

25613 - Kinesitherapy

Syllabus Information

Academic year: 2023/24

Subject: 25613 - Kinesitherapy

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

Degree: 605 - Degree in Physiotherapy

ECTS: 6.0

Year: 2

Semester: First semester

Subject type: Compulsory

Module:

1. General information

The main objective of this subject is to understand and explain the theoretical foundations as well as to develop the basic skills and abilities related to the application of the different kinesiotherapy techniques, as well as to initiate the student in the search and analysis of specific information that will allow them to justify the bases and to achieve an adequate application of all it.

These approaches and objectives are aligned with the Sustainable Development Goals (SDGs) of the 2030 Agenda of United Nations (<https://www.un.org/sustainabledevelopment/es/>), such that the acquisition of the learning results of the subject will contribute to some extent to the achievement of goal 3 (health and well-being).

2. Learning results

- To understand and explain the effects or actions exerted on the human body by the application of kinesiotherapy techniques, as well as the principles for a proper application, their indications and contraindications.
- To distinguish between different kinesiotherapy procedures, aimed at treatment, health promotion and disease prevention
- To acquire the necessary skills for the correct application of the different procedures and skills of kinesiotherapy.
- To search, analyse and synthesize specific information and convey basic concepts.

3. Syllabus

Block I. Kinesiotherapy: General. Immobilization and mobilization

Block II. Active kinesiotherapy

- Therapeutic Exercise: sensorimotor learning, cardiovascular training, endurance, strength, mobility, balance, health coordination.

Block III. Passive kinesiotherapy

- Passive kinesiotherapy for the arthro-neuro-muscular system

Block IV.

- Pulley and Suspension Therapy

- Application of kinesiotherapy in special regions

4. Academic activities

- Participative master class: (12 hours).

Each theoretical class will have a duration of 50 minutes. In them, the teacher will explain the most important concepts and will guide the student in their personal study of the different contents of the subject. The student should complement the explanations with the readings recommended in the bibliography.

- Practical face-to-face classes in groups (36 hours).

Each practical class will have a duration of 1h 50 min. Simulated practices will be carried out to develop and apply specific skills . Practical teaching will be carried out in the practice rooms set up for this purpose.

The students, divided into groups, will practice the various techniques of Kinesiotherapy with each other under the supervision of the teacher.

- Tutorial work in seminars (12 hours).

It aims at practical training and/or problem solving, applying the theoretical bases of the subject and the exercise of communication and critical thinking, as well as the development of competences of the subject.

- Autonomous work of the student (3.5 ECTS).

It includes the autonomous work of the student in personal study, work and development of practical skills.

5. Assessment system

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

The student must demonstrate achievement of the intended learning results through the following assessment activities:

EVALUATION OF FOLLOW-UP AND COMPETENCE IN THE PERFORMANCE OF PRACTICES (40% of the final grade) It will be evaluated: Attendance, Type of Participation and Competence in the performance of practices.

The evaluation will be done through questions and demonstrations of what has been learned. Grade will be from 0 to 10. To pass the subject, students will have to obtain at least a grade of 5.

A practical exam will be given to students who have missed more than 20% of the practices and have not met the minimum requirements of the practices competency monitoring evaluation. Passing it is essential for to be able to take the final theory exam.

WORK (20% of the final grade)

The papers are contemplated as part of the student's work, which will be presented in the seminars and will reinforce the student's learning.

They will extend the theoretical and/or practical contents of the subject. The assignments are contemplated as part of the student's work to promote the transversal competences of the subject. In addition, any of the team members may be asked to present the work during the seminar on behalf of the working group.

Its grading will be carried out, on the one hand, through the evaluation of the compilation document and the presentation made. The grade will be from 0 to 10. To pass this part the student must have a minimum grade of 5.

WRITTEN EXAMINATION. INDIVIDUAL TEST (40% of the final grade)

For this evaluation there will be a written exam at the end of the term, on the material covered in the classes and / or seminars extended by the students on the basis of the recommended bibliography.

The test will consist of a series of questions on the contents (theoretical and practical) of the subject. The final exam will consist of 20 multiple choice questions (5 answer options with a penalty for each failure of 0.20) and 2 short questions. The grade will range from 0 to 10.

The evaluation of the acquisition of knowledge is evaluated in relation to the entire program and contents of the subject, with a penalty for each incorrect answer.

This evaluation will be eliminatory provided that the student obtains at least a grade of 5 points.

TESTS FOR NON-FACE-TO-FACE STUDENTS

1. final practical test in which the student will demonstrate for one hour the skills related to the practical contents of the subject. This test must be passed in order to take the theoretical exam. Its valuation will be 50% of the total grade.

2.-Final objective theoretical test with the same characteristics as the rest of the students. Its valuation will represent 50% of the total grade.

TESTS FOR STUDENTS WHO SIT IN CALLS OTHER THAN THE FIRST ONE

Students who have obtained at least 5 points in the seminar work in previous exams will not be required to resubmit it.

Those students who have obtained at least 5 points in the practical evaluation in previous exams will not be required to sit the practical exam