

Academic Year/course: 2022/23

25613 - Kinesitherapy

Syllabus Information

Academic Year: 2022/23

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: 2

Semester: First semester

Subject Type: Compulsory

Module:

1. General information

1.1. Aims of the course

The main aim of this subject is to make the student be able to understand and explain the theoretical principles, to develop the skills related to the application of different kinesitherapy techniques and to make the student start searching and analyzing specific information that will allow to justify and obtain an adequate application.

This planning and objectives are aligned with the following Objectives of Sustainable Development within the 2030 Agency from the United Nations (<https://www.un.org/sustainabledevelopment/es/>) so the acquisition of the learning results of the subject provides capability and competence for contributing in some way to the achievement of the objective 3 (health and wellness)

1.2. Context and importance of this course in the degree

This subject pretends to converge determined competences from basic subjects and to introduce the student in the scientific/technical knowledge of the physical therapy profession. For that reason, it is planned within the compulsory contents pretending to obtain the progressive and sequential incorporation of the subjects in order the student acquires the basic professional competences that start in the first course with the subjects (Fundamentals of Physical Therapy (6 ECTS), Evaluation in Physiotherapy (6 ECTS), and in the second course with General Procedures in Physiotherapy Intervention (12 ECTS), Kinesitherapy (6 ECTS) and Methods of Physiotherapy in Musculoskeletal Processes (7 ECTS), serving as a link with the following course. In the third course, it is continued with the subjects of specific professional competences (36 ECTS).

1.3. Recommendations to take this course

In this subject, the student takes contact with the basic kinesitherapy techniques and fundamentals in the professional performance of the physiotherapist. This subject pretends the student domains the terminology and knows the adequate application of the kinesitherapy techniques, in its distinct peculiarities, but also in their performance background.

2. Learning goals

2.1. Competences

With passing this subject, the student will be more competent for...

General Competences

GC03 - To know and to understand the physical therapy methods, procedures and performances for the therapeutical background and for the functional reeducation and recovery and the development of activities for the health promotion and maintenance.

GC13 - To be able to work in professional teams as a basic unit in which the health professionals are organized uni-, multi- and interdisciplinary.

GC17 - To understand the importance of updating the knowledge, skills and attitudes that integrate the professional competences of the physical therapist.

GC19 - To communicate effectively and clearly, in a oral and written way, with the users of the health system and with other

professionals.

Transversal Competences

- TC01 - To be able to apply a critical reasoning.
- TC02 - To be able to analyze and synthesize.
- TC03 - To be able to assume an ethical compromise.
- TC05 - To be able to work according to quality criteria.
- TC06 - To be able to develop creativity.
- TC07 - To be able to develop projects and to have entrepreneurial spirit.
- TC09 - To be able to plan and evaluate.
- TC10 - To be able to use electronic devices and new technology means properly.
- TC12 - To be able to develop skills in the information management.
- TC13 - To be able to criticize and self-criticize.

Specific Competences

- SC07 - To identify the factors related to team work and leadership roles.
- SC12 - To identify the changes produced as a result of the physiotherapy intervention.
- SC17 - To know and to apply the theoretical basis and the development of the physiotherapy methods and procedures.
- SC31 - To analyze, program and apply the movement as a therapeutic method, promoting the participation of the patient/user in his health situation.
- SC37 - To know and apply the quality mechanisms in the physiotherapy practice, adjusting the considered and validated quality criteria, indicators and standards for the adequate professional practice.

2.2. Learning goals

The student, in order to pass this subject, should demonstrate the following results:

1. To be able to understand and explain the effects or actions applied to the human body by the application of kinesitherapy techniques, as well as the principles for an adequate application, its indications and contraindications.
2. To be able to distinguish among the different kinesitherapy procedures, focused on treatment, health promotion and disease prevention.
3. To have acquired the necessary skills for the proper application of the distinct procedures and skills of the kinesitherapy.
4. To know to look for, analyze and synthesize specific information and transmit basic concepts.

2.3. Importance of learning goals

The physiotherapy professionals use their knowledge to design, plan or control therapeutic procedures. These therapeutic procedures are varied and different not only according to the anatomical region to be treated but also according to the therapeutic aim. Furthermore, they are developed in varied backgrounds and in different populations in which difference can be normal. So, the professional must know the adequate basis for the proper application of the different basic kinesitherapy techniques and to be able to adapt them to different circumstances. Furthermore, the student will be able to analyze them and have a criterion for improving the quality of the work.

3. Assessment (1st and 2nd call)

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

The assessment tasks will be carried out in the presential mode if the background allows it. In case of changing the conditions, and if instructions are received by the academical authorities, the evaluation tasks will be carried out in the non presential modality using the online resources at University of Zaragoza, informing with enough time.

The student will have to demonstrate reaching the targeted learning results through the following evaluation activities:

ONGOING AND COMPETENCE ASSESSMENT DURING PRACTICAL PERFORMANCE

It will be assessed: Attendance, Type of Participation and Competence while performing the practical sessions.

The assessment will be carried out by questions and demonstrations of the contents. The score will be from 0 to 10. In order to pass the subject, 5 will be minimal mark.

A practical exam will be made to the students with more than 20% of unattendance to the practical lessons and not fulfilling the minimal criteria in the evaluation of the ongoing competence evaluation throughout the practical lessons. Passing this exam is compulsory for being able to make the final theoretical exam.

