**ACADEMIC DISCIPLINE OVERVIEW**

1. **Program data**

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| **1.1.** | **GRIGORE T. POPA UNIVERSITY OF MEDICINE AND PHARMACY IASI** |
| **1.2.**  | **FACULTY OF MEDICAL BIOENGINEERING**  |
| **1.3.** | **PROGRAMME:** Physio-kinetotherapy and rehabilitation |
| **1.4.**  | **STUDY FIELD:** Health |
| **1.5.** | **STUDY CYCLE**: UNDERGRADUATE |
| **1.6.** | **STUDY PROGRAMME:** INENGLISH |
| 1. **Subject data**
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| **2.1.** | **Subject: Practical abilities** |
| **2.2.** | **Module leader:**  |
| **2.3.** | **Seminar leader: Associate professor Rotariu Mariana, Ph-D,** Assistent professor dr Ionite Catalin,  |
| **2.4. Year of study** | **I** | **2.5. Semester in which is taught** |  **II** | **2.6. Evaluation type** | colloquium | **2.7. Subject status** | Mandatory/ D.S.  |

1. **Estimated total time (hours/semester of didactic activity)**

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| **3.1.Number of hours / week** |  | **3.2. Courses number of hours / week** |  | **3.3. practical classes/ clinical training** |  |
| **3.4. Total number of learning hours** | **28** | **3.5. Courses** |  | **3.6. practical classes/ clinical training** | 28 |
| **3.7. Distribution of the available time** | Hours |
| **Study based on the manual, lecture support, bibliography and hand notes** | 12 |
| **Supplementary documentation in the library, using specialized platforms via internet and by field work** | 5 |
| **Preparation for seminars / practical classes, study themes, reviews, portfolio, and essays** | 5 |
| **Tutorship** |  |
| **Examinations** |  |
| **3.8. Total hours of individual study** | 22 |
| **3.9. Total hours pes semester** | 50 |
| **3.10. Number of credits** | 2 |

1. **Preconditions (where applicable)**

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| **4.1.** of curriculum | Theoretical and methodical bases of kinetotherapy, Methods of exploration and evaluation in medical recovery, Pedagogy of movement |
| **4.2.** of competences | Evaluation of the recovery of the motor and sensory deficiencies caused by the injury of the various components of the locomotor apparatus. |

1. **Conditions (where applicable)**

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| **5.1.** for lectures | Projector |
| **5.2.** for seminars / practical classes | Students will wear protection equipment (white coat), in order to enter the wards |

1. **Specific competences acquired**

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| Transverse competences (of role, of professional development, personal) | Identifying roles and responsabilities in a multidisciplinary team.Application of relationship techniques. Efficiency in teamwork and in patient relationship. |

1. **Objectives of the study discipline (according to the grid of specific competences acquired)**

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| **7.1.** General objective | Practically carry out activities related to the communication with the patient, to participate to clinical recovery activity |
| **7.2.** Specific objectives | to know the principles of recovery treatment of the pathology from the topic |

1. **Contents**

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| **8.2. practical classes** | **Teaching methods** | **Observations** |
| 1. Development of communication skills and relationship with the patient, information and education of the patient, development of special communication skills2. Knowledge of the general mechanism of locomotion3. Posture-somatoscopy evaluation, somatometry4. Knowledge of the evaluation of the amplitude of movement and of the practical bases of its restoration5. Knowledge of the evaluation of the muscular strength and of the practical bases of its recovery6. Knowledge of the balance assessment, coordination and practical basis for its recovery7. Mobilization of patients with motor deficiencies and transfer techniques8. Facilitating the collaboration between the specialist in kinetotherapy, the specialists of paraclinical explorations and especially with the specialists recovery specialists balneofisiokinetoterapia. | Presentation of clinical cases, practical works, preparation of kinetotherapy meeting plans | 28 hours |
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**Bibliografie obligatorie**

1. Cordun, M., Masaj, Editura Discobolul, București, 2013

2. Cordun, M., Kinantropometrie, Editura CD Press, București, 2009

3. Hăulică, I., Fiziologie umană, Ed. a III-a, Ed. Medicală, Bucureşti, 2007.

4. Marcu, V., Kinetoterapie, Editura Universităţii Oradea, 2006

5. Sbenghe, T., Kinesiologie, ştiinţa mişcării, Ed. Medicală, Bucureşti, 2008.

6. Vanvu, G., Colecţia pentru studenţi Sănătos prin mişcare. Exerciţii profilactice pentru deficienţe cervicale, Editura UMF „Gr.T. Popa”, Iaşi, 2017

7. Vanvu, G., Colecţia pentru studenţi Sănătos prin mişcare. Exerciţii profilactice pentru deficienţe ale coloanei vertebrale - cifoza, Editura UMF „Gr.T. Popa”, Iaşi, 2017

**Bibliografie opțională**

1. Plowmand Sharon A., Smith Denise L. Exercise Physiology. For health, fitness and performance. 4th ed. Baltimore-Philadelphia, Lippincott Williams, 2014

2. Muscolino Joseph E, Kinesiology. The skeletal system and muscle function. 2nd ed. Missouri, Elsevier, 2011

1. **Correlation of the discipline contents with the expectations of the epistemic community, professional associations, and representative employers from the afferent program field**

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| Knowledge and abilities are established as didactic objectives and specified as such in the analytic programs that are revised yearly. After their analysis by the study discipline staff, these are discussed and approved in the Curricular Committee, towards curricular harmonization among the various study disciplines. Along this entire process systematic evaluation is performed, directly if possible, regarding the correspondence of the contents to the expectations of the academic community and of the representatives of the social community, professional associations, and employers. |

1. **Evaluation**

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| **Type of activity** | **Type of activity** | **Evaluation methods** | **Contribution to the final grade** |
| **Lecture** | Knowledge of the theoretical notions and aspects presented during the courses  | Colloquium practical activity | 90% |
| **Seminar/practical classes** | Practical topics | Practical work  | 10% |
| **Minimal performance standard:** - application of therapeutic programs using different recovery procedures |

**Date: Signature of head of discipline**

25.09.2019 Associate professor Rotariu Mariana, Ph-D

**Department approval date**

30.09.2019

 **Signature of department director**

Lecturer Daniela-Viorelia Matei, Ph-D