AYDIN ADNAN MENDERES UNIVERSITY
COURSE INFORMATION FORM

Course Title	Sleep Physiology						
Course Code	TFZ616		Couse Level	Third Cycle (Doctorate Degree)			
ECTS Credit	4	Workload	102 *(Hours)*	Theory	1	Practice	2	Laboratory	0
Objectives of the Course	Giving information about sleep physiology. Introduce knowledge skills . Present novel scientific data to participants.						
Course Content	Brain activity-Reticular activator system; Brain waves; Epilepsy; Wakefulness and sleep; The role of reticular activator system at wakefulness; Slow wave sleep; REM Sleep; Basic theories of sleep; Physiological effects of sleep.						
Work Placement	N/A						
Planned Learning Activities and Teaching Methods			Explanation (Presentation), Discussion, Individual Study				
Name of Lecturer(s)							

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

Recommended or Required Reading

1	Guyton, Medical Physiology
2	All scientific data about the subject

Week	Weekly Detailed Course Contents	
1	Theoretical	Brain activity
	Practice	Brain activity practice
	Preparation Work	Reading
2	Theoretical	Reticular activator system
	Practice	Reticular activator system practice
	Preparation Work	Reading
3	Theoretical	Brain waves
	Practice	Brain waves practice
	Preparation Work	Reading
4	Theoretical	Epilepsy
	Practice	Epilepsy practice
	Preparation Work	Reading
5	Theoretical	Wakefulness and sleep
	Practice	Wakefulness and sleep practice
	Preparation Work	Reading
6	Theoretical	The role of reticular activator system at wakefulness 1
	Practice	The role of reticular activator system at wakefulness 1 practice
	Preparation Work	Reading
7	Intermediate Exam	Midterm Exam
8	Theoretical	The role of reticular activator system at wakefulness 2
	Practice	The role of reticular activator system at wakefulness 2 practice
	Preparation Work	Reading
9	Theoretical	Slow wave sleep
	Practice	Slow wave sleep practice
	Preparation Work	Reading
10	Theoretical	Basic theories of sleep 1
	Practice	Basic theories of sleep 1 practice
	Preparation Work	Reading

11	Theoretical	Basic theories of sleep 2
	Practice	Basic theories of sleep 2 practice
	Preparation Work	Reading
12	Theoretical	Physiological effects of sleep 1
	Practice	Physiological effects of sleep 1 uygulamaları
	Preparation Work	Reading
13	Theoretical	Physiological effects of sleep 2
	Practice	Physiological effects of sleep 2 practice
	Preparation Work	Reading
14	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	1	28
Lecture - Practice	14	1	2	42
Assignment	10	2	1	30
Midterm Examination	1	0	1	1
Final Examination	1	0	1	1
			Total Workload (Hours)	102
		[Total Workload (Hours) / 25*] = **ECTS**		4

25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	To be able to recognize the importance of sleep physiology
2	To be able to evaluate the relationship between other systems
3	To be able to investigate physiopathological symptoms about the subject
4	Interpret general principals about the subject
5	

Programme Outcomes *(Physiology (Medical) Doctorate)*

1	Has a deep and broad knowledge about the field and the interdisciplinary area related with the field through the achievements gained in undergraduate and professional levels.
2	Has the knowledge to create original ideas, analyze them and develop definition/product/diagnosis methods by using the knowledge gained in undergraduate and/or professional experience, when needed.
3	To learn the laws and regulations both national and international in the field of physiology.
4	To gain ability to apply the principles and fundamentals of scientific ethical rules.
5	Implements and defends institutional and practical information and abilities in accordance with the needs of the country and the world, and changes when necessary.

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	5	5	5	4	4
P2	4	4	4	4	4
P3	4	4	4	4	4
P4	4	4	4	4	3
P5	4	4	5	3	4