

PODOLOGY PROGRAM
2024-2025 COURSE CONTENTS

SEMESTER I

MYO103 - Basic Anatomy (2+0), ECTS:2

Introduction to anatomy, locomotor system anatomy, respiratory system anatomy, circulatory system anatomy, digestive system anatomy, urinary system anatomy, genital system anatomy, endocrine system anatomy, nervous system anatomy, sensory organs anatomy.

FZY101 - Physiology (2+0), ECTS:2

Introduction to physiology, homeostasis, cell physiology, blood physiology, cardiovascular system physiology, respiratory system physiology, excretory system physiology, digestive system physiology, reproductive physiology, nervous system physiology, endocrine system physiology, sensory physiology.

POD101 - Podology I (3+0), ECTS:5

General definition of podology and podology in the world, duties of podology program, podologist's approach in multidisciplinary and interdisciplinary studies, general working areas and organization in podology unit, communication in patient complaints, equipment used in podology, milling cutters in podology, sterilization in podology, anamnesis, consent, nail definition and tasks, creating a podology plan and practice, procedure in podology and general foot care.

FAR105 - Basic Pharmacology (BSEÇ) (2+0), ECTS:3

Introduction to pharmacology and general principles, drug application routes and different types of pharmaceutical dosage forms, toxic effects of the drugs, central nervous system drugs, anesthetics and analgesics, autonomic drugs, cardiovascular system drugs, respiratory system drugs, gastrointestinal system drugs, chemotherapeutics, drug abuse and addiction, rational use of medicine.

POD103 - Microbiology and Parasitology (3+0), ECTS:3

Introduction to microbiology, classification, taxonomy and nomenclature of microorganisms, microanatomic structure and morphology of bacteria, microbial nutrition and the growth of microorganism, environmental effects on microbial growth, entry of the pathogen into the host Infection, normal microflora of human, immunity, bacteria and their infections, general concepts about parasitism, parasitological investigation materials and methods, general properties, infections, clinical findings, diagnosis and prevention of parasites that cause human diseases, fungi and their infections, viruses and their infections.

MYO003 - Medical Terminology (2+0), ECTS:2

The term reading of the rules, prefixes, suffixes, the term varieties, musculoskeletal system, blood terms, the cardiovascular system terms, the respiratory system terms, the digestive system terms, the urinary system terms, the reproductive system terms, the endocrine system terms, the nervous system terms and psychiatric terms, sensory organs the terms diagnostic terms.

RPSI209 - Positive Psychology and Communication Skills (ÜSEÇ) (2+0), ECTS:3

Definition of positive psychology, key concepts, theoretical foundations, and applications; examining emotional experience and brain-behavior systems; self-awareness and recognizing others; psychosocial life skills and problem-solving abilities; motivation and planning; anger, aggression, violence; relationship management; decision-making; perseverance and conciliation.

RKUL103 - University Culture I (ÜSEÇ) (0+2), ECTS:4

A program consisting of seminars, conferences, panels, workshops, and discussions throughout 14

weeks, designed based on the recommendations of academic units, student councils, and student clubs.

TURK103 - Turkish Language I

(2+0), ECTS:2

Language and its characteristics; the relationship of language with nation, culture, and thought; classification of world languages and the position of Turkish; spoken and written language and the historical development of Turkish written language; phonetics and phonetic events in Turkish; syllable structure; vowels and consonants in Turkish words; spelling rules and punctuation marks.

INGU103 - English I

(2+0), ECTS:2

Adverbs; Prepositions: Place, Time, Movement; Singular and Plural Nouns: Countable and Uncountable Nouns; Tenses: Present Simple, Present Continuous, Past Simple; Modals: Will, Should, Should Not, Must, Must Not, Can; Comparative structures; Pronouns: Personal, Possessive; Adjectives; Affirmative, Negative, and Interrogative Sentences; Conjunctions: And, But, Because.

ATA103 - Atatürk's Principles and History of Reforms I

(2+0), ECTS:2

The decline of the Ottoman society and state order and reform movements; the disintegration of the Ottoman Empire and the beginning of the national struggle; Mustafa Kemal Pasha's organization of the national struggle in Anatolia; the opening of the first Grand National Assembly of Turkey; military and political developments between 1920-1922; revolutions and reactions; the establishment of the constitutional system; internal and external politics in the Republican period; key features of the Turkish revolution and the ideological foundations of Kemalism; innovations in law, education, economy, and social life; general characteristics of Atatürk's principles; evaluation of Kemalism from an ideological perspective.

SEMESTER II

POD100 - Podology II

(2+2), ECTS:6

Teamwork to create anamnesis and consent for the laboratory, anamnesis and consent techniques, recognition of the equipment used, communication in patient complaints, equipment used in podology, Bs tape system, Omega system, Taping banding, scalpel techniques, dermocosmetic products, creating a podology plan and implementation plan, procedure steps in Podology and general foot care.

