| | **UČNI NAČRT PREDMETA/COURSE SYLLABUS** |
|---|---|
| **Predmet** | **Kinezioterapija** |
| **Course title** | **Kinesiotherapy** |

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

| | |
|---|---|
| **Vrsta predmeta/Course type** | obvezni/obligatory |
| **Univerzitetna koda predmeta/University course code** | FTH I UN 11 |

| **Predavanja Lectures** | **Sem. vaje Tutorial** | **Kab. vaje Cabinet tutorial** | **Lab. vaje Laboratory work** | **Teren. vaje Field work** | **Samost. delo Individ. work** | **ECTS** |
|---|---|---|---|---|---|---|
| 45 | | 60 | | | 105 | 7 |

| | |
|---|---|
| **Nosilec predmeta/Lecturer:** | dr. Petra Kotnik, pred. |

| | | |
|---|---|---|
| **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. | A prerequisite for inclusion is enrolment in the first year of study. |

| **Vsebina:** | **Content (Syllabus outline):** |
|---|---|
| • *Razvoj kinezioterapije.*<br>• *Kinezioterapija kot del fizikalne in rehabilitacijske medicine.*<br>Rehabilitacija na vseh nivojih primarnega, sekundarnega in terciarnega zdravstvenega varstva. Oblike izvajanja kinezioterapije.<br>• *Osnovna načela kinezioterapije.*<br>Motiviranje pacienta, izogibanje bolečin, postopnost, vztrajnost ter aktivno sodelovanje pacienta.<br>• *Kinezioterapija v namene preventive in rehabilitacije - terapevtske vaje.* | • *Development of kinesiotherapy.*<br>• *Kinesiotherapy as part of physical and rehabilitation medicine.*<br>Rehabilitation at all levels of primary, secondary and tertiary healthcare. Modalities of kinesiotherapy delivery.<br>• *Basic principles of kinesiotherapy.*<br>Patient motivation, pain avoidance, gradualness, persistence and active patient participation.<br>• *Kinesiotherapy for prevention and rehabilitation - therapeutic exercises.* |

| | |
|---|---|
| Analiza in razumevanje vaj, sistematičnost, kontinuiranost, izogibanje monotoniji, spremljanje in evalviranje rezultatov. Indikacije, omejitve, kontraindikacije.<br>• *Gibljivost, tehnike raztezanja.*<br>• *Uravnavanje telesne drže, hoja.*<br>Hoja s pripomočki in transfer bolnikov.<br>• *Funkcijsko gibanje in funkcionalna kinezioterapija.*<br>Faze motoričnih procesov, vzpostavljanje gibalnih funkcij, ravnotežje, propriocepcija, koordinacija.<br>• *Ocenjevanje v fizioterapiji in metode spremljanja učinkovitosti kinezioterapije.*<br>Postavljanje fizioterapevtske ocene, ciljev, načrtov in dokumentiranje. Ocenjevanje funkcije gibalnega sistema pri različnih populacijah in različnih obolenjih.<br>• *Kinezioterapija pri nevrološkem, travmatološkem, ortopedskem, revmatološkem bolniku. Kinezioterapija pri amputirancih, pri slabi drži in razvojnih nepravilnostih.*<br>• *Komunikacija z drugimi zdravstvenimi delavci v rehabilitacijskem timu.*<br><br>Kabinetne vaje:<br>• Postopki pri aplikaciji različnih tehnik gibanj.<br>• Pasivne vaje za posamezne sklepe.<br>• Aktivne in asistirane vaje za trup.<br>• Aktivne in asistirane vaje za zgornji in spodnji ud.<br>• Vaje z bremeni (elastike, žoge, uteži).<br>• Raztezanje (pasivno, statično, aktivno, dinamično raztezanje, samoraztezanje, testi).<br>• Vaje proti uporu (izometrične vaje, izotonične vaje, progresivne). Ravnotežje, propriocepcija, koordinacija<br>• Dihalne vaje.<br>• Transfer.<br>• Hoja (hoja s pripomočki, berglami). | Analysis and understanding of exercises, systematicity, continuity, avoiding monotony, monitoring and evaluation of results. Indications, limitations, contraindications.<br>• *Flexibility, stretching techniques.*<br>• *Postural control, walking.*<br>Assisted walking and patient transfer.<br>• *Functional movement and functional kinesiotherapy.*<br>Stages of motor processes, establishment of motor functions, balance, proprioception, coordination.<br>• *Assessment in physiotherapy and methods of monitoring the effectiveness of kinesiotherapy.*<br>Physiotherapy assessment, goals, plans and documentation. Assessment of motor system function in different populations and different conditions.<br>• *Kinesiotherapy in neurological, traumatological, orthopaedic, rheumatological patients. Kinesiotherapy for amputees, poor posture and developmental abnormalities.*<br>• *Communication with other health professionals in the rehabilitation team.*<br>Tutorial:<br>• Procedures for applying different movement techniques.<br>• Passive exercises for specific joints.<br>• Active and assisted exercises for the trunk.<br>• Active and assisted exercises for upper and lower limbs.<br>• Exercises with loads (elastics, balls, weights).<br>• Stretching (passive, static, active, dynamic stretching, self-stretching, tests).<br>• Anti-resistance exercises (isometric exercises, isotonic exercises, progressive exercises). Balance, proprioception, coordination<br>• Breathing exercises.<br>• Transfer.<br>• Walking (walking with aids, crutches). |

