

# Teaching guide

## IDENTIFICATION DETAILS

|                                      |  |               |      |
|--------------------------------------|--|---------------|------|
| Degree:                              | Physical Activity and Sports Sciences        |               |      |
| Field of Knowledge:                  | Health Science                               |               |      |
| Faculty/School:                      | Health Sciences                              |               |      |
| Course:                              | BASICS OF PHYSIOTHERAPY INTERVENTION         |               |      |
| Type:                                | Optional                                     | ECTS credits: | 6    |
| Year:                                | 4  | Code:         | 7566 |
| Teaching period:                     | Eighth semester                              |               |      |
| Area:                                | Physiology of Exercise                       |               |      |
| Module:                              | Scientific Foundations of Human Motor Skills |               |      |
| Teaching type:                       | Classroom-based                              |               |      |
| Language:                            | Spanish                                      |               |      |
| Total number of student study hours: | 150  |               |      |

## SUBJECT DESCRIPTION

This course introduces students to manoeuvres involved in basic and specific manual therapy for the treatment of different disorders and pathologies of the human body. It defines the principles of therapeutic massage as a means of therapy as well as its indications, contraindications and main methods of practical application, such as basic massage therapy movements (rubbing, grinding, kneading and pressure), and some specific manual therapy movements (treatment of myofascial trigger points, fascial tissue treatment techniques, deep transverse friction technique or Cyriax technique, and manual lymphatic drainage techniques).

## SKILLS

### Basic Skills

Students must have demonstrated knowledge and understanding in an area of study that is founded on general secondary education. Moreover, the area of study is typically at a level that includes certain aspects implying knowledge at the forefront of its field of study, albeit supported by advanced textbooks

Students must be able to apply their knowledge to their work or vocation in a professional manner and possess skills that can typically be demonstrated by coming up with and sustaining arguments and solving problems within their field of study

Students must have the ability to gather and interpret relevant data (usually within their field of study) in order to make judgments that include reflections on pertinent social, scientific or ethical issues

Students must be able to convey information, ideas, problems and solutions to both an expert and non-expert audience

Students must have developed the learning skills needed to undertake further study with a high degree of independence

### General Skills

To reflect on professional practice, developing initiative and entrepreneurship, innovation and research in order to improve one's professional endeavour.

To be familiar with and understand the foundations, structures and functions of the skills and patterns of human body movement and its various manifestations.

### Specific skills

To understand the scientific and professional aspects concerning the concept, evolution and foundations of physiotherapy.

To assess the functional condition of the patient/user from the perspective of physiotherapy, taking into consideration physical, psychological and social aspects.

To understand the manual and instrumental assessment methods and procedures in physiotherapy and physical rehabilitation, and to be familiar with the scientific evaluation of their usefulness and effectiveness.

To understand the specific methods and techniques relating to the musculoskeletal system and alterations in statics and dynamics.

### DISTRIBUTION OF WORK TIME

| CLASSROOM-BASED ACTIVITY | INDEPENDENT STUDY/OUT-OF-CLASSROOM ACTIVITY |
|--------------------------|---|
| 60 hours                 | 90 hours                                    |