

Academic Year/course: 2021/22

## 26006 - Occupational therapy theory and techniques I

### Syllabus Information

**Academic Year:** 2021/22

**Subject:** 26006 - Occupational therapy theory and techniques I

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

**Degree:** 276 - Degree in Occupational Therapy

**ECTS:** 11.0

**Year:** 1

**Semester:** Annual

**Subject Type:** Compulsory

**Module:**

## 1. General information

### 1.1. Aims of the course

The subject and its expected results respond to the following approaches and objectives:

The general objective of this course is that the student, based on the knowledge of its contents, is able to explain the theoretical and methodological foundations of Occupational Therapy, the different human abilities and skills, and the capacity / dependency assessment scales. more usual, as well as to justify the application of all this in the resolution of practical cases.

“These approaches and objectives are aligned with the following Sustainable Development Goals (SDG) of the United Nations : your achievement ”:

Objective 3: Health and well-being

Objective 4: Quality education

Goal 5: Gender equality

Goal 16: Peace, justice and strong institutions

Goal 17: Partnerships to achieve the goals

### 1.2. Context and importance of this course in the degree

This subject is included in the disciplinary module: Fundamentals and Techniques of Occupational Therapy, which begins in the 1st year of the degree and therefore is next to the bulk of the Basic Training module and next to (also) the beginning of the disciplinary module Activities for Independence Functional. Its meaning is twofold: in coordination with the latter, it aims to introduce the student to the scientific / technical knowledge of the profession and, on the other hand, it aims to bring together certain competencies of basic training subjects.

### 1.3. Recommendations to take this course

Given the great theoretical content, which aims to scientifically base the practice of Occupational Therapy and bring the student closer to the knowledge of the profession, personal study is recommended from the beginning of the course as an essential means to achieve the expected learning results and progressive acquisition of competences, integrating the sustainable development objectives for future professional practice and for their personal life.

## 2. Learning goals

### 2.1. Competences

According to Verification Memory:

- Apply the knowledge of the Theory and Practice of Occupational Therapy.
- Apply the knowledge of Structure and Function of the human body, Psychology, Sociology and Pedagogy within the context of Occupational Therapy
- Apply the knowledge of Physiopathology, Psychopathology, and Psychiatry within the context of Occupational Therapy.
- Apply the knowledge of Preventive Medicine and Public Health, Medical and Surgical Pathology, Pediatrics, Gerontology and Geriatrics, within the context of Occupational Therapy
- Therapeutically apply the knowledge of the Occupations and Activities of Daily Living in all Areas of Occupational Performance
- Apply the knowledge of Occupational Science within the context of Occupational Therapy.

According to CIN Order:

- Know and understand the historical background, theoretical foundations and methodological principles: philosophical aspects, theoretical frameworks, models, techniques, evaluations and evaluations of Occupational Therapy necessary to recognize and interpret the processes of occupational function-dysfunction.
- Understand the different theories of functioning, personal autonomy, functional adaptation of / to the environment, as well as the intervention models in Occupational Therapy, transferring them to daily professional practice.
- Promote health and prevent disability, acquire or recover the necessary occupational performance at each stage of the life cycle to achieve independence and autonomy in the areas of occupational performance of those people who suffer from risk situations, organic deficits, limitation in activity and participation and / or social marginalization.
- Carry out an adequate treatment, respecting the different phases and basic principles, through therapeutic occupations and based on related knowledge such as the science of occupation, in the different areas of occupational performance, analyzing the performance components and the different environments and contexts existing.
- Know, design and apply the different modalities and general intervention procedures in Occupational Therapy in their frames of reference, evaluating their effectiveness in a cooperative work environment.

## **2.2. Learning goals**

The student, to pass this subject, must demonstrate the following results ...

He is able to explain the concept, history, objectives, Models and Frameworks of Occupational Therapy for which he must know and understand the theoretical foundation of it.

It explains and differentiates human abilities and skills (manipulative, praxic-constructive, communication and interaction, adaptive and creative), habits and roles, inter / multidisciplinary team and individual and group work.

Describes the characteristics and applications of the assessment of capacity / dependency, explains the most common scales and identifies their differences.

It refers the bibliography according to the Vancouver publication standards and synthesizes the information in a clear and coherent way.

Plans the resolution of practical assumptions in a small group applying the theoretical bases of the models and frames of reference, with a clear discourse and technical arguments.

### **2.3. Importance of learning goals**

They will allow the student to be more prepared to understand the theoretical and methodological foundations of Occupational Therapy with a bio-psycho-social vision of the human being and therefore, to be more able to start in the reasoned planning of professional performance in situations of physical, mental, sensory illness / disability or situation of marginalization throughout the life cycle of the person.

