

Vocational School / Physiotherapy
2023 - 2024 Academic Year
EXERCISE APPLICATIONS I
Syllabus

Course Description					
Name	Code	Semester	T+A Hour	Credit	ECTS
EXERCISE APPLICATIONS I	FZT2142790	Fall Semester	1+4	3	4
Prerequisites Courses					
Recommended Elective Courses					
Language of Instruction	Turkish				
Course Level	Short Cycle (Associate's Degree)				
Course Type	Elective				
Course Coordinator	Assoc.Prof. Gülay ARAS BAYRAM				
Name of Lecturer(s)					
Assistant(s)					
Aim	To introduce basic exercise methods used in physiotherapy and rehabilitation and to practice.				
Course Content	This course contains; Law of gravity, principles (inaction, principles of archeology),Muscle contraction types,Expression definition, principles,Normal limb movements of the extremities,Lower limb normal joint movements,Active exercises,Passive exercises,Active assistive exercises,Lower limb exercise equipment,Upper limb exercise equipment,Isometric exercises,Representative exercises,Clinical approach to exercises I,Clinical approach to exercises II.				
Course Learning Outcomes		Teaching Methods	Assessment Methods		
Defines types of exercise and muscle contraction		6, 9	A		
Distinguishes upper and lower extremity normal movements		6, 9	A		
Knows the differences of active-passive exercise		6, 9	A		
Explains different types of exercise		6, 9	A		
Uses between exercise equipment		6, 9	A		
Teaching Methods	6: Experiential Learning, 9: Lecture Method				
Assessment Methods	A: Traditional Written Exam				
Lecture Schedule					
Sequence	Topics	Preliminary Preparation			
1	Law of gravity, principles (inaction, principles of archeology)	Mebis notes			
2	Muscle contraction types	Mebis notes			
3	Expression definition, principles	Mebis notes			
4	Normal limb movements of the extremities	Mebis notes			
5	Lower limb normal joint movements	Mebis notes			
6	Active exercises	Mebis notes			
7	Passive exercises	Mebis notes			
8	Active assistive exercises	Mebis notes			
9	Lower limb exercise equipment	Mebis notes			
10	Upper limb exercise equipment	Mebis notes			
11	Isometric exercises	Mebis notes			
12	Representative exercises	Mebis notes			
13	Clinical approach to exercises I	Mebis notes			
14	Clinical approach to exercises II	Mebis notes			
Evaluation Methods		Weight(%)			
Midterm Exam		40			
General Exam		60			

Resources
Mebis notes1. Saadet Otman. Egzersiz Tedavisinde Temel Prensipler ve Yöntemler. 2014