PROPRIOCEPTIVE NEUROMUSCULAR FASILITATION TECHNIQUES

1	Course Title:	PROPRIOCEPTIVE NEUROMUSCULAR FASILITATION TECHNIQUES
2	Course Code:	FTR3001
3	Type of Course:	Compulsory
4	Level of Course:	First Cycle
5	Year of Study:	3
6	Semester:	5
7	ECTS Credits Allocated:	5.00
8	Theoretical (hour/week):	2.00
9	Practice (hour/week):	2.00
10	Laboratory (hour/week):	0
11	Prerequisites:	FTR2001 BASIC MEASUREMENT TECHNIQUES
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Doç. Dr. Çetin SAYACA
15	Course Lecturers:	-
16	Contact information of the Course Coordinator:	Doç. Dr. Çetin SAYACA cetinsayaca@uludag.edu.tr
17	Website:	
18	Objective of the Course:	The aim of this course is to provide basic information about the place of Poprioceptive Neuromuscular Facilitation (PNF) techniques in therapeutic exercises and their mechanism of action, to enable them to comprehend PNF exercises and techniques and to gain the ability to apply them.
19	Contribution of the Course to Professional Development:	Gains the ability to use Poprioceptive Neuromuscular Facilitation (PNF) Techniques on patients and healthy individuals competently for therapeutic or health maintenance purposes.
20	Learning Outcomes:	

		1	Based on the neurophysiological mechanisms of action of PNF techniques, it can be used on individuals for facilitation or inhibition.
		2	Can identify upper extremity patterns.
		3	Can identify lower extremity patterns.
		4	Can use MAT activities at a basic level.
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21	Course Content:	

Course Content:	
Week / **Theoretical**	**Practice**
1 Introduction to PNF, basic features of PNF patterns	Introduction to PNF, basic features of PNF patterns

2	Scapula, pelvis and upper extremity patterns	Scapula, pelvis and upper extremity patterns
3	Lower extremity patterns	Lower extremity patterns
4	Neck and upper body patterns	Neck and upper body patterns
5	Lower body patterns	Lower body patterns
6	Basic operations	Basic operations
7	Facilitation Techniques	Facilitation Techniques
8	inhibition Techniques	inhibition Techniques
9	Bilateral Extremity Patterns	Bilateral Extremity Patterns
10	Cushion Activities	Cushion Activities
11	Cushion Activities	Cushion Activities
12	Auxiliary agents and stimulation of proximal vital functions in PNF	Auxiliary agents and stimulation of proximal vital functions in PNF
13	Technical application suitable for the case	Technical application suitable for the case
14	Technical application suitable for the case	Technical application suitable for the case
22	Textbooks, References and/or Other Materials:	Livanelioğlu A, Kerme Günel M, Erden Z. Proprioseptif Nöromusküler Fasilitasyon Teknikleri, Genişletilmiş 3.bs, Ankamat Matbaacılık, Ankara 2011.
23	Assesment	

TERM LEARNING ACTIVITIES	NUMBER	WEIGHT
Midterm Exam	1	40.00

Activites	Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	2.00	28.00
Total	2	100.00	
Practicals/Labs	14	2.00	28.00
Self study and preperation	14	6.00	84.00
Homeworks	0	0.00	0.00
Projects	0	0.00	0.00
Total	100.00		
Field Studies	0	0.00	0.00
Midterm exams	1	4.00	4.00
Others	0	0.00	0.00
Final Exams	1	4.00	4.00
Total Work Load			148.00
Total work load/ 30 hr			4.93
ECTS Credit of the Course			5.00

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	2	4	5	3	1	1	2	0	0	1	0	0	0	0	0	0
ÖK2	2	5	5	3	0	0	3	0	0	0	0	0	0	0	0	0
ÖK3	2	5	5	3	0	0	3	0	0	0	0	0	0	0	0	0
ÖK4	3	5	5	3	0	0	3	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

Contribution Level:	1 very low	2 low	3 Medium	4 High	5 Very High