Universidad Zaragoza

Academic Year/course: 2022/23

25668 - Physical Therapy Programs for Active Stabilization and Movement Control

Syllabus Information

Academic Year: 2022/23
Subject: 25668 - Physical Therapy Programs for Active Stabilization and Movement Control
Faculty / School: 127 - Facultad de Ciencias de la Salud
Degree: 605 - Degree in Physiotherapy
ECTS: 6.0
Year: 4
Semester: Second semester
Subject Type: Optional
Module:

1. General information

1.1. Aims of the course

The course and its expected results respond to the following approaches and objectives:
The objectives to be achieved by students who take and pass this subject are:

- To design physiotherapeutic action plans within the framework of active stabilization and movement control for the prevention and treatment of spine and limb dysfunctions.
- Establish models and programs of physiotherapeutic action in relation to the clinical process itself, taking into account the timing and specific characteristics of the different methodologies of active stabilization programs and movement control.

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 (https://www.un.org/sustainabledevelopment/es/), so that the acquisition of the learning outcomes of the subject provides training and competence to contribute to some extent to the achievement of:

- Goal 3: health and well-being
- Goal 4: quality education
- Goal 5: gender equality

1.2. Context and importance of this course in the degree

This course aims to complement the student's knowledge on the set of specific methods of intervention with therapeutic exercise. The learning outcomes that define the course are relevant in that they allow the student to perform a preventive approach to the patient, as well as in the framework of the alterations of the spine and limb dysfunctions, through an active stabilization and movement control work.

1.3. Recommendations to take this course

The previous acquisition of the competences of the subjects of Anatomy, Physiology, Medical-Surgical Conditions, as well as Assessment in Physiotherapy I and II and Methods of Intervention in Physiotherapy, especially, will facilitate the acquisition of the competences, knowledge and skills specifically designed in this subject.

2. Learning goals

2.1. Competences

Upon passing the course, the student will be more competent to:

- Understand the specific methods and techniques of physiotherapy of active stabilization and movement control referred to the alterations of the static and dynamic of the spine and limbs.
- Analyze, prescribe and apply physiotherapy programs of active stabilization and movement control as a therapeutic measure, promoting the participation of the patient/user in the process.

2.2. Learning goals

The student, in order to pass this course, must demonstrate the following results....

In order to pass this course, the student must demonstrate the following results:
1. knows the theoretical fundamentals of active stabilization and movement control physiotherapy programs.
2. Knows the principles and specific characteristics of the different methodologies of active stabilization and movement control programs.
3. Describes, prescribes and applies methods of physiotherapeutic intervention of active stabilization and movement control in the prevention and treatment of spine dysfunctions.
4. Describes, prescribes and applies physiotherapeutic intervention methods of active stabilization and movement control in the prevention and treatment of limb dysfunctions.

2.3. Importance of learning goals

Obtaining knowledge and completing training in the approach to musculoskeletal dysfunctions through therapeutic exercise will allow the student to be better prepared to understand the methodological foundations of physiotherapy, with a biopsychosocial vision of the human being and therefore be better able to explain and plan reasonably, through the scientific evidence available at the time, the most appropriate program of prevention or physiotherapy treatment with respect to the therapeutic objectives set.

3. Assessment (1st and 2nd call)

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

The student must demonstrate that he/she has achieved the expected learning outcomes by means of the following
assessment activities...
Assessment activities
1. Written exam: it will account for 40% of the final grade. It is an objective test with multiple choice questions about the content of the course, in addition to a clinical case to develop, which describes a physiotherapeutic action related to the theoretical and practical content of the course.

2. Assessment of the resolution of clinical cases, problems. Elaboration of reports/sheets: it will represent 30% of the final grade. It corresponds to the grade assigned to the resolution of clinical cases proposed throughout the course, as well as to the qualification of the reports and files presented, as a fundamental part of the learning of the content.

3. Group work: it will represent 30% of the final grade. It will be carried out in groups and will deal with the development of the physiotherapeutic process of any of the dysfunctions covered in the course content. This group work will be presented through a presentation and practical demonstration.

In case of not attending 80% of the laboratory practices, there will be a written test on the concepts developed in the theoretical-practical classes and in the problems and cases, and a practical test on the practical content of the course.

In order to pass the course, students must obtain at least 5 points (out of 10) in each of the evaluation activities mentioned above. Failure to pass any of the parts (activities) will imply the need to pass that activity in the successive calls.

If the written exam is not passed, only the rest of the grades passed will be kept for the following academic year.

The evaluation tests will be carried out in classroom mode if the situation allows it. If the conditions change, and if instructions are received from the academic authorities, the tests will be carried out in non face-to-face mode using the online resources of the University of Zaragoza, which will be notified with due notice.

4. Methodology, learning tasks, syllabus and resources

4.1. Methodological overview

The learning process designed for this course is based on the following:

The methodology followed in this course is oriented towards the achievement of the learning objectives. During the course of the subject, different teaching-learning methodologies will be used, depending on the content to be dealt with and adapting to the students' abilities at each moment. Lectures will be used as a didactic resource in the theoretical classes, combining them with other techniques, teaching-learning methods (case presentations, problem solving, brainstorming, kahoot...) that highlight the key information to be reviewed of the content taught, etc.

It is intended that the student is an active element in their own learning, making them participate in the development of the theoretical and practical content of the subject with expository and participatory classes. For this, the exposition of real cases will be used, problem solving, of the most frequent alterations/dysfunctions, with the objective that the student raises possible treatments by carrying out bibliographic searches and working from the applied logic, thus working in a learning methodology based on problems. The practical classes will be the means where the student, through the exposition of clinical cases, will experience and acquire the practical skills, as well as the reasoning of his intervention.

The proposals of group work, dealing with the treatment of alterations/dysfunctions of the locomotor apparatus will be present throughout the development of the subject. Tutorials will also be an important resource to guide the student in the achievement of the competences of the subject, academic, professional and personal objectives, etc. that will be available to the student throughout the development of the subject.

Students are expected to participate actively in the class throughout the semester. Classroom materials will be available via Moodle, as well as resources that teachers consider appropriate to deepen the content of the course. In addition, the student will have to take his/her own notes, as well as complement the material given by the teachers as part of his/her autonomous work. Additional information to this guide will be provided on the day of the presentation of the course.

4.2. Learning tasks

The program offered to the student to achieve the expected results comprises the following activities....

Learning Activities:
- Lectures: 10 hours.
- Practice sessions: 20 hours
- Problems and case resolution / Seminars: 20 hours
- Elaboration of reports / Works: 10 hours
- Autonomous work

4.3. Syllabus

The course will address the following topics:

Topic 1.- Fundamentals of motor control programs.
Topic 2.- Physiotherapy methods of active stabilization and movement control: active stabilization programs, Pilates, advanced stabilization in suspension.
Topic 3.- Design of individual and group programs of active stabilization and movement control in the prevention and treatment of spine and limb dysfunctions.

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 "Health Sciences Faculty" website and the Degree website (https://fcs.unizar.es/).

Course planning has a duration of 6 credits, developed according to the following training activities:

- Lectures
- Practice sessions
- Clinical cases resolution...

Calendar:

1st call: May 22, 2023
2nd call: June 29, 2023

4.5. Bibliography and recommended resources

The basic and complementary bibliography can be consulted at:

Bibliography and recommended resources

http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=25668&Identificador=C74876