**Temeljna literatura in viri/Readings:**

**Temeljna literatura/Basic literature**


- Kisner, C., Colby, L. A. in Borstad, J. (2018). *Therapeutic exercise. Foundation and Techniques.7th ed.* Philadelphia: Davis Company.
- Jull, G., Moore, A., Fallam, D., Lewis, J., McCarthy, C. in Streling, M. (2015). *Grieve's Modern Musculoskeletal Physiotherapy, 4th edition*. Edinburgh: Elsevier.
- Rugelj, D. (2014). *Uravnavanje drže, ravnotežja in hotenega gibanja (2. dopolnjena izd., p. II, 111)*. Zdravstvena fakulteta.
- Štefančič, M. (2003). *Osnove fizikalne medicine in rehabilitacije gibalnega sistema.* Ljubljana: IRSR.
- Turk, Z., Barovič, J., Jesenšek Papež, B., Čelan, D., Lonzarić, D., Žigon, T., Primožič, B., Sužnik, Z. in Špes, M. (2002). *Fizikalna in rehabilitacijska medicina: skripta za interno uporabo* (p. 144). Visoka zdravstvena šola.
- Turk, Z. (2001). *Fizikalna in rehabilitacijska medicina.* (Skripta za interno uporabo). Maribor: VZŠ Univerze v Mariboru.


**Priporočljiva literatura/Recommended literature**


- American College of Sports Medicine. (2021). *ACSM's Guidelines for Exercise Testing and Prescription 11th ed*. Philadelphia: Wolters Kluwer.
- Izbrani članki iz zbornikov znanstvenih srečanj, izbrani članki iz domačih in tujih znanstvenih revij s področja fizioterapije, kinezioterapije in izbrane internetne strani.


| **Cilji in kompetence:** | **Objectives and competences:** |
|---|---|
| *Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:*<br>• podrobnejše razumevanje delovanja gibalnega sistema, srčno-žilnega in dihalnega sistema,<br>• razumevanje odzivov organskih sistemov na telesno dejavnost,<br>• razumevanje vpliva telesne dejavnosti na delovanja organskih sistemov,<br>• razumevanje delovanja organskih sistemov v izjemnih razmerah,<br>• sosobnost ocene stanja zdravih posameznikov in pacienta,<br>• sposobnost načrtovanja, oblikovanja in izvajanja terapevtske vadbe pri populaciji v vseh življenskih obdobjih in različnih telesnih in zdravstvenih stanjih,<br>• sposobnost sporazumevanja, dokumentiranja in zagovarjanja informacij, stališč in težav ter rešitev ostalim strokovnim in laičnim sodelavcem. | *The learning unit mainly contributes to the development of the following general and specific competences:*<br>• more detailed understanding of the functioning of the movement, cardiovascular and respiratory system,<br>• understanding the responses of organic, systems to physical activity,<br>• understanding the impact of physical activity on the functioning of organic systems,<br>• understanding the functioning of organic systems in exceptional circumstances,<br>• ability to assess the condition of healthy individuals and patients,<br>• ability to plan, design and perform therapeutic exercise in population in all life periods and various physical and health conditions,<br>• ability to communicate, document and defend information, points of view and problems, and solutions to other professionals and laymen. |

