

	UCNI NACRT PREDMETA/COURSE SYLLABUS
Predmet	Rehabilitacija v športu
Course title	Rehabilitation in Sport

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Fizioterapija / I. stopnja Physiotherapy / I st Cycle	Ni smeri študija No study field	3. letnik 3 rd year	5. 5 th

Vrsta predmeta/Course type obvezni/obligatory

Univerzitetna koda predmeta/University course code FTH 3 UN 4

Predavanja Lectures	Sem. vaje Tutorial	Kab. vaje Cabinet tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
30		45			75	5

Nosilec predmeta/Lecturer:

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

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

Vsebina:	Content (Syllabus outline):
<ul style="list-style-type: none"> • Uvod v športno rehabilitacijo. • Fiziologija v športu. Predstavitev življenjskih procesov v telesu pri športni dejavnosti. • Mehanizmi nastanka poškodb tkiv. • Rehabilitacijski pristopi pri športnih poškodbah. Obravnavo poškodbe timskega fizioterapevta. Obravnavo poškodbe v institucijah. • Prevalenca poškodb glede na vrsto športa. 	<ul style="list-style-type: none"> • Introduction to sports rehabilitation. • Physiology in sport. Presentation of the body's life processes during sports activities. • Mechanism of tissues damage. • Rehabilitation approaches in sports injuries. Injuries treatment by the team's physiotherapist. Injuries treatment in institutions. • The prevalence of injuries according to the type of sport. • Psychological bases of sports injuries.

<ul style="list-style-type: none"> • <i>Psihološki momenti športnih poškodb.</i> • <i>Izbira metod in tehnik rehabilitacije.</i> Pravilna izbira tehnik in učinkovitih metod za doseganje hitrejših rezultatov zdravljenja. <p>KABINETNE VAJE</p> <p><i>Postopek rehabilitacije v športu:</i></p> <ul style="list-style-type: none"> - Anamneza in diagnostika. - Inspekcija in palpacija. - Testiranje (ROM, testi, specifični testi...). - Ugotovitve in analiza. - Plan rehabilitacije. <p><i>Sredstva uporabljena v rehabilitaciji v športu:</i></p> <ul style="list-style-type: none"> - Osnove kinezioterapije. - Tehnike masaže športnikov. - Elektroterapija. - Termo in krioterapija. - Tehnike bandažiranja. - Tehnike tapinga. 	<ul style="list-style-type: none"> • <i>Selection of methods and techniques.</i> The proper selection of techniques and effective methods for achieving faster treatment outcomes. <p>CABINET TUTORIAL</p> <p><i>The rehabilitation process in sport:</i></p> <ul style="list-style-type: none"> - History and diagnostic. - Inspection and palpation. - Testing (ROM, test, specific test...). - Findings and analysis. - Rehabilitation plan. <p><i>Assets used in sports rehabilitation:</i></p> <ul style="list-style-type: none"> - Basics of kinesiotherapy. - Massage techniques for sports professionals. - Electrotherapy. - Thermo- and cryotherapy. - Bandage techniques. - Taping techniques.
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Buschacher, R., Prahlow, N. in Shashank, D. (2009). *Sports medicine and rehabilitation: a sport-specific approach*. Philadelphia: Lippincott Williams&Wilkins.
- Kandare, M. in Tušak M. (2010). *Premagovanje športnih poškodb: psihološki vidiki rehabilitacije*. Ljubljana: Fakulteta za šport.
- Vogrin, M. (ur.). (2011). *Ortopedija in šport: zbornik predavanj*. Maribor: Oddelek za ortopedijo, Univerzitetni klinični center Maribor.

Priporočljiva literatura/Recommended literature

- Christer, R. (2007). *The sport injuries handbook: diagnosis and management*. London: A&C Black.
- Karageanes, S. J. (2005). *Principles of manual sport medicine*. Philadelphia: Lippincott Williams&Wilkins.
- Sperry, P. N. (1994). *Šport in medicina*. Ljubljana: DZS.
- Ušaj, A. (2011). *Temelji športne vadbe*. Ljubljana: Univerza v Ljubljani, Fakulteta za šport.

Cilji in kompetence:

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

- avtonomnost pri strokovnem delu pri rehabilitaciji v športu,
- uporaba teoretičnega in praktičnega znanja pri obravnavi športnih poškodb,
- sodelovanje v multidisciplinarnem timu,

Objectives and competences:

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

- autonomy in sports rehabilitation professional work,

<ul style="list-style-type: none"> • komuniciranje s strokovnjaki drugih strok, ki sodelujejo v športni rehabilitaciji, • predlaganje ukrepov za preventivno delovanje pred poškodbami, • evalviranje rezultatov in učinkovitosti rehabilitacije v športu, • izvajanje športne fizioterapije s pomočjo ustreznih fizioterapevtskih metod in tehnik, • prepoznavanje, spoštovanje, upoštevanje in vključevanje individualnih karakteristik športnikov v njihovo doseganje ciljev oz. zelenih rezultatov. 	<ul style="list-style-type: none"> • using theoretical and practical knowledge in dealing with sports injuries, • participation in a multidisciplinary team, • communication with professionals of other disciplines participating in sports rehabilitation, • proposing measures for preventive action against injuries, • evaluation of the results and effectiveness of the sports rehabilitation, • Performing sports physiotherapy using the appropriate physiotherapy methods and techniques, • recognizing, respecting, considering and integrating individual characteristics of athletes into their achievement of goals or desired results.
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Predvideni študijski rezultati:

Študent/študentka:

- pozna fiziologijo športnih poškodb,
- razume vzrok nastanka poškodbe tkiva (mehanizem poškodbe),
- glede na mehanizem poškodbe in poškodovano strukturo naredi primeren plan rehabilitacije,
- po končani rehabilitaciji oceni uspešnost in učinkovitost izbranih metod,
- rezultate kritično oceni ter zna poiskati nova znanja za dvig rezultata lastnega dela.

Intended learning outcomes:

Students:

- know the physiology of sports injuries,
- recognise and understand the cause of tissue damage (injury mechanism),
- design the appropriate rehabilitation plan according to the mechanism of damage and injured structure,
- evaluate the performance of the selected methods after a completed rehabilitation,
- are able to critically evaluate the results, and to find new knowledge to raise the quality of their own work.

Metode poučevanja in učenja:

- *predavanja* z aktivno udeležbo študentov (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 (explanation, discussion, questions, examples, problem solving),
- *cabinet tutorial*: demonstration, method of practical work, work in pairs, case studies, conversation, discussion, simulation.

Načini ocenjevanja:

- Način:
- izpit,

Delež (v %)

Weight (in %)

60 %

Assessment:

Types:

- exam,

<ul style="list-style-type: none">• izdelava, predstavitev in zagovor raziskovalne naloge. <p>Ocenjevalna lestvica: ECTS.</p>	40 %	<ul style="list-style-type: none">• preparation, presentation and defence of the research paper. <p>Grading scheme: ECTS.</p>
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