		ECTS COURSE DES		FORM									
	1	PART I (Sena	te Approval)	Offering									
Offering School	Antalya Bili	im University		Department Physical Therapy and Rehabili					on				
Program(s) Offered to	Physical The	erapy and Rehabilitation											
1 Togram(s) Offered to													
Course Name	Exercise Ph			Course Code FTR 228									
Level of Course	Undergraduate				Type of Course Theoric, Pratical								
Language of Instruction	Turkish			ECTS Credits 3									
Hours per Week	Lecture:	2	Practical:	1 Studio:									
nours per week	Laboratory: Recitation:					Other:							
Pre-requisites	None			Co-requisites None									
Registration Restriction	None			Grading Mode Letter Grade									
Educational Objective		the course is to teach the effect of exercise on body systems and the exercise proposals and to reflect on the basic practice.	under various enviro	ironmental con-ditions, to evaluate the problems that may occur during exercise,									
Course Description	Lourse Description Introduction to Exercise Physiology, Energy transfer systems in the body and exercise, Muscle Physiolog Cardiovascular system and exercise, Cir-culation and blood adaptation to exercise, Endocrine system and Exercise, Immune system and exercise Oxygen debt and deficit, Immunity in Exercise - Sudden Death, 'intensity, its evaluation, Measurement of energy capacity and energy expenditure in resting and physical Aerobic and anaerobic exercise training, recovery after exercise, thermoregulation and exercise, Underwichildren, women and the elderly, Athlete heart.				nd body cor What is ph l activity, E	nposition a sysical activ	nd exercise ity-Affections- Exercise	e, Respira-tor ng factors-M tests applied	y System ar ET, its dura l in the clini	nd tion, its ic,			
	LO1	Defines the responses of the cardiovascular and respiratory s	ystems to exercise										
	LO2 LO3	Knows the body systems' responses to exercise Knows the principles of anaerobic and aerobic exercise											
Learning Outcomes	LO3 LO4	Can create an exercise program											
	LO5												
	LO6												
	1	PART II (Faculty	Board Approva	-									
		Program Outcomes Ability to communicate effectively and write and present a r	eport in Turkish	L01	LO2	LO3	LO4	LO5	LO6	LO7			
	PO1	and English.		$\checkmark$									
	PO2	Ability to work individually, and in intra-disciplinary and mu teams.		$\checkmark$									
Basic Outcomes	PO3	Recognition of the need for life-long learning and ability to a follow developments in science and technology, and continual			~								
(University-wide)	PO4	Knowledge of project management, risk management, innov management, entrepreneurship, and sustainable developmen	$\checkmark$										
	PO5	Awareness of sectors and ability to prepare a business plan.											
	PO6	Understanding of professional and ethical responsibility and ethical behavior.	✓	✓	$\checkmark$	$\checkmark$							
	PO7	Having universal thoughts and values		✓									
Faculty Specific Outcomes	PO8	To be committed to academic and ethical values	~										
	PO9	To provide qualified education, research and consultancy services at universa information and technology standards		$\checkmark$									
	PO10	To be open to new goals, strategies and action plans that will take undergradu and graduate education / training programs and scientific studies further		$\checkmark$	~	~	~						
	PO11	To support, maintain and increase interdisciplinary / multidi the services provided.	sciplinary studies in	~									
	PO12	To contribute and develop health policies for the benefit	$\checkmark$			~							
	PO13	Explains the theoretical knowledge about basic medicine and clinical sciences with the main lines and relates them to physiotherapy.			✓	✓	✓						
	PO14	Applies Physiotherapy and Rehabilitation assessment methods, analyzes and interprets theoretical knowledge by associating		✓	✓	✓	✓						
	PO15	Plans and implements the individual physiotherapy and rehabilitation program		$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$						
	PO16 Records and archives assessment and treatment data			✓	✓								
Program Specific Outcomes	PO17	Plans, conducts and presents a scientific research			✓								
