

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

Course Description					
Name	Code	Semester	T+A Hour	Credit	ECTS
REHABILITATION and EXERCISE I	FZT2163250	Fall Semester	2+2	3	4
Prerequisites Courses					
Recommended Elective Courses					
Language of Instruction	Turkish				
Course Level	Short Cycle (Associate's Degree)				
Course Type	Required				
Course Coordinator	Assist.Prof. Mehmet Salih TAN				
Name of Lecturer(s)	Lect. Fatma ÖZTÜRK				
Assistant(s)					
Aim	Learning the aims, effects and principles of exercise therapy in physiotherapy and rehabilitation, classification of exercise, planning and implementation of the exercise program.				
Course Content	This course contains; Law of ground motion and principles, motion terminology,Upper Extremity Anatomy,Lower Extremity Anatomy,Muscle Contraction Mechanism,Exercise Physiology,Upper Extremity Normal Joint Movement,Lower Extremity Normal Joint Movement,Immobilization,Patient Positions and Mobilization,Infectious Diseases and Protection Routes,Community Based Rehabilitation,Public Health and Rehabilitation,General Repetition (Theoretical),General Repetition (Application).				
Course Learning Outcomes			Teaching Methods	Assessment Methods	
Can describe the anatomical features of the upper and lower extremities.			16, 8, 9	A	
Defines the mechanism of muscle contraction.			16, 9	A	
Discuss positions and mobilizations for disease states.			16, 8, 9	A	
Distinguish rehabilitation programs for community health.			16, 8, 9	A	
Teaching Methods	16: Question - Answer Technique, 8: Flipped Classroom Learning, 9: Lecture Method				
Assessment Methods	A: Traditional Written Exam				
Lecture Schedule					
Sequence	Topics	Preliminary Preparation			
1	Law of ground motion and principles, motion terminology	Mebis notes			
2	Upper Extremity Anatomy	Mebis notes			
3	Lower Extremity Anatomy	Mebis notes			
4	Muscle Contraction Mechanism	Mebis notes			
5	Exercise Physiology	Mebis notes			
6	Upper Extremity Normal Joint Movement	Mebis notes			
7	Lower Extremity Normal Joint Movement	Mebis notes			
8	Immobilization	Mebis notes			
9	Patient Positions and Mobilization	Mebis notes			
10	Infectious Diseases and Protection Routes	Mebis notes			
11	Community Based Rehabilitation	Mebis notes			
12	Public Health and Rehabilitation	Mebis notes			
13	General Repetition (Theoretical)	Mebis notes			
14	General Repetition (Application)	Mebis notes			
Evaluation Methods		Weight(%)			
Midterm Exam		40			
General Exam		60			

Resources
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.-