ECTS COURSE DESCRIPTION FORM PART I (Senate Approval)												
		PART I (Sena	te Approval)	Offering								
Offering School	Antalya Bili	m University		Department Physical Therapy and Rehabili					on			
	Physical The	erapy and Rehabilitation										
Program(s) Offered to												
Course Name	Basic Exerc	ise Practice		Course (Code	FTR 222			<u> </u>			
Level of Course	Undergradu	ate	Type of Course Theoric, Pratical									
Language of	Turkish		ECTS Credits 3									
Instruction	T. e. etc	1	Desetion	3		Studiou						
Hours per Week	Lecture:		Practical: Recitation:	3		Studio: Other:						
	Laboratory:		Recitation.			Ouler.						
Pre-requisites	None		Co-requisites None									
Registration Restriction	None		Grading Mode Letter Grade									
Educational Objective	programmes	Approaches for the assessment and improving programmes, purposes, effects and principles of exercise treatment, classification of exercise and planning exercises programmes, planning and application of exercises programmes, while determining the problems in normal range of motion, teaching to plan exercise programmes and application in different postural problems.										
Course Description	Joint range of motion exercises, in-bed exercises, tilt table, stretching exercises, strengthening exerci-ses (head, neck, waist, extremity), isokinetic exercises, aerobic exercises, relaxation exercises (breat-hing and movement strategies, relaxation techniques), open and closed-loop exercises, balance and deep sense exercises, plyometric / agility exercises, dynamic lumbar stabilization exercises, compres-sion therapy, intermittent/continuous traction practices, and continuous passive motion (CPM) topics are covered in the course. In the course, it is aimed to provide the ability to plan and apply the neces-sary changes in the exercise protocol specific to the person and the society in accordance with natural or different therapeutic environments. In addition, exercise equipment such as free weights, balance boards, pilates balls, and exercise rubbers are covered in the course.											
	LO1	Learns required approaches in order to assess and improve t	reatment of the patie	ent, classific	ation of the	exercises, j	purposes an	d effects of th	e exercises.			
	LO2 LO3	Plans basic exercise programme Gains ability to prepare appropriate exercise programme an	d apply in prac-tice y	vhile determining the factors which affect normal range of motion.								
Learning Outcomes	LO3 LO4	Learns the problems in postural disorders and their character		and determ		uctors which		initi runge or	motioni			
	LO5	Gains the ability in problem solving, planning exercise progr										
	LO6											
		PART II (Faculty	Board Approva	-								
		Program Outcomes Ability to communicate effectively and write and present a r	oport in Turkish	LO1	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 (University-wide)	PO3	Recognition of the need for life-long learning and ability to a follow developments in science and technology, and continual			~							
	PO4	Knowledge of project management, risk management, innova management, entrepreneurship, and sustainable developmen	✓									
	PO5	Awareness of sectors and ability to prepare a business plan.										
	PO6	Understanding of professional and ethical responsibility and ethical behavior.	\checkmark	\checkmark	\checkmark	\checkmark	✓					
	PO7	Having universal thoughts and values		\checkmark								
Faculty Specific Outcomes	PO8	To be committed to academic and ethical values	✓									
	PO9	To provide qualified education, research and consultancy ser information and technology standards	~	~	~	~	~					
	PO10	To be open to new goals, strategies and action plans that will and graduate education / training programs and scientific stu		~								
	PO11	To support, maintain and increase interdisciplinary / multidi the services provided.	~									
	PO12	To contribute and develop health policies for the benefit	~	\checkmark	~	~	~					
	PO13	Explains the theoretical knowledge about basic medicine and with the main lines and relates them to physiotherapy.	✓	✓	\checkmark							
	PO14	Applies Physiotherapy and Rehabilitation assessment method interprets theoretical knowledge by associating	\checkmark	\checkmark	\checkmark							
