

T.C.
USKUDAR UNIVERSITY
SCHOOL OF HEALTH SERVICES
PHYSICAL THERAPY
2024-2025
CLASS 1 AUTUMN

MYO103 BASIC ANATOMY

1. Introduction to Anatomy and Physiology and Short Terminology, Axes, Planes, Terms that Indicate Location and Direction; General Information
2. Cell Theory, Structural Properties, Cell Organelles, Cell Division; Substance Exchange, Metabolism
3. Locomotor System Anatomy and Physiology- Osteology
4. Locomotor System; The Artroloj; General Information, Types of Joints, Movements. The Myoloj; Anatomy, Contraction Mechanism, Striped Muscles, Heart Muscle, Smooth Muscle Physiology.
5. Respiratory System Anatomy And Physiology. Nose, Paranasal Sinuses, Larynx, Trachea, Lungs. Physiology of Respiration, Ventilation, Diffusion, Perfusion, Respiratory Regulation.
6. Heart-Circulatory System Anatomy and Physiology. Blood: Duties, Components, Shaped Elements of Blood, Blood Groups. Heart Metabolism, Heart Sounds. Heart Cavities, Vessels.
7. Digestive System Anatomy and Physiology I. Oral Anatomy, Chewing Muscles, Pharynx, Oesophagus, Stomach, Small-Large Intestines, Kc. Gallbladder, Pancreas, Digestive Glands.
8. Digestive System Anatomy and Physiology
9. Digestive System II. Digestion in the mouth, stomach, digestion in the small and large intestines. KCl. Functions, CHO Digestion, Digestion of Fat-Proteins. Vitamin-Mineral-Electrolyte Functions.
10. Urinary System Anatomy And Physiology. Function of Kidneys, Nephron, Urin Formation, Fluid-Electrolyte Balance. Distribution of Water in Organism, Electrolytes- Vaccine-Base Balance. Renin-Angiotensin System.
11. Genital Organs-Reproductive Physiology. Female And Male Genital Organs. Hormonal Control of the Reproductive System, Hypothalamus, Pituitary, Gonodotrop Hormones. Ovarian Hormones, Reproductive Cycle

12. Endocrine System Anatomy And Physiology. Internal Glands, Functions. Physiological Functions of Hormones, Classification. Hormones And Target Cells.
13. Nervous System Anatomy and Physiology. Development of Nerve Tissue, Neuron, Neuron Types, Functions, Synapses, Neuroglia Cells. FAQ and PSS
14. Sensory Organs, Anatomy and Physiology. Ways of Seeing, Ways of Hearing and Balance.

FZY101 PHYSIOLOGY

1. Introduction to Physiology And Homeostasis
2. Cell Physiology
3. Blood Physiology
4. Excitable Tissues
5. Musculoskeletal System Physiology
6. Cardiovascular System Physiology
7. Cardiovascular System Physiology
8. Respiratory System Physiology
9. Digestive System Physiology
10. Urinary System Physiology
11. Nervous System Physiology
12. Endocrine System Physiology
13. Reproductive System Physiology
14. Sensory System Physiology

FTP101 HYDROTHERAPY-BALNEOTHERAPY

1. Introduction to Hydrotherapy
2. Physiological Effects of Hydrotherapy
3. Definitions Used in Hydrotherapy
4. Application Methods Used in Hydrotherapy
5. Pool Treatment And In-Water Exercises
6. Introduction to Balneotherapy
7. Balneotherapy
8. Conventional Method
9. Conventional Method
10. Peleido Therapy and Application Methods
11. Bad Ragaz Method
12. Hallwick Method

13. Spa Treatment and Applications

14. Spa Treatment and Applications

ENF118 BIOPHYSICS (BZSEÇ)

