AYDIN ADNAN MENDERES UNIVERSITY
COURSE INFORMATION FORM

Course Title	Cardiopulmonary Rehabilitation								
Course Code	FZ208		Couse 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 physical therapy and rehabilitation methods that need to be applied in cardiac and pulmonary disorders.								
Course Content	Physiology of the circulatory system, the basic principles of cardiac rehabilitation, special measuring methods of cardiac rehabilitation, the rehabilitation of myocardial infarction, rehabilitation after cardiac surgery, , special measuring methods of respiratory physiotherapy, bronchial drainage techniques, controlled breathing techniques, pulmonary rehabilitation, exercise techniques, mechanical modalities of respiratory physiotherapy, physical fitness and aerobics.								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation), Discussion, Case Study								
Name of Lecturer(s)	Ins. Müge DERELİ								

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	Pathophysiology of chronic obstructive pulmonary disease with emphasis on its physiological and pathological relationships
2	Theoretical	Respiratory muscle function in COPD, Ventilatory control in lung disease
3	Theoretical	Cardiovascular outcomes of COPD, neurocognitive aspects of COPD
4	Theoretical	Dyspnea and Rehabilitation
5	Theoretical	Exercise tolerance in pulmonary patients
6	Theoretical	Acute and chronic respiratory failure
7	Theoretical	Respiratory control techniques, chest physiotherapy in COPD
8	Intermediate Exam	Exam
9	Theoretical	Relaxation and biofeedback coping skills training
10	Theoretical	Respiratory muscle exercises
11	Theoretical	Physiological evaluation and rehabilitation in pulmonary diseases
12	Theoretical	Ventilator-dependent patient and home ventilator care
13	Theoretical	Ventilator-dependent patient and home ventilator care
14	Theoretical	Exercise selection
15	Theoretical	Final preparation

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 assess cardiac rehabilitation

2	To evaluate respiratory physical therapy
3	Assess the issues to physical fitness and aerobics
4	Categorize pulmonary rehabilitation approaches.
5	Apply the pulmonary rehabilitation approach.

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
P15	5	5	5	5	5
P18	5	5	5	5	5