

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Fizioterapija in telesna aktivnost v nosečnosti
Course title	Physiotherapy and Physical Activity in Pregnancy

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	2. / 3. letnik 2 nd / 3 rd year	4. / 6. 4 th / 6 th

Vrsta predmeta/Course type izbirni/elective

Univerzitetna koda predmeta/University course code FTH IP UN 9

Predavanja Lectures	Sem. vaje Tutorial	Kab. vaje Cabinet tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
30	30				60	4

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 drugi ali tretji letnik študijskega programa.	A prerequisite for inclusion is enrolment in the second or third year of study.

Vsebina:	Content (Syllabus outline):
<ul style="list-style-type: none"> • <i>Specifične fiziološke spremembe v nosečnosti v povezavi s telesno aktivnostjo, vadbo in sedentarnim vedenjem. Prilagoditve različnih sistemov v telesu v obdobju nosečnosti: kardiovaskularni, dihalni, endokrini in mišično-skeletni sistem. Fiziološki odzivi na telesno aktivnost in vadbo v nosečnosti.</i> • <i>Vloga telesne aktivnosti in vadbe v nosečnosti. Prednosti telesne aktivnosti in vadbe v</i> 	<ul style="list-style-type: none"> • <i>Specific physiological changes in pregnancy in relation to physical activity, exercise and sedentary behaviour. Adaptations to pregnancy of various systems within the body: cardiovascular, respiratory, endocrine and musculoskeletal system. Physiological responses to physical activity and exercise in pregnancy.</i> • <i>The role of physical activity and exercise in pregnancy.</i>

<p>nosečnosti. Škodljivi učinki sedentarnega vedenja.</p> <ul style="list-style-type: none"> • <i>Posebnosti načrtovanja in programiranja telesne dejavnosti in vadbe v nosečnosti.</i> Kontraindikacije in opozorilni znaki za vadbo v nosečnosti. Priporočene in nepriporočene športne dejavnosti v nosečnosti. Vrsta, intenzivnost, trajanje in pogostnost vadbe v nosečnosti. Motivacija in ovire za vadbo. • <i>Vloga fizioterapije pri preprečevanju in zdravljenju mišično-skeletnih motenj v nosečnosti.</i> Razvoj programov vadbe za preprečevanje in zdravljenje različnih mišično-skeletnih motenj v nosečnosti. Druge fizioterapevtske modalitete in njihove omejitve pri prenatalni in postnatalni fizioterapiji. Preprečevanje in zdravljenje disfunkcije medeničnega dna. • <i>Fizična aktivnost in vadba v postnatalnem obdobju.</i> Razvoj postnatalnih programov vadbe. Čas, vrsta, intenzivnost, trajanje in pogostnost postnatalne vadbe glede na način rojstva. • <i>Komuniciranje z drugimi zdravstvenimi delavci in strokovnjaki za vadbo v okviru prenatalnega in postnatalnega zdravstvenega varstva.</i> 	<p>Benefits of physical activity and exercise in pregnancy. Harmful effects of sedentary behaviour.</p> <ul style="list-style-type: none"> • <i>Specifics of planning and programming of physical activity and exercise in pregnancy.</i> Contraindications and warning signs for exercise in pregnancy. Recommended and non-recommended sports activities in pregnancy. Type, intensity, duration and frequency of exercise in pregnancy. Motivation and barriers to exercise. • <i>The role of physiotherapy in the prevention and treatment of musculoskeletal disorders in pregnancy.</i> Development of exercise regimes for prevention and treatment of various musculoskeletal disorders in pregnancy. Other physiotherapy modalities and their limitations in prenatal and postnatal physiotherapy. Prevention and treatment of pelvic floor dysfunction. • <i>Physical activity and exercise in the postnatal period.</i> Development of postnatal exercise regimes. Timing, type, intensity, duration and frequency of postnatal exercise regarding the mode of birth. • <i>Communication with other health professionals and exercise professionals in the context of prenatal and postnatal health care.</i>
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Irion, J. M. in Irion G. L. (2010). *Women's health in Physical therapy*. London: Wolters Kluwer/Lippincot Williams&Willkins.
- May, L. E. (2012). *Physiology of Prenatal Exercise and Fetal Development*. New York: Springer.