ASSIGNMENT

The assignments are thought as part of the autonomous work of the student that will be presented in the seminars and reinforce their learning.

The assignments will deepen the theoretical and/or practical contents of the subject and foster the transversal competences of the student. Furthermore, it can be required that any of the members of the group will present during the seminar in the name of the group work.

The score will be qualified based on the assessment of the written document and on the presentation of the essay.

The score will be from 0 to 10. To pass the assignment, 5 will be the minimal score.

WRITTEN EXAM. INDIVIDUAL EXAMINATION

A written exam will be carried out at the end of the quatrimester, on the contents during teaching lessons and/or seminars and the information advised to the students as recommended literature.

The exam will consist of a number of questions of the practical and theoretical contents of the subject. This final exam will have 20 multiple choice questions (5 options of answer with a penalty of 0.20 if failed) and 2 short-answer questions. The score will be qualified from 0 to 10.

The evaluation of knowledge will be assessed considering the whole program and contents of the subject.

If the student scores less than a mark of 5 in this written exam, the subject will not be passed.

ASSESSMENT TASKS FOR NON ATTENDING STUDENTS

1.- Final practical task of 1 hour duration in which the student will demonstrate the skills related to the practical contents of the subject. This task must be passed to be able to make the final theoretical exam. The score of this practical task will be 50% of the final score.

2.- Final theoretical task with the same characteristics as the written exam for the rest of the students. Its score will be 50% of the final score.

ASSESSMENT TASKS FOR STUDENTS NOT PRESENTING IN THEIR FIRST CALL

Those students having scored at least 5 in previous calls in the assignment presentation will not have to present it during the seminar in the present call.

Those students having scored at least 5 in the practical task will not have to repeat it in the present call.

QUALIFICATIONS SYSTEM

Application of the article 5 from R.D. 1125/2003 from 5 de septiembre

The final qualification of the subject results from the following ponderation:

Theoretical exam 40%

Practical lesson evaluation 40%

Assignment 20%

The students in the attending version must assume and fulfill the conditions and pass all the parts of the assessment in order to be evaluated.

NOTE: Given the present background due to COVID-19 health crisis, this assessment system could have some change to be adapted to the valid normative.

4. Methodology, learning tasks, syllabus and resources

4.1. Methodological overview

The learning process designed for this subject is based on the following methodologies: lectures (*M01*) questions and answers, demonstrations, practical sessions (hands-on practice) in small groups (*M02*), assignment supervised and presented in seminars (*M03*) and individual work and personal study (*M09*).

4.2. Learning tasks

A) A01 LECTURES (12 hours). Learning results 1, 2.

Whole group sessions of 50 minutes each one. The professor will explain the more important theoretical contents and guide to the personal study of the different contents of the subject. The student will have to complement the lecture explanations

with the recommended readings in the literature. All resources of directivity and interaction and audiovisual supports will be used.

B) A02 PRACTICAL SESSIONS (36 hours). Learning result 3.

Simulating practical session will be carried out to develop and apply specific skills. The practical teaching will be developed in adapted practical rooms and will have a duration of 2 hours. The students, distributed in groups, will practice the different and previously explained techniques of Kinesitherapy during the theoretical lectures or worked autonomously by the students based on the recommended literature. The students will practice among each other and supervised by the teacher.

C) A03 ASSIGNMENTS IN SEMINARS (12 hours). Learning results 2, 3, 4

The objective is the practical skills development and/or problem solving learning based on the theoretical basis of the subject and the communication training. So, the search of scientific information, the stimuli for the personal initiative and creativity, the management of information sources, and its reasoned exposition will be used to foster the critical thinking, oral and written reflection, and the development of the inherent competences of the subject. This is a pre-requisite for the researching function and the promotion of a quality work.

D)A06 AUTONOMOUS WORK OF THE STUDENT (3,5 ECTS). Learning results 1, 2, 3, 4.

The student, motivated by the learning activities of the personal study, assignments, searches and the rest of above mentioned activities, must be responsible for the subject work in an autonomous and orderly way for an adequate development of the profession.

4.3. Syllabus

Kinesitherapy: General principles: Immobilization and Mobilization

Block I: Active kinesitherapy

- Therapeutic exercise: sensorimotor learning, cardiovascular training, resistance, strength, mobility, balance and coordination in health

Block II: Passive kinesitherapy

- Arthro-neuro-muscular kinesitherapy

Block III:

- Osteoarticular postures
- Poleotherapy and Suspensiontherapy
- Application of kinesitherapy in special regions

4.4. Course planning and calendar

The planned educational activities will be carried out in the presential mode in the rooms and labs determined by the Faculty.

In case of changing the conditions, and if instructions are received by the academial authorities, the activities will be modified and adapted to the non presential mode using the online resources of the University of Zaragoza. This will be informed with enough time ahead.

Calendar of presential sessions and assignment presentations:

- Lectures: 2h during 6 weeks throughout the first quatrimester.
- Practical sessions in reduced group of students: 2h/week in the first quatrimester and 2h during 6 weeks in sport facilities
- Final reception of the assignment: at the end of the specific seminar
- Written exam: at the enef od the first quatrimester (11th january) and extra-ordinary call (3rd july).
- Practical exam: before the written exam in the official dates.

The calendar of activities and their distribution by groups will be available in the moodle course of the subject at the beginning of the course.

4.5. Bibliography and recommended resources

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=25613>