1. Introduction to Biophysics
2. Biyoenerjetik
3. Metabolism And Atp
4. Membrane Structure
5. Transport in Membranes
6. Action Potential
7. Information Theory and Cybernetics
8. Hearing Biophysics, Visual Biophysics
9. Vision Biophysics, Respiratory Biophysics
10. Functions of the Brain and Electrical Activity
11. Transmission in Skeletal Muscle
12. Heart Muscle And Its Work
13. Radiation Biophysics
14. Biophysical Basics of Medical Imaging Techniques

ECZ114 DISEASES KNOWLEDGE

1. Health and Disease Definitions, Basic Concepts
2. Respiratory System Diseases
3. Respiratory System Diseases
4. Cardiovascular System Diseases
5. Heart And Circulatory System Diseases
6. Blood Diseases
7. Digestive System Diseases
8. Urinary System Diseases
9. Nervous System Diseases
10. Movement System Diseases
11. Skin System Diseases
12. Endocrine System Diseases
13. Infectious Diseases
14. Infectious Diseases

RPSI209 POSITIVE PSYCHOLOGY AND COMMUNICATION SKILLS (ÜZSEÇ)

1. Definition of Positive Psychology and Learning of Basic Concepts
2. Learning the Theoretical Bases of Positive Psychology
3. Learning the Brain Infrastructure of Social Behaviors
4. Learning Emotional Intelligence, Emotional Intelligence in Adults, Children and Young People, Marriage and Work Life, Principles of Emotional Intelligence, Relationship between Emotional Intelligence, Marriage and Work Life
5. Learning Concepts Related to Self-Awareness and Awareness
6. Recognition of Others and Learning of Empathy Concepts
7. Learning Communication Skills
8. Learning Motivation and Planning Skills
9. Learning Problem Solving Skills
10. Learning Anger Control Skills
11. Learning Relationship Management Skills
12. Learning the Concept of Understanding and Impulse Control Skills
13. Learning Healthy Decision Making Skills
14. Learning Concepts of Mediation

TURK101 TURKISH LANGUAGE I

1. What is the language; world languages, the place and historical development of Turkish among them.
2. Oral presentation studies
3. Problems of Turkish today in the context of current texts
4. Writing of “de”, “ki” and “mi” in the context of current texts
5. Problems related to the writing of Turkish words accompanied by compiled texts (combined
6. Text review: Review of a scientific article
7. Mid-term exam
8. Text review: review of a columnist
9. Expression disorders, applications with language pro
10. Turkish as a language of science with sample texts
11. Oral presentation studies
12. Oral presentation studies
13. Oral presentation studies
14. Oral presentation studies

INGU101 ENGLISH I

1. Introduction, To Be Verb, Subject Pronouns
2. Sign Pronouns, Countable / Uncountable Names, Quantitative Expressions
3. Wide Time (Simple Present Tense), Frequency Envelopes
4. Object Pronouns, Ownership Adjectives, Have Got / Has Got
5. Meli, -Malı, (Must / Mustn T) -Can, -Make (Can / Can T)
6. Past Time (Simple Past Tense)
7. Understand And Comment On Listening At Related Level.
8. Increases Vocabulary with Various Reading Parts.
9. Present Time
10. Conjunctions (And-But-That-Because-Because)
11. Karşılaştır studies
12. Gains the Ability to Understand Various English Reading Sections at the Middle Level.
13. Unit Repetition (Unit 9-11)

ATA101 ATATÜRK PRINCIPLES AND REVOLUTION HISTORY I

1. Defines concepts, lesson methods and definition of resources
2. Industrial Revolution and French Revolution
3. Distribution of the Ottoman Empire (XIX. Century)
4. Order and Reform Edict, I. and II. Constitutionalism
- 5.i. World, Tripoli and Balkan Wars
6. Mondros Armistice Treaty, Wilson Principles, Paris Conference
- 7.M. The Arrival of Kemal to Samsun and the Situation in Anatolia
8. Amasya Circular, National Congresses, Opening of the Mebusan Assembly
9. The Establishment of the Turkish Grand National Assembly and Internal Revolts
10. Organization of the Law, Establishment of Regular Army
11. I. II. Great Attack with İnönü, Kütahya-Eskişehir and Sakarya Square Battles
12. Treaties during the War of Independence
13. Lozan Peace Treaty

14.Solid the Abolition

RKUL101 UNIVERSITY CULTURE I (ÜZSEÇ)

Each semester includes seminars, conferences, panels, workshops and speeches that will be held for 14 weeks within the framework of a program consisting of academic units, student council and student clubs at the university.

