



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		The Basic Exercise Therapy							
Course Code		STU515		Course Level		Second Cycle (Master's Degree)			
ECTS Credit	6	Workload	154 (<i>Hours</i>)	Theory	3	Practice	0	Laboratory	0
Objectives of the Course		The aim of these course is teaching the purposes of exercise therapy, classification of exercise therapy and planning exercise program.							
Course Content		Objectives of exercise therapy, classification of exercise and planning of exercise program							
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	40
Final Examination	1	60

Recommended or Required Reading

1	Bandy WD, Sanders B. Therapeutic Exercise: Techniques for Intervention. Lippincott Williams and Wilkins. 2001. Hacettepe Üniversitesi, kaynaklar (Pubmed, WOS)
2	Basmajian JV, Wolf SL. Therapeutic Exercise. 5th Ed. Williams and Wilkins, Baltimore. 1990.
3	Kisner C, Colby LA. Therapeutic Exercise Foundations and Techniques. 4 th ed. FA Davis, Philadelphia, 2002.
4	Otman AS, Köse N. Egzersiz Tedavisinde Temel Prensipler ve Yöntemler. Meteksan, Ankara, 2006.

Week	Weekly Detailed Course Contents	
1	Theoretical	Research methods
2	Theoretical	Research methods
3	Theoretical	Problem definition
4	Theoretical	Problem definition
5	Theoretical	Planning research design
6	Theoretical	Planning research design
7	Theoretical	Determining sampling group
8	Intermediate Exam	Midterm Exam
9	Theoretical	Determining sampling group
10	Theoretical	Data collection
11	Theoretical	Data collection
12	Theoretical	Data analysis
13	Theoretical	Data analysis
14	Theoretical	Defining result and writing report
15	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	5	3	112
Midterm Examination	1	10	11	21
Final Examination	1	10	11	21
Total Workload (Hours)				154
[Total Workload (Hours) / 25*] = ECTS				6

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	The students learn exercise classifications.
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2	The students learn the factors that affect normal joint motion.
3	The students will expose practical experiences and plan basic exercise program.
4	The students learn exercise aims of exercises.
5	The students learn exercise effects of exercises.

Programme Outcomes (Health Tourism Interdisciplinary Master)

1	Having theoretical and practical up-to-date information at the level of expertise in the field of health tourism,
2	Being able to have knowledge about using current methods, techniques and devices of technology,
3	To be able to take active role in thermal, dental, medical, third age and disabled tourism organization and management,
4	To be able to analyze the problems related to health tourism with scientific methods and to evaluate them with a critical approach,
5	To be able to produce new projects for scientific researches, to have executive and finalizing skills
6	To be able to interpret researches by using appropriate statistical methods, to write a report of the research / study they have participated in and publish it in a national / internationally accepted magazine / present at scientific meetings,
7	Health tourism has theoretical and practical knowledge about the historical development and economic dimension of health tourism
8	In organizations providing services in the field of health tourism, they have the knowledge and skills to apply in strategic management, marketing, performance management, quality management and human resources management.
9	Gain the ability to convey intercultural differences, international health legislation and patient rights to knowing, interpreting and practicing.
10	Acquires theoretical and practical knowledge on ethics, politics and planning in health tourism, information systems, professional foreign language, finance and intermediary institutions
11	Has knowledge about basic concepts, terminology and complementary medicine (TAT) in health field

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	3	3	3	3	3
P2	3	3	3	3	3
P3	3	3	3	3	3
P4	3	3	3	3	3
P5	3	3	3	3	3
P6	3	3	3	3	3
P7	3	3	3	3	3
P8	3	3	3	3	3
P9	3	3	3	3	3
P10	3	3	3	3	3
P11	3	3	3	3	3

