AYDIN ADNAN MENDERES UNIVERSITY
COURSE INFORMATION FORM

Course Title	Physical Therapy and Rehabilitation Methods I								
Course Code	FZ207		Couse Level	Short Cycle (Associate's Degree)					
ECTS Credit	2	Workload	53 *(Hours)*	Theory	2	Practice	0	Laboratory	0
Objectives of the Course	To gain knowledge about heat, wave and electric based methods that are frequently used in physical therapy and rehabilitation practices.								
Course Content	Physiological properties of heat, superficial heat agents: hot pack-paraffin-infrared-ultraviolet agents, fluidotherapy, deep heat agents: ultrasound, short-wave diathermy, microwave diathermy, long-wave diathermy, cold, definition of electrotherapy, electrophysiological basic information, direct current-galvanic current-phonophoresis, iontophoresis, the low-frequency currents, medium frequency currents, diadynamic currents, vacuum therapy, electrical stimulation, transcutaneous electrical nerve stimulation.								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation), Discussion, Case Study								
Name of Lecturer(s)	Ins. Muammer KORKUT								

Assessment Methods and Criteria		
Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading	
1	Lecture notes

Week	Weekly Detailed Course Contents	
1	Theoretical	Physiological properties of heat
2	Theoretical	Agents that provide surface heat(hot pack –paraffin-infrared- ultraviolet)
3	Theoretical	Fluid therapy
4	Theoretical	Agents that deep heat-ultrasound
5	Theoretical	Short wave diathermy-microwave diathermy
6	Theoretical	Long wave diathermy
7	Theoretical	Cold application
8	Intermediate Exam	Midterm
9	Theoretical	Definition of Electrotherapy
10	Theoretical	Electrophysiological basic information
11	Theoretical	Direct current-Galvanic curent-Phonophoresis
12	Theoretical	Iontophoresis, Low frequency currents, Medium frequency currents, Diadynamic currents
13	Theoretical	Vacuum treatment
14	Theoretical	Electrical stimulation
15	Theoretical	Transcutaneous electrical nerve stimulation

Workload Calculation				
Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Reading	5	0	1	5
Midterm Examination	1	1	2	3
Final Examination	1	1	2	3
			Total Workload (Hours)	53
			[Total Workload (Hours) / 25*] = **ECTS**	2
**25 hour workload is accepted as 1 ECTS*				

Learning Outcomes	
1	To learn characteristics and sources of heat

2	To distinguish short and long wave diathermics
3	To get familiar with electrotherapy
4	To distinguish the currents
5	To get familiar with vacuum treatment
6	To learn about the usage of electric stimulation

Programme Outcomes *(Physiotherapy)*	
1	To be able to recall the information of research methods and statistics so as to follow the developments, monitor and interpret scientific literature
2	To have the appropriate knowledge of basic sciences at the level of interest, to use specific medical terms and terminology of physical therapy
3	To be able to recall knowledge of the general structure and proporties of musculoskeletal system and the joints and to evaluate the story of musculoskeletal diseases.
4	To be able to comprehend the methods of measurement of the range of motion of joints and to measure it.
5	To be able implement a general evaluation of posture analysis and gait analysis.
6	To be able to recall the knowledge about general characteristics of musculoskeletal diseases, osteoporosis, osteoarthritis, rheumatoid arthritis, ankylosing spondylitis, especially rheumatic diseases, mechanical low back and neck pain, disc herniation, soft tissue disorders and to apply appropriate physiotherapy.
7	To be able to recall the knowledge and gain skills about the devices and the agents of heater used in physical therapy, indications and contraindications of using, and the necessary information about how to apply on patients.
8	To be able to recall the knowledge of the electromagnetic field.
9	To be able to recall what Elektroakapunktur, Laser, Biofeedback, cervical and lumbar traction systems, pneumatic compression therapy are, and how to apply them, which one is applicable to patients.
10	To be able to recall what manipulation-mobilization is and which patients are suitable for this application.
11	To be able to recall what massage and hydrotherapy treatments are and which patients are suitable for these applications.
12	To be able to gain the professional and ethical awareness, apply gained knowledge and skills in reallife situations and transfer gained knowlegde to individuals around her/his environment, and improve behavior of life-long learning.
13	To gain knowledge about methods of diagnosis, protection and treatment of diseases
14	To be able to recall the knowledge and gain skills about physical therapy and rehabilitation methods to be applied to neurological disorders.
15	To be able to recall the knowledge and gain skills about physical therapy and rehabilitation methods to be applied to cardiopulmonary disorders.
16	To be able to recall the knowledge and gain skills about physical therapy and rehabilitation methods to be applied to pediatric patients.
17	To be able to gain knowledge about the effects of fitness and exercise on metabolism and responses of body systems to them.
18	To have knowledge about rehabilitation services
19	To become individuals who can do interdisciplinary team work, with a sense of social responsibility and entrepreneur.
20	To be able to recall the knowledge about Ataturk's Principles and the History of Turkish Revolution.
21	To be able to gain the knowledge and ability to become contemporary individuals who can use Turkish language grammar well and know a foreign language knowledge necessasary to follow the developments in the profession.

Contribution of Learning Outcomes to Programme Outcomes *1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High*

	L1	L2	L3	L4	L5	L6
P7	5	5	5	5	5	5
P8	4	4	4	4	4	4
P9	5	5	5	5	5	5