CLASS 1 SPRING

ATA102 ATATÜRK PRINCIPLE AND THE HISTORY OF REVOLUTION

1. Lausanne Peace Treaty And Its Evaluation
2. The Revolutions in the Political Area, the Declaration of the Republic and the Abolition of the Caliphate
3. Transition to Multiparty Political Life
4. Revolutions in the Field of Law
5. Revolutions in the Social Field
6. Revolutions in Education and Economy
7. Turkish Foreign Policy Between 1923-1938
8. Turkish Foreign Policy Between 1938-1950
9. Democratic Party Power and Adnan Menderes Period (1950 - 1960)
10. 1960 Government Coup and Political Developments After
11. Period 1980-2002 internal politics of Turkey.
12. Basic Principles of Turkish Revolution (Ataturk's Principles and Complementary Principles)
13. Atatürk Revolutions, Rationalism and Scientific Thought; Republicanism And Populism
14. Nationalism and Etatism; Secularism and Revolutionism

FTP102 PHYSIOTHERAPY METHODS I

1. Definition of Pain and Evaluation of Pain, Effects of Heat Agents on Pain
2. Short Wave Diathermy
3. Ultrasound
4. Laser, Biofeedback
5. Magneto
6. ESWT
7. Mechanical Spinal Traction
8. General Information About Electrostimulation
9. Straight (Galvanic) Current

10. Faradik And Sinusoidal Current
11. Diadynamic Current
12. Transcutaneous Electrical Nerve Stimulation
13. Neuromuscular Electrical Stimulation
14. Interferential Flows

FTP106 MUSCLE NERVOUS SYSTEM ANATOMY

1. Introduction to Muscle and Nerve Anatomy. Axes, Planes. Terminology. Terms That Tell Location And Direction.
2. Columna Vertebralis And Upper Extremity Bones.
3. Shoulder Area, Pectoral Area. Back Muscles
4. Front and Back Area of the Arm. Forearm Zone.
5. Hand Anatomy. Plexus Brachialis Topography.
6. Lower Extremity Bones. Gluteal Region. Sleepy Zone Pre-Medial And Back Zone.
7. Lower Extremity Bones. Gluteal Region. Sleepy Zone Pre-Medial And Back Zone.
8. Leg Anterior-Medial And Posterior Region. Foot Anatomy.
9. Plexus Lumbosacralis Topography.
10. Deep Back Muscles. Anterior Abdominal Wall Muscles.
11. Intercostal Muscles And M. Diaphragma
12. Neck Muscles
13. Face and Chewing Muscles
14. General Review and Laboratory Study.

INGU102 ENGLISH II

1. Demonstrative Pronouns, Possessive Pronouns
2. Past Continuous Tense
3. Reading and word practice (Simple Past Tense & Past Continuous Tense)
4. Preposition of Time and Place
5. Present Perfect Tense
6. General Review (Units 1-5)
7. Possessive "s", Adverbs of manner
8. Midterm Exam
9. Future Tense
10. Making Suggestions & Requests
11. Gerunds - Infinitives

