

Faculty	WWFIZ	Subject name	Basic of physiotherapy (WF1/st/53)	
Field of study	Physical education	Study year/term	3/6	
Number of hours	30	ECTS points	8	
Subject type*	obligatory	Language	English	
Study level**	full-time	Subject form***	classes	
Preliminary and additional requirements (e.g. previous subjects)	No requirements.			
Subject objective	The aim of the course is to acquire knowledge and skills in the basics of physiotherapy and the use of selected elements in sport for everyone.			
SUBJECT LEARNING OUTCOMES (COURSE LEARNING OUTCOMES) after completing this subject, the student will be able to:				
Knowledge	S_K01. The students has knowledge of the basics of physiotherapy in sports (K_W01/P6U_W/P6S_WG).			
	S_K02. Knows the basic ways of physioprophyllaxis in sport for everyone (K_W01/P6U_W/P6S_WG).			
	S_K03. Has knowledge of how to safely use wellness and spa treatments (K_W01/P6U_W/P6S_WG).			
Skills	S_S01. Can apply the basic elements of physical therapy in sports injuries (K_U20/P6U_U/P6S_UW).			
	S_S02. Student can use the spa properly (K_U04/P6U_U/P6S_UW).			
	S_S03. Is able to apply the basic elements of physical therapy in physioprophyllaxis (K_U04/P6U_U/P6S_UW).			
Social competences	S_SC01. Is aware of the need to supplement knowledge (K_K06/P6U_K/P6S_KK).			
	S_SC02. Is aware of the need to work in a team (K_K06/P6U_K/P6S_KK).			
Confirmation of achieved learning outcomes#	Continuous assessment, project realisation.			#-continuous assessment (current preparation for classes), mid-term written test, mid-term oral test, final written test, final oral test, written exam, oral exam, assessment of motor skills, B.A/M.A. thesis, project realisation, attendance
Type of assessment mark##	Final assessment mark, support assessment mark.			##-final assessment mark, support assessment mark
Content	Subject form (number of hours) ###	Subject learning outcomes	Course learning outcomes	###-lectures, classes, laboratory classes, projects, workshops, classes conducted by students
1. Introduction to physiotherapy. Definitions, division, terms used in physiotherapy and sports.	classes (2)	S_K01, S_K02, S_SC01, S_SC02	K_W01, K_K06	
2. Massage – indications, contraindications, division, basic techniques – how to do it?	classes (2)	S_K01, S_K02, S_S01, S_S03, S_SC01, S_SC02	K_W01, K_U20, K_U04, K_K06	
3. Massage – indications, contraindications, division, basic techniques – how to do it? - part 2.	classes (2)	S_K01, S_K02, S_S01, S_S03, S_SC01, S_SC02	K_W01, K_U20, K_U04, K_K06	
4. Massage – indications, contraindications, division, basic techniques – how to do it? - part 3.	classes (2)	S_K01, S_K02, S_S01, S_S03, S_SC01, S_SC02	K_W01, K_U20, K_U04, K_K06	
5. First steps in physical therapy-what and when to use in sport for everyone.	classes (2)	S_K01, S_K02, S_K03, S_S01, S_S03, S_SC01, S_SC02	K_W01, K_U20, K_U04, K_K06	
6. First steps in physical therapy-what and when to use in sport for everyone - part 2.	classes (2)	S_K01, S_K02, S_K03, S_S01, S_S03, S_SC01, S_SC02	K_W01, K_U20, K_U04, K_K06	
7. Assessment of the human motor apparatus – does everything have to be symmetrical?	classes (2)	S_K01, S_SC01, S_SC02	K_W01, K_K06	
8. Injuries – what to watch out for?	classes (2)	S_K01, S_S01, S_SC01, S_SC02	K_W01, K_K06	
9. Rehabilitation after injuries – what to do not to get worse? PRICE principle	classes (2)	S_K01, S_K02, S_S01, S_S03, S_SC01, S_SC02	K_W01, K_U20, K_U04, K_K06	
10. Physioprophyllaxis – pleasant with useful.	classes (2)	S_K01, S_K02, S_S01, S_S02, S_S03, S_SC01, S_SC02	K_W01, K_U20, K_U04, K_K06	
11. Physioprophyllaxis – pleasant with useful - part 2.	classes (2)	S_K01, S_K02, S_S01, S_S02, S_S03, S_SC01, S_SC02	K_W01, K_U20, K_U04, K_K06	
12. Wellness & Spa – how to combine treatments	classes (2)	S_K01, S_K02, S_K03, S_S02, S_S03, S_SC01, S_SC02	K_W01, K_U20, K_U04, K_K06	
13. Sauna bath – what to combine with and how to carry out correctly	classes (2)	S_K01, S_K02, S_K03, S_S02, S_S03, S_SC01, S_SC02	K_W01, K_U20, K_U04, K_K06	
14. Muscle relaxation techniques	classes (2)	S_K01, S_K02, S_K03, S_S01, S_S03, S_SC01, S_SC02	K_W01, K_U20, K_U04, K_K06	

*obligatory, optional

**full-time, part-time, e-learning

***lectures, classes, laboratory classes, projects, workshops, classes conducted by students

#-continuous assessment (current preparation for classes), mid-term written test, mid-term oral test, final written test, final oral test, written exam, oral exam, assessment of motor skills, B.A/M.A. thesis, project realisation, attendance

##-final assessment mark, support assessment mark

###-lectures, classes, laboratory classes, projects, workshops, classes conducted by students

15. Final assesment (performance of practical task).		classes (2)	S_K01, S_K02, S_K03, S_S02, S_S03, S_SC01, S_SC02	K_W01, K_U20, K_U04, K_K06
Equipment	1. Projector.			
	2. Massage and physical therapy workshop.			
Passing criteria	Description and presentation of the selected treatment. The student should have minimum 80% attendance in the classes.			
Exemplary exam (test) tasks	Describe the methodology for using the sauna			
	Do the calf massage			
	Demonstrate your chosen muscle relaxation technique			
Literature	1. Huber J., (2011) Current topics on clinical neurophysiology, physiotherapy and manual therapy. Publishing House of the College of Education and Therapy.			
	2. Simons D.G., Travell J.G., Simons L.S. (1999) Myofascial pain and dysfunction : the trigger point manual. Vol. 1. Upper half of body / 2nd . - Baltimore ; Philadelphia : Lippincott Williams & Wilkins.			
	3. Travell J.G., Simons D.G. (1993) Myofascial pain and dysfunction : the trigger point manual. Vol. 2. The lower extremities. Baltimore ; Philadelphia : Lippincott Williams&Wilkins.			
ECTS points				
<i>Number of hours with teacher (e.g. classes, office hours)</i>		45		
<i>Number of hours without teacher (e.g. homework)</i>		155		
ECTS points in total		200/8		
Teacher (e-mail)	dr Martyna Jarocka (martyna.jarocka@awf-bp.edu.pl)			