	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	**Ocenjevalne metode v fizioterapiji**
Course title	**Assessment Methods in Physiotherapy**

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 7

Predavanja Lectures	**Sem. vaje Tutorial**	**Kab. vaje Cabinet tutorial**	**Lab. vaje Laboratory work**	**Teren. vaje Field work**	**Samost. delo Individ. work**	**ECTS**
75		60			165	10

Nosilec predmeta/Lecturer:	dr. Blanka Koščak Tivadar, viš. pred. Nataša Koprivnik, 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):**
• *Goniometrija:* pomen goniometrije, anatomske ravni in osi, delitev sklepov, položaji sklepov, obseg gibljivosti, občutek na koncu giba, merilne naprave, kontraindikacije in previdnosti pri goniometriji, • *Tehnika in postopek goniometrije:*	• *Goniometry:* the significance of goniometry, anatomical levels and axes, division of joints, positions of joints, the range of motion, feeling at the end of the movement, measuring devices, contraindications and caution in goniometry, • *Goniometry technique and procedure:*

položaj preiskovanca, položaj preiskovalcev, stabilizacija, izvedba giba, uporaba in nastavitev goniometra, orientacijske kostnoanatomske točke, odčitavanje in zapisovanje dobljenih vrednosti, zanesljivost in veljavnost goniometrije, postopek goniometrije.	position of the subject, position of the investigators, stabilization, execution of movement, use and adjustment of goniometer, orientational bone anatomy points, reading and recording the values obtained, reliability and validity of goniometry, goniometry procedure,
• *Definicija manualnega testiranja mišic.*	• *Definition of manual muscle testing.*
• *Terminologija manualnega testiranja mišic.*	• *Manual muscle testing terminology.*
• *Uporabnost manualnega testiranja:* zanesljivost, veljavnost, objektivnost.	• *Usability of manual testing:* reliability, validity, objectivity.
• *Kontraindikacije in previdnostni ukrepi.*	• *Contraindications and precautions,*
• *Splošna načela manualnega testiranja.*	• *General principles of manual testing,*
• *Dejavniki, ki vplivajo na ocenjevanje mišične zmogljivosti.*	• *Factors influencing the assessment of muscle performance,*
• *Splošen postopek manualnega testiranja mišic.*	• *A general procedure for manual muscle testing.*
Kabinetne vaje:	***Cabinet tutorial:***
• *Goniometrija zgornjega uda:* ramenski sklep, ramenski obroč, komolčni sklep, proksimalni in distalni radioulnarni sklep, zapestni sklep, sklepi palca, sklepi kazalca, sredinca, prstanca in mezinca.	• *Upper limb goniometry:* shoulder joint, shoulder ring, elbow joint, proximal and distal radioulnar joint, wrist joint, joints of the thumb, joints of the pointer, the middle, the ring and the little finger.
• *Goniometrija spodnjega uda:* kolčni sklep, kolenski sklep, zgornji skočni sklep, spodnji skočni sklep, sklepi palca.	• *Lower limb goniometry:* hip joint, knee joint, upper ankle joint, lower ankle joint, joints of the big toe.
• *Goniometrija hrbtenice:* vratni del hrbtenice, prsni in ledveni del hrbtenice.	• *Goniometry of the spine:* cervical spine, thoracic and lumbar spine.
• *Linearne meritve obsegov gibljivosti:* fleksija prstov, abdukcija prstov, opozicija palca, lopatica, vratni del hrbtenice, prsni in ledveni del hrbtenice,	• *Linear measurements of mobility ranges:* flexion of fingers, abduction of fingers, opposition of the thumb, scapula, cervical spine, thoracic and lumbar spine,

prsni koš. • *Merjenje dolžin udov:* merjenje dolžin zgornjega uda, merjenje dolžin spodnjega uda. • *Merjenje obsegov udov:* merjenje obsegov zgornjega uda, merjenje obsegov spodnjega uda. • *Manualno testiranje mišic zgornjega uda:* mišice ramenskega sklepa, mišice komolčnega sklepa in podlakti, mišice zapestnega sklepa, mišice prstov, mišice palca. • *Manualno testiranje lopatice.* • *Manualno testiranje mišic vratu in trupa.* • *Manualno testiranje mišic spodnjega uda:* mišice kolčnega sklepa, mišice kolenskega sklepa, mišice goleni in stopala, mišice palca in prstov. • *Manualno testiranje mišic glave in sprednje strani vratu.*	chest. • *Measurement of limb lengths:* measuring the length of the upper limb, measuring the length of the lower limb. • *Measurement of limb extent:* measurement of the upper limb extent, measurement of the lower limb extent. • *Manual muscle testing of the upper limb:* muscle of the shoulder joint, muscles of the elbow joint and forearm, muscle of the wrist, muscles of the fingers, thumb muscles. • *Manual scapula testing.* • *Manual neck and trunk testing.* • *Manual testing of lower limb muscles:* muscles of the hip joint, knee joint muscles, muscles of the lower leg and foot, muscles of the thumb and fingers. • *Manual testing of the head and neck muscles.*

Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Jakovljević, M. in Hlebš, S. (2019). *Meritve gibljivosti sklepov, obsegov in dolžin udov.* Ljubljana: Zdravstvena fakulteta.
- Jakovljević, M. in Hlebš, S. (2019). *Manualno testiranje mišic.* Ljubljana: Zdravstvena fakulteta.

