

25612 - General intervention procedures in physiotherapy I

Syllabus Information

Academic Year: 2019/20

Subject: 25612 - General intervention procedures in physiotherapy I

Faculty / School: 127 - Facultad de Ciencias de la Salud

Degree: 275 - Degree in Physiotherapy

ECTS: 6.0

Year: 2

Semester: First Four-month period

Subject Type: Compulsory

Module: ---

1.General information

1.1.Aims of the course

1.2.Context and importance of this course in the degree

1.3.Recommendations to take this course

2.Learning goals

2.1.Competences

2.2.Learning goals

2.3.Importance of learning goals

3.Assessment (1st and 2nd call)

3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

4.Methodology, learning tasks, syllabus and resources

4.1.Methodological overview

The methodology followed in this course is oriented towards the achievement of the learning objectives. The course is designed in two parts, one mainly narrative, and another for development of technique and analysis skills. For the first part, the tool proposed is the lecture and for the second most participatory tools such as seminars and practice sessions.

4.2.Learning tasks

The course includes the following learning tasks:

- 1- Lectures in a big group (10 hours) (learning outcomes 1, 2, 3 and 6). Presentation of the contents of the subject with the support of various audiovisual media and guidance for practical and personal study.
- 2- Laboratory practice session (29,5 hours) (learning outcomes 2, 4, 5, 6). Practical demonstration of the general procedures of intervention with the support of audiovisual media and practices specific material. Students will be monitored and corrected along with their repetition of practice techniques with special attention to the student's ability to position the patient, to maintain proper ergonomics, to adjust the application parameters of procedures and manual dexterity.
- 3- Seminars (12.5 hours) (learning outcomes 1, 3, 5 and 6). Problem-solving and case clinic studies, individually and as a team, applying the theoretical and practical contents of the subject and various documentary sources. Problem-solving and practical cases in class, individually and as a team, with the Protocols of Intervention General Procedures in Physiotherapy I.

- 4- Special practices. (8 hours) (learning outcomes 1, 2, 3, 4, 5, 6).. External practices of the Intervention General Procedures in Physiotherapy I, applying the theoretical and practical content.
- 5- Autonomous work and study, preparation of lab notebook, the take-home and bibliographic recession (77.5 hours) (learning outcomes 1, 2, 3, 4, 5, 6).

4.3.Syllabus

The course will address the following topics:

TOPIC 1: FUNDAMENTALS AND INTERVENTION PROCEDURES OF MASSAGE THERAPY

- Theoretical basis of massage therapy.
- Indications and evaluation.
- Methodology of application of massage therapy.
- Intervention Protocols of massage therapy.

TOPIC 2: FUNDAMENTALS AND INTERVENTION PROCEDURES OF HIDROTHERAPY

- Theoretical basis of hydrotherapy.
- Indications and evaluation.
- Methodology of application of hydrotherapy.
- Intervention Protocols of hydrotherapy.

TOPIC 3: FUNDAMENTALS AND INTERVENTION PROCEDURES OF BALNEOTHERAPY

- Theoretical basis of balneotherapy.
- Indications and evaluation.
- Methodology of application of balneotherapy.
- Intervention Protocols of balneotherapy.

TOPIC 4: FUNDAMENTALS AND INTERVENTION PROCEDURES OF THALASSOTHERAPY

- Theoretical basis of thalassotherapy.
- Indications and evaluation.
- Methodology of application of thalassotherapy.
- Intervention Protocols of thalassotherapy.

TOPIC 5: FUNDAMENTALS AND INTERVENTION PROCEDURES OF CLIMATOTHERAPY

- Theoretical basis of climatotherapy.
- Indications and evaluation.
- Methodology of application of climatotherapy.
- Intervention Protocols of climatotherapy.

TOPIC 6: FUNDAMENTALS AND INTERVENTION PROCEDURES OF THERMOTHERAPY

- Theoretical basis of thermotherapy.
- Indications and evaluation.
- Methodology of application of thermotherapy.
- Intervention Protocols of thermotherapy.

TOPIC 7: FUNDAMENTALS AND INTERVENTION PROCEDURES OF CRYOTHERAPY

- Theoretical basis of cryotherapy.
- Indications and evaluation.
- Methodology of application of cryotherapy.
- Intervention Protocols of cryotherapy.

PRACTICES

PRACTICAL SECTION 1: INTERVENTION PROCEDURES OF MASSAGE THERAPY

- Principles of evaluation for the implementation of massage techniques.
- Basic techniques.
- Advanced Techniques: functional massage, Diacutaneous Fibrolysis, dry needling.
- Intervention Protocols of massage therapy.

PRACTICAL SECTION 2: INTERVENTION PROCEDURES OF HIDROTHERAPY

- Principles of evaluation for the implementation of hydrotherapy techniques.
- Basic techniques.
- Advanced Techniques.
- Intervention Protocols of hydrotherapy.

PRACTICAL SECTION 3: INTERVENTION PROCEDURES OF BALNEOTHERAPY, THALASSOTHERAPY AND CLIMATOTHERAPY

- Principles of evaluation for the implementation of balneotherapy, thalassotherapy and climatotherapy techniques.
- Basic techniques.
- Advanced Techniques.
- Intervention Protocols of balneotherapy, thalassotherapy and climatotherapy.

PRACTICAL SECTION 4: INTERVENTION PROCEDURES OF THERMOTHERAPY

- Principles of evaluation for the implementation of thermotherapy techniques.
- Basic techniques.
- Advanced Techniques.
- Intervention Protocols of thermotherapy.

PRACTICAL SECTION 5: INTERVENTION PROCEDURES OF CRYOTHERAPY

- Principles of evaluation for the implementation of cryotherapy techniques.
- Basic techniques.
- Advanced Techniques.
- Intervention Protocols of cryotherapy.

4.4.Course planning and calendar

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course, will be provided on the first day of class or please refer to the Facultad de Ciencias de la Salud <https://fcs.unizar.es/>.

- Theoretical classes in a single group throughout the semester.
- Practical laboratory classes, 2 hours long, in reduced groups throughout the semester.
- Three external practice activities.

4.5.Bibliography and recommended resources