

|                                                                                                                      |                                                                                                                                                 |                                    |                                                   |                            |
|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|---------------------------------------------------|----------------------------|
| Faculty                                                                                                              | WWFIZ                                                                                                                                           | Subject name                       | Basic of physiotherapy (WF/I/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 )<br>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 tha 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 suplement 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 assesment, project realisation.                                                                                                      |                                    |                                                   |                            |
| Type of assesment mark##                                                                                             | Final assessment mark, support assessment mark.                                                                                                 |                                    |                                                   |                            |
| Content                                                                                                              |                                                                                                                                                 | Subject form (number of hours) ### | Subject learning outcomes                         | Course learning outcomes   |
| 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, contridications, diviosn, 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, contridications, diviosn, 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, contridications, diviosn, 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. Assesment of the human motor apparatus – does everything have to be semmetrical?                                  |                                                                                                                                                 | 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 afetr injuries – what to do not to get worst? 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. Wellnes & 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,<br>S_K03, S_S02,<br>S_S03, S_SC01,<br>S_SC02 | K_W01, K_U20,<br>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                                               |                                                                                                                                                                                                             |             |                                                            |                               |
| Number of hours with teacher (e.g. classes, office hours) |                                                                                                                                                                                                             |             | 45                                                         |                               |
| Number of hours without teacher (e.g. homework)           |                                                                                                                                                                                                             |             | 155                                                        |                               |
| ECTS points in total                                      |                                                                                                                                                                                                             |             | 200/8                                                      |                               |
| Teacher (e-mail)                                          |                                                                                                                                                                                                             |             | dr Martyna Jarocka<br>(martyna.jarocka@awf-bp.edu.pl)      |                               |
|                                                           |                                                                                                                                                                                                             |             |                                                            |                               |
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