

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Kinezioterapija
Course title	Kinesiotherapy

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Fizioterapija / I. stopnja Physiotherapy / 1 st Cycle	Ni smeri študija No study field	I. letnik 1 st year	2. 2 nd

Vrsta predmeta/Course type obvezni/obligatory

Univerzitetna koda predmeta/University course code FTH | UN II

Predavanja Lectures	Sem. vaje Tutorial	Kab. vaje Cabinet tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
45		60			105	7

Nosilec predmeta/Lecturer: Petra Kotnik, pred.

Jeziki/ Languages:	Predavanja/Lectures:	slovenski/Slovenian
	Vaje/Tutorial:	slovenski/Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:	Prerequisites:
Vpis v prvi letnik študijskega programa.	A prerequisite for inclusion is enrolment in the first year of study.

Vsebina:	Content (Syllabus outline):
<p>⇒ <i>Razvoj kinezioterapije.</i> <i>Kinezioterapija kot del fizikalne in rehabilitacijske medicine.</i> Rehabilitacija na vseh nivojih primarnega, sekundarnega in terciarnega zdravstvenega varstva. Kinezioterapija v preventivi in športu.</p> <p>⇒ <i>Osnovna načela kinezioterapije.</i> Motiviranje pacienta, izogibanje bolečin, postopnost, vztrajnost ter aktivno sodelovanje pacienta.</p> <p>⇒ <i>Kinezioterapija v namene preventive in rehabilitacije.</i></p>	<p>⇒ <i>Development of kinesiotherapy.</i> <i>Kinesiotherapy as part of the physical and rehabilitation medicine.</i> Rehabilitation at all levels of primary, secondary and tertiary health care. Kinesiotherapy in prevention and sports.</p> <p>⇒ <i>Basic principles of kinesiotherapy.</i> Motivating patients, pain avoidance, gradual, persistent and active patient participation.</p> <p>⇒ <i>Kinesiotherapy for prevention and rehabilitation purposes.</i></p>

Analiza in razumevanje vaj, sistematičnost, kontinuiranost, izogibanje monotoniji, spremljanje in evalviranje rezultatov.

⇒ *Fizioterapevtsko diagnosticiranje in metode spremljanja učinkovitosti kinezioterapije.*

Postavljanje fizioterapevtske ocene, ciljev, načrtov in dokumentiranje. Ocenjevanje funkcije gibalnega sistema pri različnih populacijah in različnih obolenjih.

⇒ *Oblike izvajanja kinezioterapije:* stacionarno, ambulantno in na domu

⇒ *Posebnosti rehabilitacije pri nekaterih popoškodbenih in bolezenskih stanjih:* zlomi, amputacije, poškodbe glave, spiralne poškodbe, živčno-mišične bolezni, opekline.

⇒ *Kontraindikacije za kinezioterapijo.*

⇒ *Komunikacija z drugimi zdravstvenimi delavci v rehabilitacijskem timu.*

Spremljanje ambulantne, hospitalne in zdraviliške rehabilitacije.

Kabinetne vaje:

- Pasivne vaje za posamezne sklepe.
- Aktivne in asistirane vaje za trup.
- Aktivne in asistirane vaje za ramenski sklep in zgornji ud.
- Aktivne in asistirane vaje za spodnji ud.
- Vaje z obremenitvijo (elastike, žoge, uteži).
- Raztezanje (pasivno, statično, aktivno, dinamično raztezanje, samoraztezanje, testi).
- Vaje proti uporu (izometrične vaje, izotonične vaje, progresivne vaje - oxford in delorme tehnika).
- Stabilizacijske vaje.
- Respiratorna fizioterapija, dihalne vaje.
- Transfer.
- Hoja (hoja s pripomočki, berglami).

Analysis and understanding of exercises, systematicity, continuity, avoidance of monotony, monitoring and evaluation of results.

⇒ *Physiotherapeutic diagnosis and methods for monitoring the efficacy of kinesiotherapy.*

Setting up a physiotherapeutic assessment, goals, plans and documenting. Evaluation of the locomotor system function in different populations and various diseases.

⇒ *Forms of kinesiotherapy implementation:* Stationary, in ambulatory care clinics and at home.

⇒ *The specifics of rehabilitation in some post-traumatic states and illnesses:*

fractures, amputations, head trauma, spiral injuries, neuro-muscular diseases, burns.

⇒ *Contraindications for kinesiotherapy.*

⇒ *Communication with other health professionals in the rehabilitation team.*

Monitoring rehabilitation in ambulatory care clinics, in hospitals and health resorts.

Cabinet tutorial:

- Passive exercises for individual joints.
- Active and assisted torso exercises.
- Active and assisted exercises for the shoulder joint and upper limb.
- Active and assisted exercises for the lower limb.
- Exercises with load (elastic, ball, weights).
- Stretching (passive, static, active, dynamic stretching, self-stretching, tests).
- Exercises against resistance (isometric exercises, isotonic exercises, progressive exercises - oxford and delorme technique).
- Stabilisation exercises.
- Respiratory physiotherapy, breathing exercises.
- Transfer.
- Walking (walking with aids, crutches).

Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Kisner, C. In Colby, L. A. (2012). *Therapeutic exercise. Foundation and Techniques*. 6. izd. Philadelphia: Davis.
- Štefančič, M. (2004). *Izbrana poglavja iz fizikalne in rehabilitacijske medicine*. Ljubljana: IRSR.
- Turk, Z. (2001). *Fizikalna in rehabilitacijska medicina*. (Skripta za interno uporabo). Maribor: VZŠ Univerze v Mariboru.
- Jull, G., Moore, A., Fallam, D., Lewis, J., McCarthy, C. in Streling, M. (2015). *Grieve's Modern Musculoskeletal Physiotherapy, 4th edition*. Edinburgh: Elsevier.

Priporočljiva literatura/Recommended literature

- Kluver W. (2018). *ACSM's Guidelines for Exercise Testing and Prescription*. Philadelphia: Walters Kluver.
- Stecco, C. (2015). *Functional Atlas of the Human Fascial System*. Edinburg: Elsevier.
- Izbrani članki iz zbornikov znanstvenih srečanj, izbrani članki iz domačih in tujih znanstvenih revij s področja fizioterapije, kinezioterapije in izbrane internetne strani.

Cilji in kompetence:

Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:

- podrobnejše razumevanje delovanja gibalnega sistema, srčno-žilnega in dihalnega sistema,
- razumevanje odzivov organskih sistemov na telesno dejavnost,
- razumevanje vpliva telesne dejavnosti na delovanja organskih sistemov,
- razumevanje delovanja organskih sistemov v izjemnih razmerah,
- sposobnost ocene stanja zdravih posameznikov in pacienta,
- sposobnost načrtovanja, oblikovanja in izvajanja terapevtske vadbe pri populaciji v vseh življenjskih obdobjih in različnih telesnih in zdravstvenih stanjih,
- sposobnost sporazumevanja, dokumentiranja in zagovarjanja informacij, stališč in težav ter rešitev ostalim strokovnim in laičnim sodelavcem.

Objectives and competences:

The learning unit mainly contributes to the development of the following general and specific competences:

- more detailed understanding of the functioning of the movement, cardiovascular and respiratory system,
- understanding the responses of organic systems to physical activity,
- understanding the impact of physical activity on the functioning of organic systems,
- understanding the functioning of organic systems in exceptional circumstances,
- ability to assess the condition of healthy individuals and patients,
- ability to plan, design and perform therapeutic exercise in population in all life periods and various physical and health conditions,
- ability to communicate, document and defend information, points of view and problems, and solutions to other professionals and laymen.

Predvideni študijski rezultati:**Student/študentka:**

- pozna normalne in patološke zakonitosti, procese in posledice na gibalnem, srčno-žilnem in respiratornem sistemu,
- razume patološke, patofiziološke in morfološke spremembe tkiv gibalnega, srčno-žilnega in dihalnega sistema,
- razvije sposobnost prepoznavanja glavnih simptomov in znakov okvarjenih ali poškodovanih struktur gibalnega, srčno-žilnega in dihalnega sistema,
- razvije sposobnost za načrtovanje, sistematičnost, progresijo in kontinuiranost terapevtske vadbe,
- se usposobi za kritično presojo, analizo in predvidevanje učinkov telesne vadbe na podlagi z dokazi podprtih študij,
- prepozna pomembnost spremljanja novosti in raziskav s področja kinesioterapije in vključevanja izsledkov v rehabilitacijo,
- prepozna pomembnost prepoznavanja osebnih in profesionalnih vrednot, pristopov, prepričanij in motivov,
- razvije sposobnosti vzpostaviti etični odnos z različnimi ljudmi ki so vključeni v rahabilitacijo.

Intended learning outcomes:**Students:**

- know the importance of normal and pathological laws, processes and consequences on the locomotion, cardio-vascular and respiratory system,
- understand pathological, pathophysiological and morphological changes in the tissue of locomotion, cardiovascular and respiratory system,
- develop the ability to identify the main symptoms and signs of impaired or damaged structures of the locomotion, cardio-vascular and respiratory system,
- develops ability for planning, systematization, progression and continuity of therapeutic exercise,
- develop critical judgement, analysis and anticipation of therapeutic exercise based on evidence based studies,
- recognise the importance of monitoring novelties and researches in the field of kinesiotherapy and integrating findings into rehabilitation,
- recognise the importance for recognition of personal and professional values, attitudes, beliefs and motives,
- develop skills for an ethical relationship establishment with the various people involved in the rehabilitation.

Metode poučevanja in učenja:

- *predavanja* z aktivno udeležbo študentov, uporaba računalniško podprtih animacij o normalnih in patoloških stanjih sklepov in mehkih tkiv, uporaba anatomskih modelov kosti, sklepov, vezi, mišic, itn. (razlaga, diskusija, vprašanja, primeri, reševanje problemov),
- *kabinetne vaje*: demonstracija, metoda praktičnih del, delo v parih, študije primera, razgovor, diskusija, simulacija.

Learning and teaching methods:

- *lectures* with active student participation, use of computerised animations of normal and pathological states of soft tissue, the use of anatomical models of bones, joints, ligaments, muscles, etc. (explanation, discussion, questions, examples, problem solving).
- *cabinet tutorial*: demonstration, method of practical work, work in pairs, case studies, conversation, discussion, simulation.

Načini ocenjevanja:	Delež (v %) Weight (in %)	Assessment:
Način : <ul style="list-style-type: none"> • izpit • kolokvij Ocenjevalna lestvica: ECTS.	60 % 40 %	Types: <ul style="list-style-type: none"> • exam • preliminary exam Grading scheme: ECTS.