	PO15	Plans and implements the individual physiotherapy and reha	✓	✓	✓							
	PO16	Records and archives assessment and treatment data	\checkmark	\checkmark			✓					
Program Specific Outcomes	PO17	Plans, conducts and presents a scientific research		✓	✓							
	PO18	Has effective communication skills	✓	✓			✓					
	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 lan	ffectively to follow pr	velopments	\checkmark	\checkmark								
	PO22	Knows and applies profession	occupational health	ues related to the	\checkmark	\checkmark								
		PART III (Department Board Appr ubject Week Details of Course Contents												
	Subject	Week	Introd	Details of O uction to theraupetic			L01	LO2	LO3	LO4	LO5	LO6	LO7	
	S1	1		ses and planning exe			A1/A4	A1/A4	A1/A4	A1/A4	A1/A4			
	S2	2	Normal range of motion, passive, active as Resistive exercises, manual resistive exerci				A1/A4	A1/A4	A1/A4	A1/A4	A1/A4			
	S3	³ resistive exercises						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			
Course Contents, Contribution of Course	85 86	5		al problems and exe			A1/A4 A1/A4	A1/A4 A1/A4	A1/A4 A1/A4	A1/A4 A1/A4	A1/A4 A1/A4			
Contents to Learning Outcomes, and Methods for Assessing Learning of Course Contents	S7	7	Postural problems and exercise samples: Thoracal region Postural problems and exercise samples: Cervical region					A1/A4	A1/A4	A1/A4	A1/A4			
	S8	8	Midterm Exam Week (Theoretical and Practical)					A1/A4	A1/A4	A1/A4	A1/A4			
	89	9	Spinal Stabilization and Pilates					A1/A4	A1/A4	A1/A4	A1/A4			
	S10	10	Postural problems and exercise samples: Scoliosis					A1/A4	A1/A4	A1/A4	A1/A4			
	S11	11	Postur	al problems and exe	s: Scoliosis	A1/A4	A1/A4	A1/A4	A1/A4	A1/A4				
	S12	12	1 1				A1/A4	A1/A4	A1/A4	A1/A4	A1/A4			
	S13	13	ation exercises		A1/A4	A1/A4	A1/A4	A1/A4	A1/A4					
	S14	14 Group exercises, Tai Chi Chuan, Tract				on	A1/A4 A1/A4 A1/A4			A1/A4	A1/A4			
	No			Туре		Weight	Imp	Implementation Rule			Make-U	Jp Rule		
	A1	Exam-Final Jury,	roject	60%	One final exam is applied. Exam dates are announced by the faculty.			ABU'	ABU's relevant regulation is applied.					
	A2	Quiz												
Assessment Methods, Weights in Grading	A3	Homework					1 14		× 1 1					
Scheme, Implementation and Make-Up Rules	A4	Midterm		40%		1 midterm exam (visa) is applied. Exam dates are announced by the faculty			BU's relevant regulation is applied.					
	A5	Project Presentation												
	A6 A7	Presentation Attendence/Intera												
	A8	Class/Lab./												
	A9	Others TOTAL 100%												
Evidence of Achievement of Learning Outcomes	required to co	uestion from each su	bject is a re over 1	sked during the exams 00, which is announce DS" in the regulation.)	d by the instru	average is calculated	rse. This sco		ned based on	i class avera	ge.		nts are	
			he Faculty Member /					intion.)						
				Success Grade	Letter Succ		Success Ass	essment				•		
				Range	Note A+		Successful							
			95-100 85-94	A A-		Successful Successful								
Method for Determining Letter Grade			80-84 75-79	B+ B		Successful Successful	iuccessful iuccessful							
				65-74 60-64	B- C+	2,70	Successful Successful							
		55-59 C 50-54 C- 45-49 D+				2,00	Successful							
						1,30	Unsuccessful							
				40-44 0-39	D F		<u>Unsuccessfi</u> Unsuccessfi							
	No			Method				Expla	anation		1	Fotal Hours		
Teaching Methods, Student Work Load	1	Time expected to be allocat						d by instructor Lesson topics are explained by writing on the board or with a computer presentation. Sample questions are				14		
							-	solved duri	· ·					
	2	Interactive Lecture Recitation												
	4	Laboratory						<u> </u>						
	5	Practical						42						
	6 Field Work													
	7	Time expected to be alloca Project												
	8	Homework								ı				
	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	Mir			d Total		98		
								•						

	IV. P	ART					
Instructor	Name Surname						
	E-mail						
	Phone Number						
	Office Number						
	Office Hours						
Course Materials	Mandatory						
		ACSM's Guidelines for Exercise Testing and Prescription. 7th ed. Philadelphia: Lippincott					
	Recommended	ACSM's Outdennes for Exercise resung and rescription. Jured, rimadelpina, Lippincou					
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.					

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