BASIC EXERCISE APPROACHES

1	Course Title:	BASIC EXERCISE APPROACHES	
2	Course Code:	FTR2002	
3	Type of Course:	Compulsory	
4	Level of Course:	First Cycle	
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 What is motor control? Is it a requirement?	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, active assisted and active NEH Strength training: Strength, power and endurance training strategies and progressions	Normal joint movement, passive, active assisted and active NEH Strength training: Strength, power and endurance training strategies and progressions
3	Normal joint movement, passive, active assisted and active NEH Isometric, concentric and eccentric training	Normal joint movement, passive, active assisted and active NEH Isometric, concentric and eccentric training
4	Resistance exercises, manual resistance exercises, mechanical resistance exercises Squat, dead-lift and lunge: Training strategies	Resistance exercises, manual resistance exercises, mechanical resistance exercises Squat, dead-lift and lunge: Training strategies
5	Resistance exercises, manual resistance exercises, mechanical resistance exercises Squat, dead-lift and lunge: Training strategies	Resistance exercises, manual resistance exercises, mechanical resistance exercises Squat, dead-lift and lunge: Training strategies
6	Stretching exercises to increase normal joint movement, corrective strategies	Stretching exercises to increase normal joint movement, corrective strategies
7	Postural problems and exercise examples Functional correction strategies: upper quartile, core, lower quartile	Postural problems and exercise examples Functional correction strategies: upper quartile, core, lower quartile
8	Postural problems and exercise examples Functional correction strategies: upper quartile, core, lower quartile	Postural problems and exercise examples Functional correction strategies: upper quartile, core, lower quartile
9	Exercise approach in scoliosis rehabilitation Mobility trainings	Exercise approach in scoliosis rehabilitation Mobility trainings
10	Spinal Stabilization and Pilates Stability trainings	Spinal Stabilization and Pilates Stability trainings
11	Relaxation exercises, Group exercises, YOGA, Tai Chi Chuan, Traction Lower extremity functional exercises	Relaxation exercises, Group exercises, YOGA, Tai Chi Chuan, Traction Lower extremity functional exercises
12	Upper extremity functional exercises	Upper extremity functional exercises
13	Segmental stabilization exercises	Segmental stabilization exercises
14	General practice review	General practice review

22	Textbooks, References and/or Other Materials:	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	

TERM LEARNING ACTIVITIES	**NUMBER**	**WEIGHT**
Midterm Exam	1	40.00
Quiz	0	0.00
Home work-project	0	0.00
Final Exam	1	60.00
Total	2	100.00
Contribution of Term (Year) Learning Activities to Success Grade		40.00
Contribution of Final Exam to Success Grade		60.00
Total		100.00
Measurement and Evaluation Techniques Used in the Course		Relative evaluation

24 ECTS / WORK LOAD TABLE

Activites	Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	3.00	42.00
Practicals/Labs	14	2.00	28.00
Self study and preperation	14	3.00	42.00
Homeworks	0	0.00	0.00
Projects	0	0.00	0.00
Field Studies	0	0.00	0.00
Midterm exams	1	1.00	1.00
Others	0	0.00	0.00
Final Exams	1	1.00	1.00
Total Work Load			114.00
Total work load/ 30 hr			3.80
ECTS Credit of the Course			4.00

25 CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS

	PQ1	**PQ2**	**PQ3**	**PQ4**	**PQ5**	**PQ6**	**PQ7**	**PQ8**	**PQ9**	**PQ10**	**PQ11**	**PQ12**	**PQ13**	**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	5	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**