**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** | | | | | | | | |
| **2.1.** | **Subject: Physical therapy in pregnancy** | | | | | | | |
| **2.2.** | **Module leader: Lecturer Grigore Mihaela** | | | | | | | |
| **2.3.** | **Seminar leader: Lecturer Grigore Mihaela** | | | | | | | |
| **2.4. Year of study** | | **II** | **2.5. Semester in which is taught** | **I** | **2.6. Evaluation type** | C | **2.7. Subject status** | DF  DS |

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

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| **3.1.Number of hours / week** | 2 | **3.2. Courses number of hours / week** | 1 | **3.3.Seminar / l practical classes** | 1 |
| **3.4. Total number of learning hours** | 28 | **3.5. Courses** | 14 | **3.6. Seminar / practical classes** | 14 |
| **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 specialised platforms via internet and by field work** | | | | | 10 |
| **Preparation for seminars / practical classes, study themes, reviews, portofolio, and essays** | | | | |  |
| **Tutorship** | | | | | 2 |
| **Examinations** | | | | | 2 |
| **Other activities** | | | | |  |
| **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 | Anatomy, physiology |
| **4.2.** of competences | Knowing the macroscopic and microscopic structure of organs and body systems |

1. **Conditions (where applicable)**

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| **5.1.** for lectures | Video logistical support. |
| **5.2.** for seminars / practical classes | Students will have the appropriate equipment |

1. **Specific competences acquired**

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| Professional competences (expressed as knowledge and abilities) | C1.2 To explain the key syndromes in pregnancy C1.5 Develop and implement new protocols for physiotherapy C2.2 Basic knowledge of opportunity for explanation and interpretation programs tailored physiotherapy treatment  C2.5 Implementation of new protocols for massage C3.5 Developed and developing new protocols HTT C5.1 Description muscular and articular techniques, functional assessment scores and appreciation of the quality of life of patients with disabilities. |
| Transverse competences (of role, of professional development, personal) | CT1. Identify objectives to be achieved, the resources available, the conditions for completion of their work flow, working time, deadlines and related risks CT2. Identifying roles and responsibilities in a multidisciplinary team and application techniques and effective work relationships within the team and the relationship with the patient |

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

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| **7.1.** General objective | Explaining of pregnancy diseases, physical therapy programs, hydro, electrotherapy, functional assessment methods adapted to the treatment area and type of pathology |
| **7.2.** Specific objectives | The accumulation of basic knowledge on gynecological system (anatomy, physiology and pathology) Practical application of the knowledge of pregnancy and the methods of treatment balneofizioterapeutice according to specific techniques for monitoring the pregnancy and recovery after birth. |

1. **Contents**

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| **8.1. Lecture** | **Teaching methods** | **Observations** |
| Anatomy of female genitalia . | PowerPoint presentations, video presentations, interactive discussions | 2 hours |
| Adaptive maternal body changes during pregnancy. | PowerPoint presentations, video presentations, interactive discussions | 2 hours |
| Physical therapy for pregnant women. | PowerPoint presentations, video presentations, interactive discussions | 2 hours |
| Lamaze exercises. | PowerPoint presentations, video presentations, interactive discussions | 2 hours |
| Sport for an easy birth. | PowerPoint presentations, video presentations, interactive discussions | 2 hours |
| Lymphatic drainage and massage for pregnant. | PowerPoint presentations, video presentations, interactive discussions | 2 hours |
| Confinement after birth. Postnatal recovery. postnatal physiotherapy | PowerPoint presentations, video presentations, interactive discussions | 2 hours |
|  | | |
| **8.2. Seminar / practical classes** | **Teaching methods** | **Observations** |
| Adaptive maternal body changes during pregnancy. | Presentation of clinical cases | 4 hours |
| Physical therapy for pregnant women. Lamaze exercises. | Presentation of clinical cases | 4 hours |
| Sport for an easy birth. Lymphatic drainage and massage for pregnant. | Presentation of clinical cases | 4 hours |
| Postnatal recovery. | Presentation of clinical cases | 2 hours |
| **Bibliography**   1. Charles R. B. Beckmann, American College of Obstetricians and Gynecologists,Barbara M. 2. Stacey Rosenberg - Natural Pregnancy, Natural Baby: Natural Remedies for Pregnancy, Birth and Post-Partum Discomforts, 2008 | | |

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** | Acquiring theoretical aspects and concepts presented in the course | Written exam | 50% |
| **Seminar/practical classes** | Practical works topics | Colloquium for practical work | 40% |
| Activity during the semester |  | 10% |
| **Minimal performance standard:**  **A**pplication of therapeutic programs using different recovery procedures | | | |

**Date of completion: Signature of head of discipline**

**Lecturer Grigore Mihaela, Ph-D**

20.09.2019

**Department approval date**

30.09.2019 **Signature of department director**

Lecturer Daniela-Viorelia Matei, Ph-D