



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Exercise and Sports in The Elderly							
Course Code		FZ213		Course Level		Short Cycle (Associate's Degree)			
ECTS Credit	2	Workload	50 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		To learn the principles of safe and effective exercise in the elderly							
Course Content		Physical and physiological characteristics of the elderly; It covers training in the elderly, types of physical activity and loading principles, and physical and physiological effects of training in the elderly.							
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	Karan, Ayse (2006). Exercise and Sports in the Elderly. Turk J Phys Med Rehab 2006;52(Özel Ek A):A53-A56
2	Ergun, Metin (2013). Exercise in the Elderly. Spor Hekimliği Dergisi Cilt: 48, S. 131-138.

Week	Weekly Detailed Course Contents	
1	Theoretical	Classification of aging and life expectancy
2	Theoretical	General physiology of old age and changes in old age
3	Theoretical	Heart-circulatory system changes
4	Theoretical	Respiratory system changes
5	Theoretical	Hormonal changes
6	Theoretical	Changes in the nervous muscular system
7	Theoretical	Physical capacity and old age
8	Intermediate Exam	Midterm
9	Theoretical	Explaining concepts such as exercise, sports, physical activity and health
10	Theoretical	Points to be considered while exercising
11	Theoretical	Strength exercises for the elderly
12	Theoretical	Endurance exercise for the elderly
13	Theoretical	Daily life exercises for the elderly
14	Theoretical	Aerobic and pilates exercises for elderly
15	Theoretical	Home exercises for the elderly
16	Final Exam	Final Exam

### 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 have information about old age physiology
2	To have information about the benefits of exercise in old age
3	To have information about exercise models that can be applied in old age



4	To have knowledge about the effects of exercise movements on performance in old age
5	To have information about the rules that the elderly must follow during the exercise
6	To have knowledge about the issues to be considered while doing the exercise program

#### 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	L6
P17	5	5	5	5	5	5

