

CLASS CARD**Special Methods in Physiotherapy**

Basic classes	Code in the study plan	ECTS
Special Methods in Physiotherapy	FV-56	1

Education profile	
Faculty and field of study	Faculty of Rehabilitation
Studies program in which the subject is realized	Metody specjalne w Fizjoterapii lub Alternatywne metody terapeutyczne
Professor's name	Karol Jaskulski MSc PT, BA TR
Level of studies (eg. bachelor, master)	Both levels are eligible
Study year and semester	Study year II+, semester 3+
Language	English
Method of realization (stationary/ distance learning)	Stationary
Lectures/classes hours	15 h
Form of passing classes	Oxford Debate
Type of subject (obligatory/ facultative)	facultative
Prerequisites	Students must have basic understanding of human anatomy and physiology for the purpose of understanding tissue healing. Some previous experience with manual therapy may be an additional gain for students.

DETAILED INFORMATION**Course aims and objectives**

A1	Review of human anatomy and physiology in relation to tissue healing
A2	Overview of therapeutic effects and modalities on tissue healing (heat, electrotherapy, pressure, friction)
A3	Familiarize students with different approaches to the same ailments
A4	Acquiring knowledge of critical thinking in choosing methods and discussions among professionals.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	
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 tissue healing
O.W7 indications for providing physiotherapy in certain medical conditions.	2. Student has knowledge about pathologies affecting activity
O.W9 professional issues in the field of theory, methodology and physiotherapy practice;	3. Student has knowledge about properly conducting an anamnesis
SKILLS	
O.U1 provide services of physical therapy, kinesiotherapy, massage and manual therapy, as well as special physiotherapy methods;	1. Student has the ability to search for proper guidelines and therapies
O.U3 create, verify and modify physiotherapy programs for people with various	2. Student is able to conduct an anamnesis and provide guidance and assistance for patients experiencing somatic problems in relation to muscular activity 3. Can plan the therapeutic procedure depending on the type of injury or dysfunction

dysfunctions, 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;	4. Understands the cause-and-effect relationships of pathological processes
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;	5. Can perform an examination of the patient for the needs of physiotherapy, considering the specificity and type of injury
SOCIAL COMPETENCES	
O.K4 compliance with patients' rights and professional ethics;	<p>1. Student is conscious of lifelong learning need in the context of evidence-based practice</p> <p>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 musculoskeletal issues</p>
O.K5 perceive and recognize their own limitations, self-assessing deficits and educational needs;	
O.K6 use objective sources of information;	

O.K7 implement of the principles of professional camaraderie and cooperation in the team of specialists, including representatives of other medical	
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SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject		Reference to subject-specific learning outcomes
SC1	Course introduction and overview. Review of information on therapeutic effect and tissue healing. Overview of M.E.A.T. vs P.R.I.C.E. protocols. What is the difference between EBM and non-EBM treatment?	O.W1; O.W7; O.W9; O.U1 ; O.U3; O.U4; O.U5; O.K4; O.K5; O.K6; O.K7;
SC2	Introduction into fascial work and concepts. Anatomy Trains method, overview and introduction	O.W1; O.W7; O.W9; O.U1 ; O.U3; O.U4; O.U5; O.K4; O.K5; O.K6; O.K7;
SC3	Fascial and myofascial work. Stecco Fascial Manipulation method, overview and introduction	O.W1; O.W7; O.W9; O.U1 ; O.U3; O.U4; O.U5; O.K4; O.K5; O.K6; O.K7;
SC4	Fascial and myofascial work. Fascial Distortion Model (FDM) introduction and overview	O.W1; O.W7; O.W9; O.U1 ; O.U3; O.U4; O.U5; O.K4; O.K5; O.K6; O.K7;
SC5	IASTM – Instrumentally assisted soft tissue manipulation introduction and overview	O.W1; O.W7; O.W9; O.U1 ; O.U3; O.U4; O.U5; O.K4; O.K5; O.K6; O.K7;
SC6	FRSC/Pinothrapy basic introduction and concepts	O.W1; O.W7; O.W9; O.U1 ; O.U3; O.U4; O.U5; O.K4; O.K5; O.K6; O.K7;
SC7	Oxford Debate and course overview	O.W1; O.W7; O.W9; O.U1 ; O.U3; O.U4; O.U5; O.K4; O.K5; O.K6; O.K7;

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,
7	Conducting part of the classes by the students participating in the Oxford Debate, with the lecturer as the moderator
Teaching resources: reading materials provided by the lecturer and scientific databases	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
1-6	Observation
7	Oxford debate

CONDITIONS FOR PASSING CLASSES:

1. Active presence during classes
2. Pre-class reading in preparation
3. Participation in oxford debate

SAMPLE ASSESSMENT/EXAMINATION TOPICS

1. What is EBM and non-ebm treatment?
2. What are types of commonly used non-ebm treatments?
3. What are the ethics of such treatment?
4. What are the scientific basis for eg. Acupuncture?

ENGLISH BIBLIOGRAPHY

Basic	Presnetation, internet, PUBMed, https://www.electrotherapy.org/
Additional	

SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
15	1	Active participation in classes
15	0	Preparing for oxford debate, preparing for classes

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

Author of the class card:	Name, surname and email
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