



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Back and Neck Health							
Course Code		FZ003		Couse Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	75 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		To introduce of causes of neck and back pain To review the pathophysiology of spinal problems and methods of assessment To exhibit the factors related to spine health,covering cervical, thoracic and lumbal levels To discuss about the anatomy and flexibility, Body mechanics, posture To examine pain improvement methods To give information to reduce risk factors that cause neck and back pain							
Course Content		Functional anatomy of the spine, biomechanics, pathomechanism Measuring, assessment and treatment of back and neck pathology The manual therapy practice, measurement, evaluation in joints and soft -tissue pathology Principles of back and neck school programme to manage the pain Clinical decision-making and case studies							
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	Lissa Morone, Overcoming Back and Neck Pain: A Proven Program for Recovery and Prevention, Harvest House Publishers, 2008
2	Gregory Cramer, Basic and Clinical Anatomy of the Spine, Spinal Cord, and ANS, Mosby; 2 edition 2005

Week	Weekly Detailed Course Contents	
1	Theoretical	Functional Anatomy Of The Spine, Biomechanics, Pathomechanism
2	Theoretical	Risk Factors For Neck And Back Pain
3	Theoretical	Disorders Due To Back And Neck Pain
4	Theoretical	Evaluation Methods
5	Theoretical	Measures Of Adult Back And Neck Function
6	Theoretical	The Main Aims Of Physiotherapy
7	Theoretical	Cervical Disc Lesions and Physical therapy for Cervical Disc Lesions
8	Intermediate Exam	Midterm Exam
9	Theoretical	Lumbar Disk Lesions and Physical Therapy for Lumbar Disk Lesions
10	Theoretical	The Principles Of Exercise In Neck And Back Pain
11	Theoretical	Core Stabilization, Strengthening And Stretching Exercises
12	Theoretical	Neck school programme; organisations, methods and principles
13	Theoretical	Back school programme; organisations, methods and principles
14	Theoretical	The treatment programme in back and neck pain
15	Theoretical	The treatment programme in back and neck pain

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	2	2	56
Midterm Examination	1	8	1	9



Final Examination	1	9	1	10
Total Workload (Hours)				75
[Total Workload (Hours) / 25*] = ECTS				3
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Learning the functional anatomy of the spine
2	Learning the biomechanics and pathomechanics of the spine
3	To learn risk factors in low back and neck pain
4	To be able to evaluate waist and neck problems
5	To learn the treatment program for waist and neck problems

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 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 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
P3	5	5	5	5	5
P6	4	4	4	4	4
P10	4	4	4	4	4

