

**Vocational School / Physiotherapy**  
**2024 - 2025 Academic Year**  
**REHABILITATION and EXERCISE II**  
**Syllabus**

<b>Course Description</b>					
<b>Name</b>	<b>Code</b>	<b>Semester</b>	<b>T+A Hour</b>	<b>Credit</b>	<b>ECTS</b>
REHABILITATION and EXERCISE II	FZT2263280	Spring Semester	2+2	3	4
<b>Prerequisites Courses</b>					
<b>Recommended Elective Courses</b>					
<b>Language of Instruction</b>	Turkish				
<b>Course Level</b>	Short Cycle (Associate's Degree)				
<b>Course Type</b>	Required				
<b>Course Coordinator</b>	Assist.Prof. Mehmet Salih TAN				
<b>Name of Lecturer(s)</b>	Lect. Fatma ÖZTÜRK				
<b>Assistant(s)</b>					
<b>Aim</b>	Learning the aims, effects and principles of exercise therapy in physiotherapy and rehabilitation, classification of exercise, planning and implementation of the exercise program.				
<b>Course Content</b>	This course contains; Williams-Mc Kenzie Exercises, Posture Exercises, Physical Activity and Healthy Living, Aqua therapy, Obesity and rehabilitation, Physiological changes in urogynecology, Orthopedic Diseases, Orthotics and rehabilitation, Arthroplasty and Rehabilitation, Stroke and rehabilitation, Spinal Cord Injuries and Rehabilitation, Peripheral Nerve Injuries, Peripheral Nerve Injuries and rehabilitation, General Repetition.				
<b>Course Learning Outcomes</b>			<b>Teaching Methods</b>	<b>Assessment Methods</b>	
Explains the exercise overview			8, 9	A	
Describes different types of exercise			16, 8, 9	A	
Discusses exercises applied in different disease states			16, 8, 9	A	
<b>Teaching Methods</b>	16: Question - Answer Technique, 8: Flipped Classroom Learning, 9: Lecture Method				
<b>Assessment Methods</b>	A: Traditional Written Exam				
<b>Lecture Schedule</b>					
<b>Sequence</b>	<b>Topics</b>	<b>Preliminary Preparation</b>			
1	Williams-Mc Kenzie Exercises	Mebis notes			
2	Posture Exercises	Mebis notes			
3	Physical Activity and Healthy Living	Mebis notes			
4	Aqua therapy	Mebis notes			
5	Obesity and rehabilitation	Mebis notes			
6	Physiological changes in urogynecology	Mebis notes			
7	Orthopedic Diseases	Mebis notes			
8	Orthotics and rehabilitation	Mebis notes			
9	Arthroplasty and Rehabilitation	Mebis notes			
10	Stroke and rehabilitation	Mebis notes			
11	Spinal Cord Injuries and Rehabilitation	Mebis notes			
12	Peripheral Nerve Injuries	Mebis notes			
13	Peripheral Nerve Injuries and rehabilitation	Mebis notes			
14	General Repetition	Mebis notes			
<b>Evaluation Methods</b>		<b>Weight(%)</b>			
Midterm Exam		40			
General Exam		60			

<b>Resources</b>
Otman AS, Köse N. Basic Principles and Methods in Exercise Therapy. Meteksan, Ankara Otman AS, Köse N. Basic Evaluation Principles in Treatment Actions. 4th edition Yücel Ofset Printing.