12. Modals (must, should, have to, don't have to, may)
13. General Review (7-12th units)
14. Final Exam

TURK102 TURKISH LANGUAGE II

1. What is Language; World Languages, the Place and Historical Development of Turkish Among Them.
2. Oral Presentation Studies
3. The Problems of Turkish Today Based on Current Texts
4. The Writing of "De", "Ki" and "Mi" Based on Current Texts
5. The Problems of Writing Turkish Words Accompanied by Compiled Texts (Combined)
6. Text Review: Review of a Scientific Article
7. 1st Year Exam
8. Text Analysis: Analysis of a Columnist
9. Expression Disorders, Applications with Language Pros
10. Turkish as the Language of Science Based on Sample Texts
11. Oral Presentation Studies
12. Oral Presentation Studies
13. Oral Presentation Studies
14. Oral Presentation Studies

FTP116 MASSAGE TECHNIQUES AND APPLICATION

1. Introduction to Massage
2. General Information
3. Basic Concepts And Techniques
4. Massage Indications And Contraindications
5. Thigh Massage
6. Leg and Foot Massage
7. Leg and Foot Massage
8. Arm Massage
9. Forearm And Hand Massage
10. Lower Back (Waist) Massage
11. Upper Back Massage
12. Neck Massage
13. Abdominal Massage And Facial Massage

14. Practice Exam

MET101 PROFESSIONAL ETHICS

1. What is Ethics? / A View of Ethical Theories / Basic Concepts: Responsibility, Accountability And Liability / Ethical Analysis
2. Society and Information Ethics: Two-Way Relationship Between Society and Technology Effects of Information Technologies; Optimist, Pessimist, Contextual Views Why IT Ethics? The Task of IT Ethics
3. Addiction, Health Problems, Unemployment, Social Relations
4. Security, Abuse And Cybercrime
5. Human Rights and Patient Rights
6. Hospital Ethics Committees
7. Hospital Ethics Committees
8. Principles of Medical Professional Ethics and Deontology
9. Principles of Medical Professional Ethics and Deontology- Presentation
10. Ethical Case Analysis- Student Presentation
11. Tababet Law
12. Legal Professional Description of Physiotherapy Technician
13. Charlatanism - Juggling
14. Examples of Unethical Behavior

RKUL102 UNIVERSITY CULTURE II (ÜZSEÇ)

Each semester includes seminars, conferences, panels, workshops and speeches that will be held for 14 weeks within the framework of a program consisting of academic units, student council and student clubs at the university.

SECOND YEAR AUTUMN SEMESTER

FTP201 ORTHOPEDIC DISEASES PHYSIOTHERAPY TECHNIQUE APPROACHES IN

1. Introduction to Orthopedic Diseases
2. Approach to the Fracture Patient and Fracture Healing

3. Physiotherapy in a Fracture Patient
4. Trap Neuropathy
5. Soft Tissue Rheumatisms
6. Diseases in the Spine
7. Diseases in the Spine
8. Physiotherapy in Upper Extremity Orthopedic Diseases
9. Physiotherapy in Upper Extremity Orthopedic Diseases
10. Physiotherapy in Lower Extremity Orthopedic Diseases
11. Meniscus And Anterior Cruciate Ligament Injuries
12. Physiotherapy in Foot and Ankle Diseases
13. Complications and Physiotherapy Approaches in Orthopedic Diseases
14. Reflex Sympathetic Dystrophy

FTP203 PHYSIOTHERAPY TECHNIQUE APPROACHES IN ROMATIC DISEASES

1. Immunity, Inflammation And Pain
2. Introduction to Rheumatic Diseases
3. Rheumatoid Arthritis
4. Osteoarthritis
5. Osteoporosis
6. Ankylosing Spondylitis
7. Dermatomyositis
8. Reactive Arthritis
9. Polymyositis,
10. Juvenile Chronic Arthritis
11. Gout Disease
12. Fibromyalgia And Myofacial Pain Syndrome
13. Systemic Lupus Erythematosus
14. Psoriatic Arthritis

FTP205 PHYSIOTHERAPY TECHNIQUE APPROACHES IN NEUROLOGICAL DISEASES (BZSEÇ)

