

PO20	Has lifelong learning skills related to the profession	✓	✓						
PO21	Can use foreign language effectively to follow professional developments	✓	✓						
PO22	Knows and applies quality, occupational health and safety issues related to the profession	✓	✓						

PART III (Department Board Approval)

Course Contents, Contribution of Course Contents to Learning Outcomes, and Methods for Assessing Learning of Course Contents	Subject	Week	Details of Course Contents	LO1	LO2	LO3	LO4	LO5	LO6	LO7
	S1	1	Introduction to therapeutic exercises, classification of exercises and planning exercises programme.	A1/A4	A1/A4	A1/A4	A1/A4	A1/A4		
	S2	2	Normal range of motion, passive, active assistive and	A1/A4	A1/A4	A1/A4	A1/A4	A1/A4		
	S3	3	Resistive exercises, manual resistive exercises, mechanic resistive exercises	A1/A4	A1/A4	A1/A4	A1/A4	A1/A4		
	S4	4	Stretching exercises for increasing ROM	A1/A4	A1/A4	A1/A4	A1/A4	A1/A4		
	S5	5	Postural problems and exercise samples : Pelvic and	A1/A4	A1/A4	A1/A4	A1/A4	A1/A4		
	S6	6	Postural problems and exercise samples: Thoracal region	A1/A4	A1/A4	A1/A4	A1/A4	A1/A4		
	S7	7	Postural problems and exercise samples: Cervical region	A1/A4	A1/A4	A1/A4	A1/A4	A1/A4		
	S8	8	Midterm Exam Week (Theoretical and Practical)	A1/A4	A1/A4	A1/A4	A1/A4	A1/A4		
	S9	9	Spinal Stabilization and Pilates	A1/A4	A1/A4	A1/A4	A1/A4	A1/A4		
	S10	10	Postural problems and exercise samples: Scoliosis	A1/A4	A1/A4	A1/A4	A1/A4	A1/A4		
	S11	11	Postural problems and exercise samples: Scoliosis	A1/A4	A1/A4	A1/A4	A1/A4	A1/A4		
	S12	12	Postural problems and exercise samples: Lower extremity	A1/A4	A1/A4	A1/A4	A1/A4	A1/A4		
	S13	13	Relaxation exercises	A1/A4	A1/A4	A1/A4	A1/A4	A1/A4		
	S14	14	Group exercises, Tai Chi Chuan, Traction	A1/A4	A1/A4	A1/A4	A1/A4	A1/A4		

Assessment Methods, Weights in Grading Scheme, Implementation and Make-Up Rules	No	Type	Weight	Implementation Rule	Make-Up Rule
	A1	Exam-Final Jury,Final Project	60%	One final exam is applied. Exam dates are announced by the faculty.	ABU's relevant regulation is applied.
	A2	Quiz			
	A3	Homework			
	A4	Midterm	40%	1 midterm exam (visa) is applied. Exam dates are announced by the faculty	ABU's relevant regulation is applied.
	A5	Project			
	A6	Presentation			
	A7	Attendance/Interaction			
	A8	Class/Lab./			
	A9	Others			
TOTAL			100%		

Evidence of Achievement of Learning Outcomes At least one question from each subject is asked during the exams. A weighted average is calculated for each student based on the percentage of each assessment method. Students are required to collect a minimum score over 100, which is announced by the instructor, to pass the course. This score is determined based on class average.

Method for Determining Letter Grade	Direct Conversion System ("DDS" in the regulation.)			Relative Evaluation ("BDS" in the regulation.)		
	A different method/system, not listed above, determined by the Faculty Member / Instructor (This method is explained below) <input type="checkbox"/>					
		Success Grade Range	Letter Success Note	Success Coefficient	Success Assessment	
		95-100	A+	4,00	Successful	
		85-94	A-	3,70	Successful	
		80-84	B+	3,30	Successful	
		75-79	B	3,00	Successful	
		65-74	B-	2,70	Successful	
		60-64	C+	2,30	Successful	
		55-59	C	2,00	Successful	
	50-54	C-	1,70	Passes		
	45-49	D+	1,30	Unsuccessful		
	40-44	D	1,00	Unsuccessful		
	0-39	F	0	Unsuccessful		

Teaching Methods, Student Work Load	No	Method	Explanation	Total Hours			
	Time expected to be allocated by instructor						
1	Lecture		Lesson topics are explained by writing on the board or with a computer presentation. Sample questions are solved during the lesson.	14			
2	Interactive Lecture						
3	Recitation						
4	Laboratory						
5	Practical			42			
6	Field Work						
Time expected to be allocated by student							
7	Project						
8	Homework						
9	Pre-class Learning of Course Material		New topics are learned before being taught in the classroom.	28			
10	Review of Course Material		Topics are repeated to prepare for exams and assignments.	14			
11	Studio						
12	Office Hour		One-on-one meeting with the faculty member				
Calculated ECTS Credit(s)		Max.	3	Min.	3	Grand Total	98

IV. PART

Instructor	Name Surname	
	E-mail	
	Phone Number	
	Office Number	
	Office Hours	
Course Materials	Mandatory	
	Recommended	ACSM's Guidelines for Exercise Testing and Prescription. 7th ed. Philadelphia: Lippincott
Other	Scholastic Honesty	Violations of scholastic honesty include, but are not limited to cheating, plagiarizing, fabricating information or citations, facilitating acts of dishonesty by others, having unauthorized possession of examinations, submitting work of another person or work previously used without informing the instructor, or tampering with the academic work of other students. Any form of scholastic dishonesty is a serious academic violation and will result in a disciplinary action. It is explained in Article 25 of the Directive on Associate and Undergraduate Programs of Antalya Bilim University.
	Students with Disabilities	Reasonable accommodations will be made for students with verifiable disabilities.
	Safety Issues	The course does not require any special security measures.
	Flexibility	Circumstances may arise during the course that prevents the instructor from fulfilling each and every component of this syllabus; therefore, the syllabus is subject to change. Students will be notified prior to any changes.

Form No: ÜY-FR-1047 Yayın Tarihi 01.04.2021 Değ. No 0 Değ. Tarihi-