EFH102 - Infectious Diseases

(2+0), ECTS:3

Terminology in infectious diseases, chain of infection, microorganisms and their types, infection signs and symptoms, concepts related to infectious diseases, general characteristics of infectious diseases, protection from infection and immunization, hospital infections and protection methods, hospital infection control committee, infections in intensive care units, treatment methods of infectious diseases, diseases transmitted through respiratory tract, diseases transmitted through digestive tract, diseases transmitted through blood, diseases transmitted through skin and mucosa, central nervous system infections, sexually transmitted diseases, isolation methods, quarantine practices.

POD102 - Lower Extremity Neurology

(2+0), ECTS:3

Introduction to neurology; anatomical structure of the pelvis; structure of the pelvis joints and tendons; anatomical structure of the knee; structure of the knee joints and tendons; anatomical structure of the foot; structure of the foot joints, muscles, and tendons; peripheral nerve placements in the lower extremity; circulatory system of the lower extremity; disorders of the lower extremity and diagnostic methods.

POD104 - Foot Orthopedics

(2+0), ECTS:3

Foot anatomy; orthopedic problems of the foot; biomechanics and gait; foot injury mechanisms;

ligament tears; Achilles tendon rupture; foot bone diseases; podiatric care after orthopedic surgery.

POD106 - Diabetes and Foot Health I (2+2), ECTS:5

Introduction to diabetes; objectives and learning outcomes; systemic effects of diabetes; causes of diabetic foot syndrome; mechanisms of diabetic neuropathy in the foot; prevention mechanisms for diabetic foot syndrome; surgical, medical, and algological treatment methods for diabetic foot injuries; impact of diabetic foot injuries on quality of life.

RKUL104 - University Culture II (ÜSEÇ) (0+2), ECTS:4

A program consisting of seminars, conferences, panels, workshops, and discussions throughout 14 weeks, designed based on the recommendations of academic units, student councils, and student clubs.

TURK104 - Turkish Language II (2+0), ECTS:2

Developing correct language usage skills; fostering creative thinking and writing abilities; punctuation rules and spelling; composition rules and writing exercises; analysis of various novels, poetry books, and plays; reading theater activities; diction techniques for emphasis and intonation.

INGU104 - English II (2+0), ECTS:2

Tenses: Present, Past, Future; Modals: Might, Could, Can, Must, May; Adverbs: Place, Direction, Purpose, Manner; Adjectives: Order, Comparatives, Superlatives; Passive Voice in different tenses; Conditional Sentences; Adjective Clauses; Reported Speech; Infinitives and Gerunds; Noun and Adverb Clauses; Comparative Structures.

ATA104 - Atatürk's Principles and History of Reforms II (2+0), ECTS:2

The Decline of the Ottoman Society and State Order and the Reform Movements; The Disintegration of the Ottoman Empire and the Beginning of the National Struggle; Mustafa Kemal Pasha's Organization of the National Struggle in Anatolia; The Opening of the First Grand National Assembly of Turkey; Military and Political Developments Between 1920-1922; Revolutions and Reactions; Establishment of the Constitutional System; Domestic and Foreign Politics in the Republican Period; Fundamental Characteristics of the Turkish Revolution and the Intellectual Movements That Influenced It; Reforms in Law, Education, Economy, and Social Life; Atatürk's Principles and Their General Characteristics; An Ideological Evaluation of Kemalism.

SEMESTER III

POD201 - Foot and Skin Diseases (2+0) ECTS:3

General principles of dermatological diseases, congenital dermatological diseases, acquired skin diseases, skin diseases caused by traumatic events, wounds and wound healing, inflammatory and degenerative dermatoses, nail changes and diseases, nail changes in the elderly, fungal infections, diabetes and foot problems, mechanisms and treatment of callus formation, pigmentation disorders, athlete's foot, and other related topics.

POD203 - Diabetes and Foot Health II (2+2) ECTS:5

Degeneration in sensory nerves and wound formation, obstructive vascular disease, diabetic-neuropathic-osteoarthropathic septic thrombosis, preventive measures, angiopathies and neuropathies triggering wound formation, multidisciplinary approaches in the treatment of diabetic foot syndrome, the role and responsibilities of podiatrists in diabetic foot syndrome treatment.

İLK101 - First Aid (Elective) (2+0) ECTS:3

Basic principles of first aid, primary and secondary assessments, basic life support in adults, basic life support in children and infants, first aid in airway obstruction, internal and external bleeding, wounds

and wound types, first aid for regional injuries, head and spine fractures, first aid for upper extremity fractures, dislocations, and sprains, first aid for hip and lower extremity fractures, dislocations, and sprains, first aid in medical emergencies, poisoning, heatstroke, burns, frostbite, and foreign body aspiration.