Priporočljiva literatura/Recommended literature

- Dittmar, S. S. in Gresham, G. E. (2015). F*unctional assessment and outcome measures for the rehabilitation health professional.* Austin; Pro ed.
- Izbrani članki iz zbornikov znanstvenih srečanj, izbrani članki iz domačih in tujih znanstvenih revij s področja meritev gibljivosti sklepov, obsegov in dolžin udov, manualnega testiranja mišic, izbrane internetne strani.

Cilji in kompetence:	**Objectives and competences:**
Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc: • poznavanje in razumevanje postopkov testiranja in ocenjevanja, • sposobnost uporabiti teoretično znanje pri praktičnem izvajanju dela, • sposobnost ocenjevanja zdravstvenega stanja pacienta, določitev vrste in obsega	*The learning unit mainly contributes to the development of the following general and specific competences:* • knowledge and understanding of testing and assessment procedures, • the ability to use theoretical knowledge in practical work, • the ability to assess the patient's health status, determine the type and extent of

funkcionalnih omejitev lokomotornega sistema, • sposobnost razlage pomena rezultatov testiranja, • sposobnost kritično presoditi kakovost lastnega dela, • prepoznavanje ključnih ciljev fizioterapevtskega programa, • sposobnost pravilnega dokumentiranja rezultatov testiranja, • sposobnost razviti empatično komunikacijo v interakciji s pacientom pri terapevtski obravnavi, • razvoj veščin in spretnosti za izvajanje fizioterapevtskega programa pri posameznih primerih na področju ocenjevalnih metod v fizioterapiji, • sposobnost zavračanja pristopov, ki so strokovno in empirično neutemeljeni, • sposobnost sodelovanja v fizioterapevtskem, interdisciplinarnem in multidisciplinarnem timu, • sposobnost obnašanja, skladno z načeli in principi Kodeksa etike fizioterapevtov SLO.	the functional constraints of the locomotor system, • the ability to interpret the significance of test results, • the ability of critically assessing the quality of one`s own work, • identifying the key goals of the physiotherapy program, • the ability to correctly document the test results, • the ability to develop empathic communication in interaction with patients in the therapeutic treatment, • development of skills and competences for the implementation of a physiotherapeutic program in individual cases in the field of assessment methods in physiotherapy, • the ability to reject approaches that are professional and empirically unfounded, • the ability to participate in a physiotherapeutic, interdisciplinary and multidisciplinary team, • the ability to behave in accordance with the principles of the Code of Ethics for Physiotherapists in Slovenia.

Predvideni študijski rezultati:	**Intended learning outcomes:**
Študent/študentka: • razume pomen ocenjevalnih metod kot osnovo fizioterapevtskega pregleda pri vseh kliničnih vajah, • pozna funkcionalne anatomije lokomotornega sistema, • je sposoben organizirati in opraviti postopek ocenjevanja, • zna dokumentirati postopke testiranja in ocenjevanja, • sposoben je podati razlago fizioterapevtskega pregleda, • pozna razliko med fiziološkimi in patološkimi izidi pri testiranju, • zna uporabiti ocenjevalne metode kot osnove fizioterapevtskega pregleda, • usposobi se za uporabo veščin in spretnosti pri izvedbi goniometrije zgornjega uda,	***Students:*** • understand the importance of assessment methods as the basis of a physiotherapeutic examination in all clinical exercises, • know the functional anatomy of the locomotor system, • are able to organize and perform the evaluation process, • can document the testing and evaluation procedures, • are able to give an explanation of the physiotherapeutic examination, • know the difference between the physiological and pathological results of testing, • can use assessment methods as the basis of a physiotherapeutic examination,

• usposobi se za uporabo veščin in spretnosti pri izvedbi goniometrije spodnjega uda, • usposobi se za uporabo veščin in spretnosti pri izvedbi goniometrije hrbtenice, • usposobi se za uporabo veščin in spretnosti pri linearnih meritvah obsegov gibljivosti, • usposobi se za uporabo veščin in spretnosti pri merjenju dolžin udov, • usposobi se za uporabo veščin in spretnosti pri merjenju obsegov udov, • usposobi se za uporabo veščin in spretnosti za manualno testiranje mišic zgornjega uda, • usposobi se za uporabo veščin in spretnosti za manualno testiranje lopatice, • usposobi se za uporabo veščin in spretnosti za manualno testiranje vratu in trupa, • usposobi se za uporabo veščin in spretnosti za manualno testiranje mišic spodnjega uda, • usposobi se za uporabo veščin in spretnosti za manualno testiranje glave in mišic sprednjega dela vratu.	• qualify for the use of skills and competences for performing the upper limb goniometry, • qualify for the use of skills and competences for performing the lower limb goniometry, • qualify for the use of skills and competences for performing goniometry of the spine, • qualify for the use of skills and competences for performing linear measurements of mobility ranges, • qualify for the use of skills and competences for measuring the limb length, • qualify for the use of skills and competences for measuring the limb circumference, • qualify for the use of skills and competences for performing manual muscle testing of the upper limb, • qualify for the use of skills and competences for performing manual muscle scapula testing, • qualify for the use of skills and competences for performing manual neck and trunk testing, • qualify for the use of skills and competences for performing manual testing of lower limb muscles, • qualify for the use of skills and competences for performing manual testing of the head and neck muscles.

Metode poučevanja in učenja:	**Learning and teaching methods:**
• *predavanja* z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov), • *kabinetne vaje:* demonstracija, metoda praktičnih del, delo v parih, študije primera, razgovor, diskusija, simulacija.	• *lectures* with active student participation (explanation, discussion, questions, examples, problem solving); • *cabinet tutorial:* demonstration, method of practical work, work in pairs, case studies, conversation, discussion, simulation.

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