

HEAT,LIGT AND HYDROTHERAPY

1	Course Title:	HEAT,LIGT AND HYDROTHERAPY	
2	Course Code:	FTR2011	
3	Type of Course:	Compulsory	
4	Level of Course:	First Cycle	
5	Year of Study:	2	
6	Semester:	3	
7	ECTS Credits Allocated:	3.00	
8	Theoretical (hour/week):	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. Gör. 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.
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21	Course Content:		
		Course Content:	
Week	Theoretical	Practice	
1	Objective of the course and introduction		

2	Neurophysiology of pain	
3	Neurophysiology of inflammation	
4	Tissue healing	
5	Physiotherapist approach to the healing process of pain and inflammation	
6	Physical properties of heat and light, physiological effects of surface heat agents	
7	Infrared and laser	
8	Ultraviolet and heliotherapy	
9	Cold application	
10	Physical and physiological principles of hydrotherapy	
11	Water applications with mechanical stimulation	
12	Humid temperature applications and Fluidotherapy	
13	Pool treatment and water exercises	
14	Tests used in spa treatment and hydrotherapy in physiotherapy	

24	ECTS / WORK LOAD TABLE
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[illegible]

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