POD205 - Physical Therapy, Rehabilitation, and Orthotics (2+2) ECTS:5

Functional anatomy of the foot, gait and gait analysis, assessment of gait pathologies, physiotherapy and rehabilitation for ankle and foot fractures, physiotherapy and rehabilitation for lower extremity joint problems, physiotherapy for soft tissue problems in the lower extremity, orthotic applications for the foot, entrapment neuropathies in the foot, physiotherapy and rehabilitation for congenital foot problems, diabetic foot physiotherapy, rehabilitation for anomalies of the foot and toes, circulatory problems of the lower extremity, crush injuries.

POD207 - Podology III (2+2) ECTS:6

Kinesiological taping in Podology, onychoxia methods, onychoxia (3TO-VHO), silicone orthoses, onychoplasty methods, podological approaches to nail diseases, podological approaches to systemic and infectious diseases, podiatric care in pregnancy and pediatrics, podiatric care in athletes, podiatric care for individuals with disabilities, dressing and bandaging techniques, marketing, material management, and pricing in a Podology clinic.

POD209 - Sports Podology (BSEÇ) (2+0) ECTS:3

Definition of sports Podology, foot injuries – common big toe injuries, forefoot injuries, heel injuries, dermatological disorders of the foot, ankle injuries, running-related foot injuries, running-related heel and ankle injuries, pediatric athlete foot health, shoe selection for athletes – field sports, shoe selection for athletes – outdoor sports, orthopedic materials used in sports Podology.

AML114 - Principles of Sterilization (BSEÇ) (2+0) ECTS:5

Historical development of sterilization, disinfection and antisepsis, introduction to sterilization, factors belonging to microorganisms, concepts relating to hospital infections, hospital infections and transmission routes, sterilization methods, sterilization rules and control, disinfection methods, disinfection rules and control, mechanisms of action of disinfectants and antiseptics, asepsis techniques and applications, types of sterilizers, central sterilization unit.

SEMESTER IV

POD200 - Holistic Approach to Foot and Nail Diseases (2+0) ECTS:4

Foot anatomy, fundamental dermatology, bacterial, viral, and fungal skin diseases, dermatological and nail findings in systemic and inflammatory diseases, skin and nail tumors, orthopedic foot problems, bone diseases of the foot, mechanisms of foot injuries, ligament tears, Achilles tendon rupture, lower extremity disorders and diagnostic methods, peripheral nerve placements in the lower extremity, evaluation of deep tendon reflexes, neurological diseases of the lower extremity, circulation system of the lower extremity, superficial, deep, and motor sensory examinations, aesthetic, plastic, and reconstructive surgery, peripheral artery and venous diseases, podiatric surgery.

POD202 - Podology IV (2+2) ECTS:6

Pathophysiology of diabetic foot, assessment and infection in diabetic foot, case presentation on podiatric care for diabetic patients, kinesiological taping in Podology, case presentation on podiatric approach to nail diseases, case presentation on podiatric care for geriatric patients, podiatric care in pregnancy and pediatrics, case presentation on podiatric care for athletes, special techniques in Podology, organization of Podology clinics, communication and ethics in Podology, interview and CV preparation techniques.

HLK101 - Public Health (BSEÇ)**(2+0) ECTS:3**

Basic public health, today's understanding of public health, infectious diseases, maternal health and child health, health education, nutrition, occupational health, school health, elderly health, vector and control methods, epidemiology.

MET101 - Professional Ethics (BSEÇ)**(2+0) ECTS:2**

What is deontology, definition and introduction, what is morality, characteristics of morally mature individuals, concepts of health and disease, what is occupation, principles of profession, teamwork, place of health personnel in society, universal declaration of human rights, patient rights, law on health method and regulations, euthanasia, ethics in transplantation.

POD204 - Business Management**(2+0) ECTS:4**

Fundamental Business Concepts, Types and Characteristics of Enterprises, Podology Services in the Healthcare Sector, Establishing a Podology Clinic, Business Planning and Strategic Management, Human Resources Management, Financial Management, Marketing and Promotion Strategies, Patient Relations and Communication, Quality Management and Auditing, Case Study: Establishing a Podology Practice – Experience Sharing

POD909 - Summer Internship**(20 WORKING DAYS) ECTS:9**

Technical Features of a Podology Clinic, Identifying Tools and Equipment in a Podology Clinic, Documentation in a Podology Clinic, Creating Podiatric Treatment Plans, Communication in Podology, Marketing in a Podology Clinic, Material Management and Pricing, Definition and Purpose of Podiatric Care, Disinfection and Sterilization Methods in Podology