

Vocational School / Physiotherapy
2023 - 2024 Academic Year
MANIPULATION -MOBILISATION
Syllabus

Course Description					
Name	Code	Semester	T+A Hour	Credit	ECTS
MANIPULATION -MOBILISATION	FZT1263230	Spring Semester	1+4	3	7
Prerequisites Courses					
Recommended Elective Courses					
Language of Instruction	Turkish				
Course Level	Short Cycle (Associate's Degree)				
Course Type	Required				
Course Coordinator	Lect. Merve MANGA				
Name of Lecturer(s)	Lect. Fatma ÖZTÜRK, Assist.Prof. Sümeyye TUNÇ				
Assistant(s)					
Aim	To discuss manipulation-mobilization methods applied in physiotherapy applications				
Course Content	This course contains; 1.What is classical massage?,2. The effects of classical massage,3.General principles in classical massage practice,4. Usage areas and contraindications of classical massage,5. Classic massage-lower extremity,6. Classic massage-upper extremity,7.El-foot applications,8. Case analysis,9th floor application-classical massage,10. Abdominal region-classical massage,11. Back region-classical massage,12. Case analysis,13. General repetition,14. Current literature.				
Course Learning Outcomes			Teaching Methods	Assessment Methods	
1. Discuss the effects of classical massage.			16, 9	A	
1.1 Summarizes the effects of classical massage on mechanical, physiological and metabolism circulatory system			16, 9	A	
1.2 Distinguishes the usage areas and contraindications of classical massage			16, 9	A	
2. Compares classical massage movements and application techniques.			16, 9	A	
2.1 Upper-upper extremity classical massage applied			16, 9	A	
2.2 Define hand and foot applications			16, 9	A	
2.3 Show Face and abdomen massage applications			16, 9	A	
2.4 Distinguish different applications			16, 9	A	
Teaching Methods	16: Question - Answer Technique, 9: Lecture Method				
Assessment Methods	A: Traditional Written Exam				
Lecture Schedule					
Sequence	Topics	Preliminary Preparation			
1	1.What is classical massage?	Mebis notes			
2	2. The effects of classical massage	Mebis notes			
3	3.General principles in classical massage practice	Mebis notes			
4	4. Usage areas and contraindications of classical massage	Mebis notes			
5	5. Classic massage-lower extremity	Mebis notes			
6	6. Classic massage-upper extremity	Mebis notes			
7	7.El-foot applications	Mebis notes			
8	8. Case analysis	Mebis notes			
9	9th floor application-classical massage	Mebis notes			
10	10. Abdominal region-classical massage	Mebis notes			
11	11. Back region-classical massage	Mebis notes			
12	12. Case analysis	Mebis notes			
13	13. General repetition	Mebis notes			
14	14. Current literature	Mebis notes			
Evaluation Methods		Weight(%)			
Midterm Exam		40			
General Exam		60			
Resources					
Mebis notesİnci Yüksel, Masaj Teknikleri, 2010, Asil yayınları					