

25613 - Kinesitherapy

Syllabus Information

Academic Year: 2019/20

Subject: 25613 - Kinesitherapy

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

Degree: 275 - Degree in Physiotherapy

ECTS: 6.0

Year: ---

Semester: 275 - First Four-month period

605 - First semester

Subject Type: Compulsory

Module: ---

1.General information

1.1.Aims of the course

1.2.Context and importance of this course in the degree

1.3.Recommendations to take this course

2.Learning goals

2.1.Competences

2.2.Learning goals

2.3.Importance of learning goals

3.Assessment (1st and 2nd call)

3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

4.Methodology, learning tasks, syllabus and resources

4.1.Methodological overview

The methodology followed in this course is oriented towards the achievement of the learning objectives. A variety of methodologies will be used, including questions and answers, demonstrations, practical sessions (hands-on practice) in small groups, individual work and personal study

4.2.Learning tasks

4.3.Syllabus

The course will address the following topics:

- TOPIC 1.-Kinesitherapy: Concept. Objectives. Classification. Principles of application. Scope of work and indications.
- TOPIC 2.-Kinesitherapy passive: Concept. Techniques. Principles of application. Actions. Indications and contraindications.
- TOPIC 3.-Joint mobilization passive: Concept. Classification. Types and principles of application. Joint mobilization instrumental.
- TOPIC 4.-Osteoarticular postures: Concept. Objectives. Classification. Principles of application.
- TOPIC 5.-Tractions therapeutic: Concept. Actions. General principles of application. Classification. Manual and

instrumental tractions in the spine. Indications. Contraindications.

- TOPIC 6.-Stretching: Concept. Objectives. Terms related to stretching. Properties of soft tissue that affect elongation. Technique and principles of application. Classification. Methods. Indications and contraindications.
- TOPIC 7.-Kinesitherapy active: Concept. Objectives. Classification and methods.
- TOPIC 8.-Instrumental work: suspensions and pulleys.

4.4.Course planning and calendar

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course, will be provided on the first day of class or please refer to the Facultad de Ciencias de la Salud <https://fcs.unizar.es/>.

4.5.Bibliography and recommended resources

Information Literacy Program offered through the University Library.