1. Central and Peripheral Nervous System
2. Evaluation in Neurological Patients
3. Spasticity
4. Cerebrovascular Diseases And Rehabilitation In Hemiplegic Patient
5. FTR in the Patient with Spinal Cord Injury

6. Spina Bifida
7. Spina Bifida
8. Parkinson's Disease And Rehabilitation
9. Demyelinating Diseases - Multiple Sclerosis And Rehabilitation
10. Polyneuropathies And Physiotherapy
11. Head Traumas And Rehabilitation In Traumatic Brain Injury
12. Peripheral Nerve Injuries And Rehabilitation
13. Fasyal Palsy
14. Poliomyelitis

FTP211 PHYSIOTHERAPY METHODS II (BZSEÇ)

1. Introduction
2. Basic Principles of Movement
3. Normal Joint Movements And Evaluation
4. Normal Joint Movements And Evaluation
5. Posture Definition and Posture Analysis
6. Definition of Posture and Posture Analysis
7. Anthropometric Measurements
8. Anthropometric Measurements
9. Therapeutic Movements
10. Types of Exercise And Applications Of Mckenzie Extensor Exercises
11. Pain And Evaluation
12. Respiratory System And Exercise
13. General Review
14. General Review

FTP213 KINESIOLOGY

1. Introduction to Kinesiology
2. Bone Tissue And Bones
3. Connective Tissue
4. Muscle Types and Features
5. Cartilage And Joints
6. Vertebrae
7. Pelvic

8. Hip Joint
9. Knee Zones
10. Foot And Ankle Zone
11. Shoulder Joint
12. Elbow-Wrist Area
13. Walking Analysis
14. Walking Analysis

OPTIONAL LESSON

MYO015 SOCIAL RESPONSIBILITY PROJECT

1. Course Introduction
2. Fieldwork-evaluation
3. Fieldwork-evaluation
4. Fieldwork-evaluation
5. Fieldwork-evaluation
6. Fieldwork-evaluation
7. Fieldwork-evaluation
8. Fieldwork-evaluation
9. Fieldwork-evaluation
10. Fieldwork-evaluation
11. Fieldwork-evaluation
12. Fieldwork-evaluation
13. Fieldwork-evaluation
14. Fieldwork-evaluation

MYO021 ENTREPRENEURSHIP AND PROJECT CULTURE

1. Seeing Initiative and Project Opportunities and Creating/Developing Ideas
2. Feasibility Analysis in Entrepreneurship and Project Culture
3. Business Models, Customers, Value Propositions and Sources of Income in Entrepreneurship
4. Economy, Industry, Competition and Customer Analysis in Entrepreneurship
5. Legal Infrastructure in Entrepreneurship

6. Ethical Foundations of Entrepreneurship and Project Culture
7. Marketing Principles and Management in Entrepreneurship
8. Application Examples in Entrepreneurship and Project Culture
9. Application Examples in Entrepreneurship and Project Culture
10. Practice Examples in Entrepreneurship and Project Culture
11. Application Examples in Entrepreneurship and Project Culture
12. Practice Examples in Entrepreneurship and Project Culture
13. Project management (final)

MYO020 CAREER PLANNING AND VOCATIONAL COMPETENCES

1. ** The purpose of the course and acquaintance ** The services offered by the unit to the students, the introduction of the unit ** The importance of the internship
2. ** Explaining the elements, competencies and abilities that make up the career ** Concept definitions ** The importance of career formation
3. ** What are the technical capabilities and how they should be developed and used ** What are the individual capabilities and how they should be developed and used ** The scope of introduction to inventory tests, their usefulness
4. ** Transfer of CV preparation techniques ** Importance and techniques of cover letter ** Making students prepare their own CVs
5. ** Sample resume sharing ** Have students analyze their own CVs
6. ** Importance of communication network and how to create it ** Importance and usage techniques of online platforms ** Creating a career-based social media account
7. The importance and methods of body language and effective communication in interviews
8. Explaining and applying interview techniques
9. To convey the conditions, system, positive and negative aspects, necessary competencies and employment areas within the scope of the Public Sector
10. To convey the conditions, system, positive and negative aspects, necessary competencies and employment areas within the scope of the private sector of the private sector.
11. To convey the conditions, system, positive and negative aspects, necessary competencies and employment areas within the scope of the private sector of the private sector.