| | |
|---|---|

| **Predvideni študijski rezultati:** | **Intended learning outcomes:** |
|---|---|
| ***Študent/študentka:***<br>• pozna normalne in patološke zakonitosti, procese in posledice na gibalnem, srčno-žilnem in respiratornem sitemu,<br>• razume patološke, patofiziološke in morfološke spremembe tkiv gibalnega, srčno-žilnega in dihalnega sistema,<br>• razvije sposobnost prepoznavanja glavnih simptomov in znakov okvarjenih ali poškodovanih struktur gibalnega, srčno-žilnega in dihalnega sistema,<br>• razvije sposobnost za načrtovanje, sistematičnost, progresijo in kontinuiranost terapevtske vadbe,<br>• se usposobi za kritično presojo, analizo in predvidevanje učinkov telesne vadbe na podlagi z dokazi podprtih študij,<br>• prepozna pomembnost spremljanja novosti in raziskav s področja kinesioterapije in vključevanja izsledkov v rehabilitacijo,<br>• prepozna pomembnost prepoznavanja osebnih in profesionalnih vrednot, pristopov, prepričanj in motivov,<br>• razvije sposbnosti vzpostaviti etični odnos z različnimi ljudmi ki so vključeni v rahabilitacijo. | ***Students:***<br>• know the importance of normal and pathological laws, processes and consequences on the locomotion, cardio-vascular and respiratory system,<br>• understand pathological, pathophysiological and morphological changes in the tissue of locomotion, cardiovascular and respiratory system,<br>• develop the ability to identify the main symptoms and signs of impaired or damaged structures of the locomotion, cardio-vascular and respiratory system,<br>• develops ability for planning, systematization, progression and continuity of therapeutic exercise,<br>• develop critical judgement, analysis and anticipation of therapeutic exercise based on evidence based studies,<br>• recognise the importance of monitoring novelties and researches in the field of kinesiotherapy and integrating findings into rehabilitation,<br>• recognise the importance for recognition of personal and professional values, attitudes, beliefs and motives,<br>• develop skills for an ethical relationship establishment with the various people involved in the rehabilitation. |

| **Metode poučevanja in učenja:** | **Learning and teaching methods:** |
|---|---|
| • *predavanja* z aktivno udeležbo študentov, uporaba računalniško podprtih animacij o normalnih in patoloških stanjih sklepov in mehkih tkiv, uporaba anatomskih modelov kosti, sklepov, vezi, mišic, itn. (razlaga, diskusija, vprašanja, primeri, reševanje problemov),<br>• *kabinetne vaje:* demonstracija, metoda praktičnih del, delo v parih, študije primera, razgovor, diskusija, simulacija. | • *lectures* with active student participation, use of computerised animations of normal and pathological states of soft tissue, the use of anatomical models of bones, joints, ligaments, muscles, etc. (explanation, discussion, questions, examples, problem solving).<br>• *cabinet tutorial:* demonstration, method of practical work, work in pairs, case studies, conversation, discussion, simulation. |

| **Načini ocenjevanja:** | Delež (v %)<br>Weight (in %) | **Assessment:** |
|---|---|---|
| Način :<br>• izpit<br>• kolokvij<br><br>Ocenjevalna lestvica: ECTS. | <br>60 %<br>40 % | Types:<br>• exam<br>• preliminary exam<br><br>Grading scheme: ECTS. |