	HEAT,LIG	T AND	HYDROTHERAPY								
1	Course Title:	HEAT,LIGT AND HYDROTHERAPY									
2	Course Code:	FTR201	1								
3	Type of Course:	Compuls	sory								
4	Level of Course:	First Cyc	cle								
5	Year of Study:	2									
6	Semester:	3	3								
7	ECTS Credits Allocated:	3.00	3.00								
8	Theoretical (hour/week):	3.00	3.00								
9	Practice (hour/week):	0.00									
10	Laboratory (hour/week):	0									
11	Prerequisites:	None									
12	Language:	English									
13	Mode of Delivery:	Face to	face								
14	Course Coordinator:	Öğr. Göı	r. FİLİZ EYÜBOĞLU								
15	Course Lecturers:	-									
16	Contact information of the Course Coordinator:	Öğr. Gör. FİLİZ EYÜBOĞLU filizeyuboglu@uludag.edu.tr									
17	Website:										
18	Objective of the Course:	The course aims to give the students the basic theoretical and practical knowledge on physical principles related to heat, light and hydrotherapy modalities, physiological effects, practical methods, indications, contraindications, hazards.									
19	Contribution of the Course to Professional Development:	Professionally, it contributes to the ability to choose and apply the appropriate modality for treatment in creating an exercise prescription.									
20	Learning Outcomes:										
		1	The student who takes the Heat, Light, Hydrotherapy course is expected to gain theoretical and practical skills in the selection of the appropriate treatment modality, application principles and application in clinical conditions.								
		2	Explains and selects the effect of superficial temperature modalities on inflammation and pain.								
		3	Defines the physical and physiological effects of superficial heat modalities and problem solves.								
		4	Explains the objectives, basic concepts and the physiological effects of hydrotherapy.								
		5	Explains and uses the objectives and application methods of the tests used hydrotherapy apply.								
		6									
		7									
		8									
		9									
		10									
21	Course Content:	Course Content:									
		Co	ourse Content:								
Week	Theoretical		Practice								
1	Objective of the course and introduc	ction									

2	Neu	Neurophysiology of pain																	
3	Neu	Neurophysiology of inflammation																	
4	Tiss	issue healing																	
5						to the l mation		g											
6						t and li		ents											
7	Infra	ared a	and la	ser															
8	Ultraviolet and heliotherapy																		
9	Cold	d app	licatio	n															
10		Physical and physiological principles of hydrotherapy																	
11		Water applications with mechanical stimulation																	
12	Humid temperature applications and Fluidotherapy																		
13	Poo	Pool treatment and water exercises																	
14		Tests used in spa treatment and hydrotherapy in physiotherapy																	
22	Tex	tbook	s. Re	ferenc	es an	d/or O	ther		1	Kavıha	an H 「	Dolunay	N. 'He:	at-Ligh	t Water	' H.Ü.			
	Mat	erials							P	nysioth	erapy	and Rel	nabilitat	ion Hig	gh Scho	ol Public			
Activit	Activites									Number			Duration (hour)			Total Work Load (hour)			
Theore	tical								11	9 9 49.	3.00				. I I a i a	42.00			
Practic	als/L	abs							14	0						0.00			
Self stu	dy a	nd pr	epera	tion						10			4.00			40.00			
Homew			•							0			0.00			0.00			
Project	S IS	NING	ACTI	VITIES			R	UWIBE	: VV	WEIGH I			0.00			0.00			
Field S	Studie	S								0			0.00			0.00			
⊘id<u>t</u>e rr	term exams 0								0.	d o			1.00			1.00			
Others										0			0.00			0.00			
Final E	xam	S					1		6	60!00 1.00									
Total V	Total Work Load															84.00			
Estatriv					Learn	ing Act	ivities	to	40	0.00						2.80			
ECTS (3.00			
Contrib	oution	of F	inal E	xam to	Suc	cess G	rade		_	60.00 100.00									
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24	EC	TS/	WOI	RK L	OAD	TAB	LE		•										
25				CON	TRIE	BUTIO	N OI					COME	S TO	PROC	GRAM	ME			
									λΩÞ	LIFIC	AIIC	NS							
		PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ	PQ9	PQ1 0	PQ11	PQ12	PQ1 3	PQ14	PQ15	PQ16		
ÖK1		4	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0		

Contrib 1 very low ution Level:				2 low		3 Medium			4 High			5 Very High				
LO: Learning Objectives PQ: Program Qualifications																
ÖK5	4	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK4	4	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK3	4	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK2	4	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0