## **3. Assessment (1st and 2nd call)**

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

The student must demonstrate that they have achieved the expected learning outcomes through the following assessment activities

A) Continuous evaluation of practices:

- Attendance (only allowed up to 20% of duly justified absences)

- Active and efficient participation. The student must demonstrate that he knows how to analyze activities identifying areas and components according to models and frames of reference of Occupational Therapy, and knows how to apply the model and the appropriate technique to detect and solve the problem of the case presented.

- Individual or small group work will be carried out, with oral presentations, and each seminar will be evaluated.

- Oral practical exam if you do not pass this continuous evaluation. If it cannot be done in person, it will be established through videoconference.

To pass the course, it is an essential requirement to pass the practical part.

B) Written theory exams:

- First partial theory exam (eliminates subject from a score of 5/10) at the end of 1st semester (January-February)

- Second partial theory exam in May for those students who have passed the first partial exam. It will mediate with the mark of the first partial exam from a score of 5/10.

- Final exam of partial theory not passed at the end of the 2nd semester (June).

These exams consist of 30 multiple choice questions, without penalty for incorrect answers. The duration of the exam will be 1 hour.

**IMPORTANT:** Given the health crisis caused by Sars-CoV-2, in case of not being able to take

face-to-face tests, the subject exams will be online through the Moodle platform, enabling an exam / questionnaire with the aforementioned characteristics.

## GRADING SYSTEM

The final grade for the course results from the following weighting:

- 25% the score of the works of practical seminars
- 75% of the theory exam / s score
- To pass the course, it is an essential requirement to pass the practical part.

## 4. Methodology, learning tasks, syllabus and resources

### 4.1. Methodological overview

The learning process that has been designed for this subject is based on the following:

The combination of theoretical classes in large groups, practical classes in small groups, and special importance of personal study.

### 4.2. Learning tasks

The course includes the following learning tasks:

- **Lectures** (3.5 ECTS: 87.5 hours). Explanation and orientation for the personal study of the different contents of the course, understanding it towards the acquisition of competences and learning results. All the directivity and interaction resources will be used, as well as support in the different audiovisual supports.
- **Practice sessions** (1,5 ECTS, 22.5 hours). Training on practical cases and solving problems individually and in teams, applying the theoretical basis of the course and the exercise of communication.
- **Autonomous study** (6 ECTS). Based on the indicated activities, the student must take responsibility for the creation of structured work schedules and programs in the context of the time used for other courses. It must represent the step of motivation, fostered with the learning activities described above, to the autonomous exercise of the will.

### 4.3. Syllabus

**This course will address the following topics:**

#### **Section I: Concept, Foundations and History of Occupational Therapy**

-Conceptual framework of Occupational Therapy.

-Concept and definitions of Occupational Therapy.

-The organization and use of knowledge in Occupational Therapy. Paradigms, models and frames of reference.

-Philosophical Foundations of Occupational Therapy.

-Occupational Science.

- History of Occupational Therapy:

\* Background, influential movements in the origin of the profession, the beginnings of Occupational Therapy as a profession.

\* Establishment of the identity of the profession, development of Occupational Therapy

#### **Section II: Models of Practice**

-Model of Adaptation through Occupation.

- The Model of Human Occupation.
- Canadian Occupational Performance and Engagement Model.
- Occupational Performance Model, OPM Australia.
- Ecological Models.

### **Section III: Frames of Reference**

Biomechanical Model.

Cognitive Disabilities Frame of Reference.

Sensory Integration Frame of Reference.

Control Models and Motor Learning.

Cognitive-perceptual Frame of Reference.

Others: Psychoanalytic Frame of Reference, Humanistic Frame of Reference, Cognitive behavioral frame of reference.

Related Knowledge and Approaches.

### **4.4. Course planning and calendar**

Calendar of face-to-face sessions and presentation of work

- Theoretical classes in large groups: 3h / week throughout the entire course
- Practical classes in small groups: 2h / week every 15 days
- 1st partial theory exam: at the end of 1st semester (January). Eliminate matter
- 2nd partial theory exam: at the end of 2nd semester (May)
- Final theory exam of the whole subject or of a partial: June
- Final theory exam of the whole subject: September
- Oral practical exam (if not passed by continuous assessment): June - September

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 web <https://estudios.unizar.es/estudio/ver?id=109>

### **4.5. Bibliography and recommended resources**

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=26006>