	PO18	Has effective communication skills	$\checkmark$	$\checkmark$									
	PO19	Defines professional duties and responsibilities legally and ap the framework of ethical principles.	$\checkmark$	$\checkmark$									

	PO20	Has lifelong learning skills related to the profession						$\checkmark$	$\checkmark$					
	PO21	Can use foreign language effectively to follow professional de				velopments		✓	✓					
	PO22	Knows and applies quality, occupational health and safety issue profession				sues related to the	ne	✓	$\checkmark$					
		PART III (Department Board Appr						-						1
	Subject	Week		Details of	Course Con	tents		LO1	LO2	LO3	LO4	LO5	LO6	LO7
	<b>S1</b>	1	Aim of	lesson and enter				A1/A4	A1/A4	A1/A4	A1/A4			
Course Contents, Contribution of Course Contents to Learning	S2	2 Transfer of energy furing exercise					A1/A4	A1/A4	A1/A4	A1/A4				
	83	3 Phsiology of muscule and musculoskeletal system durin exercise			A1/A4	A1/A4	A1/A4	A1/A4						
	S4	4 Philology of nerve				A1/A4	A1/A4	A1/A4	A1/A4					
	S5 S6		Cardiovasculer system and exercise     Endocrin system and body compozition				A1/A4 A1/A4	A1/A4 A1/A4	A1/A4 A1/A4	A1/A4 A1/A4	1			
	S7	7	Respiratory physiology and exercise			A1/A4	A1/A4	A1/A4	A1/A4					
Outcomes, and Methods for Assessing Learning of	<b>S8</b>	8	Midterm Exam Week			A1/A4	A1/A4	A1/A4	A1/A4					
Course Contents	<b>S</b> 9	9	Measurement of energy capacity and energy expenditure on rest and physial activity, exercise test			A1/A4	A1/A4	A1/A4	A1/A4					
	<b>S10</b>	10	Aerobic and anaerobic exercise training, recovery			A1/A4	A1/A4	A1/A4	A1/A4					
	S11	11	Thermoregulation and exercise. Underwater and high				A1/A4	A1/A4	A1/A4	A1/A4				
	S12	12	altitude phsiology Practise of heart rate and blood pressure and clinic			e and clinical		A1/A4	A1/A4	A1/A4	A1/A4 A1/A4			
	S13	13				aximal exercise		A1/A4	A1/A4	A1/A4	A1/A4			
	S14	14 Overview					A1/A4	A1/A4	A1/A4	A1/A4				
	No			Туре		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												
Assessment Methods, Weights in Grading Scheme, Implementation and Make-Up Rules	A3 A4	Homework 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	Attendence/Interaction Class/Lab./												
	A8 A9	Class/Lab./ Others												
		1	FOTAL	4		100%								
Evidence of Achievement of Learning Outcomes		uestion from each sub ollect a minimum score											ethod. Stude	nts are
or Etailing Outcomes	-	Direct Conversion System ("DDS" in the regulation.)						Relative Evaluation ("BDS" in the regulation.)						
		A different method/system, not listed above, determined by th					ber /	Instructor (1	This method	is explained	below)			
				Success Grade Range	Letter Succ Note	ess Success Coefficien		uccess Asse	ssment,					
			95-100	A+ A	4,00		uccessful uccessful							
Method for Determining			85-94	A-	3,70	S	uccessful							
Letter Grade			80-84 75-79	B+ B	3,30 3,00		iuccessful iuccessful							
				65-74 60-64	B- C +	2,70		uccessful uccessful						
			55-59 50-54	C C-	2,00	S	uccessful asses							
			45-49	D+	1,30	L.	Insuccessfu							
				40-44 0-39	D F	1,00		Insuccessfu Insuccessfu						
	No			Method						anation		1	<b>Fotal Hours</b>	
Teaching Methods, Student Work Load	1	Time expected to be allocat					ocate	ed by instructor Lesson topics are explained by writing on the board or with a computer presentation. Sample questions are solved during the lesson.				28		
	2	Interactive Lecture												
	3	Recitation												
	4	Laboratory Practical											14	
	5 6	Field Work										14		
		Time expected to be allocated by student												
	7 8	Project Homework					<u> </u>							
	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.				28		
	11	Studio					· · · · · · · · · · · · · · · · · · ·							
	12	Office Hour					One-on-one meeting with the faculty member							
		Calculated ECTS C	redit(s)	)	Max.	3		Min	. 2	Grand	l Total	1	84	

		IV. PART
	Name Surname	
Instructor	E-mail	
	Phone Number	
	Office Number	
	Office Hours	
	Mandatory	
Course Materials	Recommended	Power S, Howley E. Exercise Physiology: Teory And Application To Fitness And Performance. 8th Ed. New York: Mcgraw-Hill. Humaniteies/Social Sciences/Languages, 2011
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 for 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-