

Teachers' guide – summary sheet

## 1. IDENTIFICATION DETAILS

Title:	Degree in Physiotherapy (plan 2010)		
Faculty/School:	Bio-health Sciences		
Course subject:	<b>Kinesiotherapy</b>		
Type:	Obligatory	Credits ECTS:	6
Year / Semester:	2nd Year – 4th Semester	Code:	2827
Subject:	Kinesiotherapy		
Module:	Specific Training		
Language:	Spanish		
Total number of hours undertaken by pupil:	150		

## 2. DESCRIPTION OF THE COURSE

This course develops the use of movement as the main physical agent for therapy in various diseases and pathologies of the human body. It defines the principles of the movement as a therapeutic measure as well as indications, contra-indications and main forms of its practical application, such as passive and active exercise therapy, manual and instrumental.

## 3. SKILLS TO DEVELOP

### 3.1. General skills

Know and understand the science, models, techniques and instruments which it is based, articulates and develops physical therapy.

### 3.2. Specific skills

Identify the concept, evolution and rationale of physiotherapy in scientific and professional aspects.

Understand the theory of the functioning, disability and health and international classification, as well as intervention models and their practice in physical therapy care.

Know and apply the theoretical basis and development of physiotherapeutic methods and procedures.

Know and understand the methods, procedures and actions physiotherapy, aimed at both actual therapeutic to be applied in the clinic for rehabilitation or functional recovery, as the activities aimed at promoting and maintaining health.

Understanding anthropometric and ergonomic principles. Analyze, plan and implement motion as a therapeutic measure, promoting the participation of the patient / user in the process.

#### 4. PRE-REQUISITES

In order to understand and assimilate the contents of this subject, and acquire the competencies of the same, it is recommended to have acquired the skills relating to the basic training modules, especially the subject of Human Anatomy, Biomechanics and Physiology.

#### 5. WORK TIME DISTRIBUTION

CONTACT HOURS	REMOTE STUDY HOURS
60	90

#### 6. OBJECTIVES

The goal we want to accomplish with this course is that students learn the theoretical and practical aspects of exercise therapy as a set of therapeutic procedures used as the basis for motion disorders and treatment of various diseases, as well as its physiological basis, indications and contra-indications.

In addition to knowledge of the principles of kinesiotherapy, it is intended that students develop manual dexterity to apply the various procedures and techniques for passive and active exercise therapy, manual and instrumental.

#### 7. INDEX OF SUBJECTS

- SECTION I: FUNDAMENTALS OF KINESIOTHERAPY
- SECTION II: MANUAL PASSIVE KINESIOTHERAPY
- SECTION III: KINESIOTHERAPY ACTIVE, RESISTED AND FREE: Technique of Kabat. MUSCLE BUILDING RULES
- SECTION IV: STRETCHING Muscle-tendon
- SECTION V: SUSPENSE THERAPY + POLIO THERAPY
- SECTION VI: ERGONOMICS AND ITS APPLICATIONS

#### 8. METHODOLOGY/LEARNING ACTIVITIES

- 1 .- Live activities:
- Theoretical and practical Lectures
  - Seminars and workshops
  - Presentation of group work.
  - Theoretical and practical tutorials.
  - Theoretical and practical assessment

- 2 .- non-contact activities:
- Development of group work.
  - Theoretical study.
  - Case Study.
  - Bibliographic searches.
  - Virtual work on the network.

## 9. EVALUATION SYSTEM

- 1 .- WRITTEN OR ORAL TEST (30%):
  - Multiple choice tests
  - Test of short questions and / or to be developed
- 2 .- PRACTICAL TESTS OR DEMONSTRATIONS (40%)
- 3 .- PRESENTATION OF WORKING GROUP OR INDIVIDUAL EXHIBITIONS, submission, investigation and bibliographic search (20%)
- 4 .- assistance and participation in class (10%)

## 10. BIBLIOGRAPHY

1. H ROUVIERE. *Anatomía descriptiva, topográfica y funcional*. ED MASSON.
2. I.A. KAPANDJI. *Cuadernos de fisiología articular*. ED MASSON.
3. C ROCHER. *Reeducación psicomotriz por la poleoterapia*. ED panamericana.
4. M. DESVIAT. *Rehabilitación funcional motora*.
5. GENOT. *Kinesioterapia*. ED panamericana.