12. Analysis of the compilation of what the sector participants from different fields, who were guests for three weeks, told
13. ** Work/internship processes abroad ** Application to trainings/projects abroad
14. Explaining the results of the project and having the students fill out the course evaluation form.

SECOND CLASS SPRING SEMESTER

FTR200 CLINICAL APPLICATIONS IN PHYSIOTHERAPY

1. Field Application
2. Field Application
3. Field Application
4. Field Application
5. Field Application
6. Field Application
7. Midterm Exam
8. Field Application
9. Field Application
10. Field Application
11. Field Application
12. Field Application
13. Field Application
14. Field Application

FTR220 CLINICAL APPROACHES TO PHYSIOTHERAPY

1. Completion of the bureaucratic procedures between the institution where the clinical practice will be performed and the university
2. Completion of Student Orientation
3. Establishing the Relationship between the Lessons Taken and the Practices
4. Presentations on Identified Diseases
5. Presentations on Identified Diseases
6. Presentations on Identified Diseases

7. Presentations on Identified Diseases
8. Presentations on Identified Diseases
9. Presentations on Identified Diseases
10. Presentations on Identified Diseases
11. Presentations on Identified Diseases
12. Presentations on Identified Diseases
13. Presentations on Identified Diseases
14. Presentations on Identified Diseases

FTP207 USAGE OF PHYSIOTHERAPY ORTHESIS AND PROSTHESIS

1. What is Orthosis? What are their aims?
2. Foot Deformities And Orthoses
3. Characteristics of Suitable Shoes
4. Ankle Problems And Orthoses
5. Knee Problems and Knee Orthoses
6. Hip Problems And Orthoses
7. Hip Problems And Orthoses
8. Body Orthoses
9. Upper Extremity Problems And Orthoses
10. What is Prosthesis? What are their aims? Foot Amputations And Prosthetics
11. Knee Amputations, Notebook Amputations And Knee Disarticulations
12. Hip Amputations And Hemipelvectomy
13. Upper Extremity Amputation And Disarticulations
14. Myoelectronic Prosthetics

ILK101 FIRST AID

1. General First Aid Information
2. Human Body, Patient / Wounded and Crime Scene Evaluation
3. Human Body, Patient / Wounded and Crime Scene Evaluation
4. Basic Life Support (Basic Life Support in Adults)

5. Basic Life Support (Basic Life Support in Children and Infants), First Aid in Respiratory Tract Obstruction
6. First Aid in Bleeding and Shock
7. First Aid in Injuries
8. First Aid in Burn, Freezing and Heat Stroke
9. First Aid in Consciousness Disorders
10. First Aid in Poisoning
11. First Aid in Animal Bites, First Aid in Eye, Ear and Nose Foreign Body Flee, First Aid in Drowning
12. First Aid in Fractures, Dislocations, Sprains
13. Patient / Wounded Transport Techniques
14. Patient / Wounded Transport Techniques

SKI100 COMMUNICATION IN HEALTH INSTITUTIONS

1. What is Communication? History and Importance of Communication.
2. Types, Dimensions and Features of Communication
3. Verbal Communication, Nonverbal Communication
4. Basic Concepts, Duties and Rights in Health
5. Corporate Communication in Health Institutions
6. Effective Communication Techniques in Health Care
7. Interim Evaluation
8. Patient Recognition And Communication Between Patients
9. Patient And Health Personnel Communication
10. Patient And Health Personnel Communication
11. Communication with Patient Relatives
12. Communication with Private Patient Relatives
13. Crisis And Crisis Communication In Health Care
14. Crisis And Crisis Communication In Health Care