

25668 - Physical Therapy Programs for Active Stabilization and Movement Control

Syllabus Information

Academic year: 2023/24

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

This subject aims to enable the student to perform a preventive approach to the patient, as well as in the framework of the alterations of the spine and limbs dysfunctions, through an active stabilization and movement control, in addition to complementing the student's knowledge about the set of specific methods of intervention with therapeutic exercise.

To obtain the knowledge and complete the 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 in a reasoned way, through the currently available scientific evidence, the physiotherapy treatment or prevention program that is more adequate depending on the therapeutical objectives set.

The subject responds to the following objectives:

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

This subject is aligned with the following Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 (<https://www.un.org/sustainabledevelopment/es/>), such that the acquisition of the learning results of the subject provide training and competence to contribute to some extent to the achievement of the SDGs:

- Goal 3: Health and wellness
- Goal 4: Quality Education.
- Goal 5: Gender Equality.

2. Learning results

The student, in order to pass the subject, must demonstrate that they:

1. -Knows the theoretical fundamentals of physiotherapy programs of active stabilization and movement control.
2. -Knows the principles and specific characteristics of the different methodologies of active stabilization and movement control programs.
3. -Describes, prescribes and applies physiotherapeutic intervention methods 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.

Upon completion of the subject, the student will be able to:

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

3. Syllabus

The program of the course includes the following topics and blocks:

1. -Foundation of motor control programs.
2. -Physiotherapeutic methods of active stabilization and movement control: active stabilization programs, therapeutic Pilates, and others.

3. -Design of individual and group programs of active stabilization and movement control in the prevention and treatment of spine and limb dysfunctions.

4. Academic activities

The program offered to the student to help them achieve the expected results comprises the following activities:

- Theoretical face-to-face classes: 10 hours
- Practical classes: 20 hours
- Problems and case resolution / Seminars: 20 hours
- Elaboration of files or reports / Works: 10 hours
- Autonomous work: 90 hours

5. Assessment system

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

1. **-Written exam (will account for 40% of the final grade):** It is an objective test with multiple choice questions related to the theoretical and practical content of the subject. The development of a proposal for physiotherapy intervention could be included if considered. The evaluation parameters will be described in the written evaluation test .

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

3. **-Group work (30% of the final grade):** Carried out in groups, it will focus on the development of a physiotherapy program, centred on one of the dysfunctions addressed in the content of the subject.

-This group work will be presented through a presentation and practical demonstration.

In case of not attending 80% of the laboratory practices, in addition to the written test previously indicated, a practical test on the practical content of the subject will be carried out.

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

If the written exam is still pending, only the rest of the grades passed will be saved for the following academic year

For students participating in exchange programs or cooperation projects, specific evaluation systems will be established