

## CLASS CARD      Sexual rehabilitation for people with movement disabilities

Basic classes	Code in the study plan	ECTS
Sexual rehabilitation for people with movement disabilities	<b>FV-36</b>	<b>1</b>

<b>Education profile</b>	
<b>Faculty and field of study</b>	<b>Faculty of Rehabilitation</b>
<b>Studies program in which the subject is realized</b>	<b>Physiotherapy</b>
<b>Professor's name</b>	<b>Karol Jaskulski MSc PT, BA TR</b>
<b>Level of studies (eg. bachelor, master)</b>	<b>5 year linear master study</b>
<b>Study year and semester</b>	<b>Study year II+, semester 3+</b>
<b>Language</b>	English
<b>Method of realization (stationary/ distance learning)</b>	<b>Stationary</b>
<b>Lectures/classes hours</b>	<b>30 h</b>
<b>Form of passing classes</b>	<b>Presentation</b>
<b>Type of subject (obligatory/ facultative)</b>	<b>facultative</b>
<b>Prerequisites</b>	<b>Students must have completed Human Anatomy course</b>

## DETAILED INFORMATION

### Course aims and objectives

A1	Review of human anatomy and physiology in relation to reproductive system
A2	Overview of somatic pathologies and their influence on sexual unction
A3	Familiarize students with aspects of properly conducting a proper anamnesis of a sensitive subject
A4	Acquiring knowledge allowing to properly provide guidance, assistance or referral to a patient experiencing somatic problems in relation to sexual activity

## LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
<b>KNOWLEDGE</b>	
O.W1 scientific discipline issues - biological sciences including development, structure and functions of the human body in normal and pathological conditions;	1. Student has knowledge about human reproductive system
O.W7 indications for providing physiotherapy in certain medical conditions;	2. Student has knowledge about pathologies affecting sexual activity
O.W9 professional issues in the field of theory, methodology and physiotherapy practice;	3. Student has knowledge about properly conducting an anamnesis
O.W1 scientific discipline issues - biological sciences including development, structure and functions of the human body in normal and pathological conditions;	
<b>SKILLS</b>	
O.U3 create, verify and modify physiotherapy programs for people with various dysfunctions,	1. Student has the ability to search for proper guidelines and therapies

including the elderly, according to their clinical and functional condition, as well as a part of a comprehensive rehabilitation process;	
O.U4 control the effects of physiotherapy;	2. Student is able to conduct an anamnesis and provide guidance and assistance for patients experiencing somatic problems in relation to muscular activity
O.U5 select medical devices according to the type of dysfunction and the patient's needs at every stage of rehabilitation, and instruct the patient on how to use them;	3. Understands the cause and effect relationships of pathological processes 4. Can perform an examination of the patient for the needs of physiotherapy, taking into account the specificity and type of injury 5. Can plan the therapeutic procedure depending on the type of injury or dysfunction
<b>SOCIAL COMPETENCES</b>	
O.K4 compliance with patients' rights and professional ethics;	1. Student is conscious of lifelong learning need in the context of evidence-based practice in the delicate field of sexual rehabilitation
O.K5 perceive and recognize their own limitations, self-assessing deficits and educational needs;	2. Student is understanding need of teamwork with experts from other fields in order to ensure high quality service for clients experiencing problems with their sexual activity
O.K6 use objective sources of information;	

## SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject		Reference to subject-specific learning outcomes
SC1	Course introduction and history. Different divisions in sexual rehabilitation (Cardiometabosexuology, Oncosexuology, Neurosexuology, Sexuality in Spinal cord injury) – patient's profiles	O.W1; O.W7; O.W9; O.W1; O.U3; O.U4; O.U5; O.K4; O.K5; O.K6
SC2	Broad overview of chosen pathologies in relation to sexual activity and somatic dysfunctions	O.W1; O.W7; O.W9; O.W1; O.U3; O.U4; O.U5; O.K4; O.K5; O.K6
SC3	Hypertonia and Hypotonia in relation to sexual activity and somatic dysfunctions	O.W1; O.W7; O.W9; O.W1; O.U3; O.U4; O.U5; O.K4; O.K5; O.K6
SC4	Hypoesthesia, Hyperesthesia and Pain in relation to sexual activity and somatic dysfunctions	O.W1; O.W7; O.W9; O.W1; O.U3; O.U4; O.U5; O.K4; O.K5; O.K6
SC5	Incontinence in relation to sexual activity and somatic dysfunctions	O.W1; O.W7; O.W9; O.W1; O.U3; O.U4; O.U5; O.K4; O.K5; O.K6
SC7	Limb amputation and joint arthroplasty in relation to sexual activity and somatic dysfunctions	O.W1; O.W7; O.W9; O.W1; O.U3; O.U4; O.U5; O.K4; O.K5; O.K6
SC7	Final test and presentation	O.W1; O.W7; O.W9; O.W1; O.U3; O.U4; O.U5; O.K4; O.K5; O.K6
FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes

## PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
1-6	Discussion, Practical activities, case-studies

<b>7</b>	<b>Presenting about a chosen subject</b>
<b>Teaching resources:</b> reading materials provided by the lecturer and scientific databases, video materials provided by the lecturer	

## **METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT**

<b>Learning outcomes for classes</b>	<b>Assessment methods</b>
<b>1-6</b>	<b>Observation</b>
<b>7</b>	<b>Presentation</b>

## **CONDITIONS FOR PASSING CLASSES:**

1. Active presence during classes
2. Pre-class reading in preparation
3. Presentation on a chosen topic

## **SAMPLE ASSESSMENT/EXAMINATION TOPICS**

1. Sexual rehabilitation after breast cancer
2. Sexual rehabilitation and arthritis
3. Sexual rehabilitation and amputation
4. Sexual rehabilitation after spinal cord injury

## **ENGLISH BIBLIOGRAPHY**

<b>Basic</b>	<b>Presnetation, Internet, PUBMed, <a href="https://www.christopherreeve.org/">https://www.christopherreeve.org/</a></b>
<b>Additional</b>	

## **SELF STUDY**

<b>Full-time studies</b>		<b>Type of activity</b>
<b>Number of hours to complete the activity</b>	<b>ECTS</b>	
<b>15</b>	<b>1</b>	<b>Active participation in classes</b>
<b>15</b>	<b>0</b>	<b>Preparing for presentation, reading material</b>

**Number of ECTS points that a student obtains in classes developing practical skills: 1**

<b>Author of the class card:</b>	<b>Name, surname and email</b>
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