



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Rehabilitation of the Elderly							
Course Code		YSB627		Course Level		Third Cycle (Doctorate Degree)			
ECTS Credit	5	Workload	130 (<i>Hours</i>)	Theory	2	Practice	2	Laboratory	0
Objectives of the Course		AIM OF THE COURSE The performance of the muscle functions and exercise is gradually deteriorates due to decreased motor activities in the elderly and the organ functions associated with them also reduced. Physical exercises have beneficial effects on the health and functions of elderly patients and thereby it is break the current vicious cycle, eventually it activates the elderly. The aim of the course is to transfer knowledge about how would correction of functional impairments developing due to physiological changes associated with the elderly.							
Course Content		To give information about Introduction to geriatric rehabilitation, the effects of regular physical activities on age-related physiological changes. Furthermore, information will be provided following issues; the physical activity and the locomotor disease, the risks due to participating in physical activity in the elderly, the principles and techniques of the exercise programs to be applied in the elderly. It will be discussed the effects of specific diseases and comorbidities on elderly rehabilitation.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Case Study, Individual Study					
Name of Lecturer(s)									

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	20
Final Examination	1	60
Practice Examination	1	20

Recommended or Required Reading

1	Yaşlılarda kardiyak rehabilitasyon: Türkiye'ye ve Dünyaya genel bir bakış.Geriatri Dergisi Özel Sayı 2, 2010 (125 - 133)
2	Nurten Eskiurt, Ayşe Karan. Geriatrik Rehabilitasyon ve Yaşlılarda Egzersiz.Klinik Gelişim 17 (2) - (49-53) 2004
3	Hülya Kayıhan. Geriatrik Fizyoterapi ve Rehabilitasyon. http://www.akadgeriatri.org/managete/fu_folder/2009-02/html/2009-1-2-082-089.htm#

Week	Weekly Detailed Course Contents	
1	Theoretical	Physiological changes observed in the elderly and functional assessment of the patients
2	Theoretical	Physical activity and exercise in the elderly
3	Theoretical	Geriatric rehabilitation concept and its purpose.
4	Theoretical	General principles in elderly rehabilitation, rehabilitation team and tasks
5	Theoretical	The effect of cognitive and motor performance on elderly rehabilitation
6	Theoretical	Elderly rehabilitation: Who, where and when should be applied?
7	Theoretical	Psychosocial aspects of rehabilitation of the elderly
8	Intermediate Exam	Midterm exam
9	Theoretical	The effects of comorbidities on elderly rehabilitation
10	Theoretical	Rehabilitation of the elderly with loss of physical activity and without comorbidity
11	Theoretical	Rehabilitation of patients with certain physical disabilities
12	Theoretical	Rehabilitation of the older patients with chronic cardiopulmonary diseases
13	Theoretical	Special medical exercises for the elderly with neurological diseases
14	Theoretical	Thermal treatment and its place in the elderly rehabilitation
15	Theoretical	The concept of full-addicted patients: Can rehabilitation possible?
16	Final Exam	Final exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28



Assignment	2	10	0	20
Studio Work	7	1	1	14
Practice Examination	1	15	1	16
Midterm Examination	1	20	1	21
Final Examination	1	30	1	31
Total Workload (Hours)				130
[Total Workload (Hours) / 25*] = ECTS				5
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Learn the functional changes developed depending due to physiological changes in elderly.
2	Have knowledge about the purpose of rehabilitation of elderly and the other elements
3	Comprehend the importance of elderly rehabilitation in the healthy older people and seniors with certain limitations
4	Have knowledge about the effects of rehabilitation in the certain elderly groups
5	x

Programme Outcomes (Aging Health and Care Interdisciplinary Doctorate)

1	Gaining a holistic perspective in approaching the elderly
2	Being able to direct the society in the field of social, political and elderly health with scientific knowledge.
3	Being able to act as a guide for colleagues working in the field of elderly health
4	To be able to have an ethical perspective and behavior in the fields and practices related to aging.
5	Being able to act as a bridge between those working in the field and academicians
6	Producing projects that meet the needs of the society
7	Ability to produce scientific publications in the field of elderly health

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

	L1	L2	L3	L4	L5
P1	4	4	4	4	4

