

Academic Year/course: 2021/22

25613 - Kinesitherapy

Syllabus Information

Academic Year: 2021/22

Subject: 25613 - Kinesitherapy

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

Degree: 275 - Degree in Physiotherapy
605 - Degree in Physiotherapy

ECTS: 6.0

Year:

Semester: 275 - First Four-month period

605 - First semester

Subject Type: Compulsory

Module:

1. General information

2. Learning goals

3. Assessment (1st and 2nd call)

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. A variety of methodologies will be used, including master theory classes (*M01*) questions and answers, demonstrations, practical sessions (hands-on practice) in small groups (*M02*), works in seminars individual work and personal study (*M03 y M09*). Further information regarding the course will be provided on the first day of class.

4.2. Learning tasks

This is a 6 ECTS course organized as follows:

A).-A01 Master theory classes (12 h)

B).-A02 Demonstrations, practical sessions(hands-on practice) in small groups (36 Horas).

C).-A03 Tutored works in seminars (10 horas).

D) **A06 Autonomous work** and personal study (3,5 ECTS).

4.3. Syllabus

The course will address the following topics:

TOPIC 1.-Kinesitherapy

TOPIC 2.-Kinesitherapy passive

TOPIC 3.-Joint mobilization passive

TOPIC 4.-Osteoarticular postures

TOPIC 6.Myotendionous stretching

TOPIC 7.-Kinesitherapy active

4.4. Course planning and calendar

- 1.- THEORETICAL CLASS in large group: 1h / week throughout the first semester of the course.
- 2.- PRACTICES in groups: 2h / week throughout the first semester of the course. The student will be informed one week before its start.
- 3.- DELIVERY OF WORKS. They will be delivered two weeks before the exam of the official January-February call that appears on the Center's website.
- 4.- WRITTEN FINAL TEST: it will be carried out in each official call on the official date that appears on the Center's website.
- 5.- Oral practical TEST (if it does not pass the evaluation of the follow-up of the practicals) prior to the written exam, in each official call.
- 6.-For students who take advantage of the model of regular non-attendance to classes, there will always be an oral practical exam whose call will be prior to the written exam, in each official call.

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/>

4.5. Bibliography and recommended resources

Information Literacy Program offered through the University Library:
<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=25613>