	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet Course title	Mišično-skeletna fizioterapija Musculoskeletal Physiotherapy

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Fizioterapija / 2. stopnja	Ni smeri študija	1. letnik	1.
Physiotherapy / 2nd Cycle	No study field	1st year	1st

Vrsta predmeta/Course type	obvezni/obligatory

Univerzitetna koda predmeta/University course code	2_FTH_1_UN3

Predavanja Lectures	Seminar Seminar	Sem. vaje Tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
25		30			155	7

Nosilec predmeta/Lecturer:	doc. dr. Pika Krištof Mirt

Jeziki/ Languages:	Predavanja/Lectures:	slovenski/Slovenian
	Vaje/Tutorial:	slovenski/Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:	Prerequisites:
• Vpis v prvi letnik študijskega programa. • Študent mora pred izpitom pripraviti in predstaviti ter zagovarjati projektno/raziskovalno nalogo.	• A prerequisite for inclusion is enrolment in the first year of study. • Student has to prepare, present and defend a project/research paper before the exam.

Vsebina:	Content (Syllabus outline):
• *Mehanizmi nastanka poškodb in bolezni gibalnega sistema.* • *»Diagnostični postopki« pri poškodbah in boleznih gibalnega sistema.* • *Postopki operativnega in konzervativnega zdravljenja poškodb in bolezni gibalnega sistema.* • *Programi preventive in obravnave poškodb in bolezni mišično-skeletnega sistema.* • *Biologija mišično-skeletnega sistema.* • *Biomehanika mišično-skeletnega sistema in uporabnost v fizioterapiji.* • *Klinični aspekti mišično-skeletne medicine.*	• *Mechanisms of injuries and diseases of the musculoskeletal system.* • *"Diagnostic procedures" for injuries and diseases of the locomotor system.* • *Procedures for operative and conservative treatment of injuries and diseases of the locomotor system.* • *Programmes for prevention and treatment of injuries and diseases of the musculoskeletal system.* • *Biology of the musculoskeletal system.* • *Biomechanics of the musculoskeletal system and applicability in physiotherapy.*

• *Metodologija raziskave.* • *Znanost gibanja in bolečina.*	• *Clinical aspects of musculoskeletal medicine.* • *Research methodology.* • *Science of movement and pain.*

Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature:

- Shier, D., Butler, J. in Lewis, R. (2019). *Hole's Human Anatomy and Physiology.* New York: The McGravHill Companies Inc.
- Jull, G., Moore, A., Falla, D. et al. (2015). *Grieve's Modern Musculoskeletal Physiotherapy.* Edinburgh: Elsevier.

Priporočljiva literatura/Recommended literature

- Palastanga, N. idr. (2012). Anatomy and Human Movement—Structure and Function. Oxford: Churchill Livingstone Elsevier.

Cilji in kompetence:	**Objectives and competences:**
Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc: • celovito kritično mišljenje, sposobnost analize, sinteze in predvidevanja rešitev s področij fizioterapije izobraževalnih, družboslovnih, humanističnih, organizacijskih, naravoslovno-matematičnih ter drugih ved (interdisciplinarnost), • sposobnost pri delovanju v najzahtevnejših okoljih dela v fizioterapiji, sposobnost reševanja kompleksnih problemov, • sposobnost kreativne uporabe znanja v strokovnem/poslovnem okolju, • avtonomnost pri odločanju in odgovornost za sprejete odločitve, • obvladovanje raziskovalnih metod, postopkov, procesov in tehnologije, • avtonomnost pri pisanju strokovnih in znanstvenih besedil, • ozaveščenost o nujnosti lastnega izpopolnjevanja, dopolnjevanja, poglabljanja in posodabljanja znanja, • usposobljenost za ustrezno obravnavo zdravljenja patologije mišičnega sistema, kritično presojo omejitev fizioterapevtske obravnave, analizo napredka rehabilitacije in načrtovanje nadaljnjih terapevtskih možnosti, • poglobljeno poznavanje mehanizmov nastanka, diagnostičnih postopkov in	*The learning unit contributes mainly to the development of the following general and specific competences:* • comprehensive critical thinking, ability to analyse, synthesise and predict solutions in the fields of physiotherapy educational, social sciences, humanities, organizational and natural sciences, mathematics and other sciences (interdisciplinarity), • the ability to work in the most demanding work environments in physiotherapy, the ability to solve complex problems, • the ability to use knowledge creatively in a professional / business environment, • autonomy in decision making and responsibility for decisions made, • mastery of research methods, procedures, processes and technologies, • autonomy in writing professional and scientific texts, • awareness of the need to improve, supplement, deepen and update knowledge, • the ability to adequately approach the treatment of pathology of the muscular system, critically assess the limitations of physiotherapy treatment, analyse the progress of

postopkov konzervativnega in operativnega zdravljenja poškodb in bolezni gibalnega sistema.	rehabilitation and plan further therapeutic options, • in-depth knowledge of the mechanisms of occurrence, diagnostic procedures and procedures of conservative and operative treatment of injuries and diseases of the musculoskeletal system.

Predvideni študijski rezultati:	Intended learning outcomes:
Študent/študentka: • pozna anatomijo telesa, • razume anatomske modele in specifike posameznega sklepa in s tem specifično usmerjene metode fizioterapije, • razvije osnovne diagnostične sposobnosti prepoznave patologije mišičnega sistema, • se usposobi za ustrezno obravnavo zdravljenja patologije mišičnega sistema, osvoji kritično presojo omejitev fizioterapevtske obravnave, • uspe analizirati napredek rehabilitacije, • predvidi nadaljnje terapevtske možnosti, • poglobi znanje o mehanizmih nastanka, diagnostičnih postopkih in postopkih operativnega in konzervativnega zdravljenja poškodb in bolezni gibalnega sistema, • se usposobi oblikovati učinkovit fizioterapevtski algoritem (program) preventive in obravnave poškodb in bolezni mišično-skeletnega sistema.	*Students:* • know the anatomy of the body, • understand the anatomical models and the specifics of each joint and thus the specifically targeted methods of physiotherapy, • develop basic diagnostic skills for recognizing pathology of the muscular system, • are trained to properly treat the pathology of the muscular system, gain critical judgement of the limitations of physiotherapy treatment, • manage to analyse the progress of rehabilitation, • anticipate further therapeutic options, • deepen their knowledge of the mechanisms of occurrence, diagnostic procedures and procedures of operative and conservative treatment of injuries and diseases of the locomotor system, • are trained to create an effective physiotherapeutic algorithm (program) for the prevention and treatment of injuries and diseases of the musculoskeletal system.

Metode poučevanja in učenja:	Learning and teaching methods:
• *predavanja* z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov), • *seminarske vaje:* predstavitev in uspešen zagovor projektne/raziskovalne naloge (reševanje problemov, študije primera, kritično presojanje, diskusija,	• *lectures* with active student participation (explanation, discussion, questions, examples, problem solving), • *seminar tutorial:* presentation and successful defence of a project/research paper (problem solving, case studies, methods of critical thinking, discussion, reflection on experience, evaluation, project work, team work).

refleksija izkušenj, vrednotenje, projektno delo, timsko delo).	

Načini ocenjevanja:	Delež (v %) Weight (in %)	Assessment:
Načini: • izpit • izdelava, predstavitev in zagovor projektne/raziskovalne naloge Ocenjevalna lestvica: ECTS.	70 % 30 %	Types: • examination • preparation, presentation and defence of the project/research paper Grading scheme: ECTS.