



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Massage-Hydrotherapy							
Course Code		FZ206		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	50 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		To gain knowledge about massage and hydrotherapy.							
Course Content		The physiological effects of massage, theoretical and practical information on the benefits and methods of application, the scientific impact of massage, general principles of application, massage indications, contraindications, massage techniques, classic massage, definitions used in hydrotherapy, physiological concepts in hydrotherapy, application methods in hydrotherapy, whirlpool baths, butterfly baths , shower and sprays, fluidotherapy, moist heat treatment, hot-pack-paraffin and saunas, swimming pool treatment and water exercises, tests used in hydrotherapy, SPAs, methods and equipments of aquatherapy-aquatic rehabilitation, effects and application forms of sauna, methods of thalassotherapy.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Case Study					
Name of Lecturer(s)		Ins. Fatma Nur ALTIN							

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

### Recommended or Required Reading

1	Basic Clinical Massage Therapy, David Pounds
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Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction to massage
2	Theoretical	General information
3	Theoretical	Basic concepts and techniques
4	Theoretical	Indications and contraindications for massage
5	Theoretical	Arm massage
6	Theoretical	Forearm and hand massage
7	Intermediate Exam	Exam
8	Theoretical	Thigh Massage
9	Theoretical	Leg and foot massage
10	Theoretical	Lower back (waist) massage
11	Theoretical	Upper Back Massage
12	Theoretical	Neck massage
13	Theoretical	Abdominal massage
14	Theoretical	Face massage
15	Theoretical	Applications

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Midterm Examination	1	2	2	4
Final Examination	1	2	2	4
Total Workload (Hours)				50
[Total Workload (Hours) / 25*] = ECTS				2
*25 hour workload is accepted as 1 ECTS				

### Learning Outcomes

1	To obtain general information about massage
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2	To learn massage techniques
3	To obtain general information about Hydrotherapy
4	To learn the methods of hydrotherapy
5	Indications and contraindications for massage

#### 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 properties 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 to 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 Elektroakupunktur, 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 real life situations and transfer gained knowledge 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 Atatürk'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 necessary 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
P10	4	4	4	4	4
P11	5	5	5	5	5