Priporočljiva literatura/Recommended literature

- Bø, K., Berghmans, B., Mørkved, S. in Van Kampen, M. (2015). *Evidence-Based Physical Therapy for the Pelvic Floor: Bridging Science and Clinical Practice*. 2nd Edition. Edinburgh: Elsevier.
- Bowman, K. (2016). *Diastasis Recti. The Whole-body Solution to Abdominal Weakness and Separation*. Carlsborg, WA: Propriometrics Press.
- Izbrani članki iz zbornikov znanstvenih srečanj, izbrani članki iz domačih in tujih znanstvenih revij s področja fizioterapije, izbrane internetne strani.

Cilji in kompetence:

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

- uporaba teoretičnih in praktičnih znanj pri organizaciji, načrtovanju in izvajanju vadbe in telesne dejavnosti v nosečnosti,
- promocija zdravja, zdravstvena vzgoja ter ohranjanja in izboljšanja kakovosti življenja pri populaciji nosečih in postnatalnih žensk,
- razumevanje znanstvenega razvoja strokovnega področja fizioterapije za ženske,
- kritično vrednotenje raziskovalnih pristopov in ugotovitev ter njihov prispevek k inovativnosti,
- izvajanje fizioterapije z uporabo ustreznih fizioterapevtskih metod in tehnik pri populaciji nosečih in postnatalnih žensk,
- ocena rezultatov in učinkovitosti terapije (kritični razmislek),
- sodelovanje v fizioterapevtskih, interdisciplinarnih in multidisciplinarnih skupinah.

Objectives and competences:

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

- the use of theoretical and practical knowledge in organisation, planning and implementation of exercise and physical activity in pregnancy,
- promoting health, health education and preserving and improving the quality of life for the population of pregnant and postnatal women,
- comprehending the scientific development of the professional area of women's health physiotherapy,
- critical evaluation of research approaches and findings, and their contribution to the innovativeness,
- implementing physiotherapy by using the appropriate physiotherapeutic methods and techniques for the population of pregnant and postnatal women,
- evaluation of results and effectiveness of the therapy (critical reflection),
- participation in the physiotherapeutic, interdisciplinary and multidisciplinary teams.

Predvideni študijski rezultati:**Študent/študentka:**

- poznati pomen in koristi telesne dejavnosti in telesne aktivnosti v nosečnosti in po njem,
- kritično oceniti izvajanje različnih programov glede na vrsto, intenzivnost, pogostnost, trajanje preprečevanja in zdravljenja nosečnosti povezanih mišično-skeletnih motenj,
- oceniti in ovrednotiti populacijo nosečih in žensk po porodu v zvezi z njihovo sposobnostjo sodelovanja pri različnih oblikah telesne dejavnosti,
- oceniti rezultate izvajanja vadbe za prenatalno in postnatalno populacijo,
- razviti sposobnosti za komunikacijo in sodelovanje v interdisciplinarnih in multidisciplinarnih timih, ki sodelujejo

Intended learning outcomes:**Students:**

- know the importance and benefits of physical activity and exercise in pregnancy and postpartum period,
- critically appraise implementation of different exercise regimes in regard to type, intensity, frequency, duration for the prevention and treatment of pregnancy-related musculoskeletal disorders,
- assess and evaluate pregnant and postnatal population of women in relation to their ability to participate in different forms of physical activity,
- evaluate the results of exercise intervention for prenatal and postnatal population,
- develop skills for communication and cooperation within interdisciplinary and

pri prenatalni in postnatalni zdravstveni oskrbi.	multidisciplinary teams involved in prenatal and postnatal health care.
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Metode poučevanja in učenja:

Learning and teaching methods:

<ul style="list-style-type: none"> • <i>predavanja</i> z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov), • <i>seminarske vaje</i>: priprava, predstavitev in uspešen zagovor projektne/raziskovalne naloge, portfolio (reševanje problemov, študije primera, kritično presojanje, diskusija, refleksija izkušenj, vrednotenje, projektno delo, timsko delo). 	<ul style="list-style-type: none"> • <i>lectures</i> with active student participation (explanation, discussion, questions, examples, problem solving), • <i>tutorial</i>: preparation, presentation and a successful defence of a project paper, portfolio (problem solving, case studies, methods of critical thinking, discussion, reflection of experience, evaluation, project work, team work).
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Delež (v %)

Weight (in %)

Načini ocenjevanja:

Assessment:

<p>Način:</p> <ul style="list-style-type: none"> • izpit • izdelava, predstavitev in zagovor projektne/raziskovalne naloge <p>Ocenjevalna lestvica: ECTS.</p>	<p>80 %</p> <p>20 %</p>	<p>Types:</p> <ul style="list-style-type: none"> • exam • preparation, presentation and defence of the project/research paper <p>Grading scheme: ECTS.</p>
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