midterm Exam
9	Physical activity programs
10	Aerobic and flexibility exercises
11	Group exercises in the elderly, Resistance exercises
12	Current literature
13	Case Discussions
14	General Review
15	Final Exam

RECOMMENDED SOURCES		
Course Material		
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	14	2	28
Project			
Field Survey			
Workshop			
Others (.....)	1	1	1
Mid-terms	1	1	1
Quizzes	1	2	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	5	2	4	5	2	3
CLO2	5	1	4	5	3	5
CLO3	5	1	3	3	3	5
CLO4	4	5	3	5	5	5
CLO5	5	4	1	5	5	5
CLO: Course Learning Outcomes PO: Programme Outcomes						
Contribution level	1. Very low	2. Low	3. Medium	4. High	5. Very High	