BASIC EXERCISE APPROACHES										
1	Course Title:	BASIC E	XERCISE APPROACHES							
2	Course Code:	FTR2002	2							
3	Type of Course:	Compuls	sory							
4	Level of Course:	First Cyc	le							
5	Year of Study:	2								
6	Semester:	4								
7	ECTS Credits Allocated:	4.00								
8	Theoretical (hour/week):	3.00								
9	Practice (hour/week):	2.00								
10	Laboratory (hour/week):	0								
11	Prerequisites:	FTR1001 ANATOMY I								
12	Language:	Turkish								
13	Mode of Delivery:	Face to face								
14	Course Coordinator:	Doç. Dr. Özden ÖZKAL								
15	Course Lecturers:	Prof. Dr. Defne KAYA UTLU Öğr. Gör. Dr. Çetin SAYACA								
16	Contact information of the Course Coordinator:	e-posta:ozdenozkal@uludag.edu.tr tel:0224-2942450/55372 Adres: Bursa Uludağ Üniversitesi Sağlık Bilimleri Fakültesi Fizyoterapi ve Rehabilitasyon Bölümü Görükle Kampüsü-Bursa								
17	Website:									
18	Objective of the Course:	The aim of the course is to teach the appropriate approaches in order to assess and determine the treatment programmes in different age groups and purposes of the exercise treatment, classification of exercises and to teach the planning of exercise programmes, to gain appropriate exercise programme planning while determining the factors which affect normal range of motion, to improve problem solving and to improve performing exercise programme after the determination according to basic assessment and measurement methods.								
19	Contribution of the Course to Professional Development:	To develop the ability of students to solve problems and create an exercise program for disorders determined in accordance with basic assessment and measurement methods.								
20	Learning Outcomes:									
		1	Learns required approaches in order to assess and improve treatment of the patient, classification of the exercises, purposes and effects of the exercises.							
		2	Plans basic exercise programme.							
		3	Gains ability to prepare appropriate exercise programme and apply in practice while determining the factors which affect normal range of motion.							
		4	Learns the problems in postural disorders and their characteristics.							
		5	Gains the ability in problem solving, planning exercise programme and application in practice.							
		6								
		7								
		8								

		9										
		10										
21	Course Content:											
	Course Content:											
Week	Theoretical		Practice									
1	Introduction to treatment movements classification of exercise and exercise program planning, Basic Principles of Functional Exercise is motor control? Is it a requirement?	, e se What	Introduction to treatment movements, classification of exercise and exercise program planning, Basic Principles of Functional Exercise What is motor control? Is it a requirement?									
2	Normal joint movement, passive, acti assisted and active NEH Strength training: Strength, power an endurance training strategies and progressions	ive Id	Normal joint movement, passive, active assisted and active NEH Strength training: Strength, power and endurance training strategies and progressions									
3	Normal joint movement, passive, acti assisted and active NEH	ive aining	Normal joint movement, passive, active assisted and active NEH									
4	Resistance exercises, manual resista exercises, mechanical resistance exe	ance ercises	Resistance exercises, manual resistance exercises, mechanical resistance exercises									
5	Resistance exercises manual resistance Resistance exercises manual resistance exercises											
Activit	:es		Number	Total Work Load (hour)								
Theore	inevenent,		corrective strategies	3.00	42.00							
Practic	als/Labs		14	2.00	28.00							
Self stu	dy and preperation	npies	14	3.00	42.00							
Homew	vorks		0	0.00	0.00							
Project	Iquartile, core, lower quartile	nnloo	Postural problems and		0.00							
Field S	tudies		0	0.00								
Midtern	Functional correction strategies: uppe	er	Functional correction sti	ategies: upper qua	tileocore, lower							
Others			0	0.00	0.00							
Final E	kams		1	1.00	1.00							
Total W	Vork Load				114.00							
Total w	prk load/ 30 hr			r natoo	3.80							
ECTS (Credit of the Course				4.00							
11	Relaxation exercises, Group exercise YOGA, Tai Chi Chuan, Traction	es,	Relaxation exercises, Group exercises, YOGA, Tai Chi Chuan, Traction									
12	Upper extremity functional exercises	extremity functional exercises Upper extremity functional exercises										
13	Segmental stabilization exercises		Segmental stabilization exercises									
14	General practice review		General practice review									
14												

22	Textbooks, References and/or Other Materials:								1-E Te Wi (Pu 2-E Wi 3-ł an 4-(De Ma	 1-Bandy WD, Sanders B. Therapeutic Exercise: Techniques for Intervention. Lippincott Williams and Wilkins. 2001. Hacettepe Üniversitesi, e-kaynaklar (Pubmed, WOS) 2-Basmajian JV, Wolf SL.Therapeutic Exercise. 5th Ed. Williams and Wilkins, Baltimore. 1990. 3-Kisner C, Colby LA. Therapeutic Exercise Foundations and Techniques. 4 th ed. FA Davis, Philadelphia, 2002. 4-Otman AS, Köse N. Egzersiz Tedavisinde Temel Prensipler ve Yöntemler. Meteksan, Ankara, 2006. 5-Otman AS, Köse N. Tedavi Hareketlerinde Temel Değerlendirme Prensipleri. 4. baskı Yücel Ofset Matbaacılık. Ankara, 2008. 								
23	Assesment																	
TERML	M LEARNING ACTIVITIES					l	NUMBE R	EWE	WEIGHT									
Midterr	n Exai	m						1	40	40.00								
Quiz					(C	0.0	0.00										
Home	work-p	oroje	ect				-	C	0.0	0.00								
Final E	xam							1	60	60.00								
Total							:	2	10	100.00								
Contribution of Term (Year) Learning Activities to Success Grade								40	40.00									
Contribution of Final Exam to Success Grade								60	60.00									
Total							10	100.00										
Measurement and Evaluation Techniques Used in the						ne Re	Relative evaluation											
24		<u>s /</u>	WOI	RKI		TAR												
27		07											<u>е то</u>					
23						50110		(QUA	LIFIC) NS	3101	FROG				
	P	Q1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ1 0	PQ11	PQ12	PQ1 3	PQ14	PQ15	PQ16	
ÖK1	5		5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	
ÖK2	5		5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	
ÖK3	5		5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	
ÖK4	5	;	5	5	0	0	0	0	0	0	0	0	0	0	0	0	0	

ÖK5

Contrib

ution Level: 1 very low

2 low

LO: Learning Objectives PQ: Program Qualifications

3 Medium

4 High

5 Very High