**ACADEMIC DISCIPLINE OVERVIEW**

1. **Program data**

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| 1.1. Higher education institution | Grigore T. Popa University of Medicine and Pharmacy Iasi |
| 1.2. Faculty | Medical Bioengineering |
| 1.3. Department | Biomedical Sciences |
| 1.4. Field of study | Health |
| 1.5. The cycle of studies | Bachelor |
| 1.6. Study program / qualification | Balneo-physiokinetotherapy and rehabilitation – english language / Physiokinetotherapist |

**2. Discipline data**

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| 2.1. Name of the discipline / Code | **b. Physical Activities by Age Categories** | **RE1221** |
| 2.2. Teaching staff in charge with lectures | **-** |
| 2.3. Teaching staff in charge with practical activities | **Lecturer Iustina Condurach, PhD** |
| 2.4. Year of study | **II** | 2.5. Semester | **1** | 2.6. The type of assessment | **Colloquium, C1** |
| 2.7. Discipline type | **Elective** | **Specialty discipline** |

**3. 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. Seminars / practical classes number of hours / week |
| Semester 1 | **1** |  | **1** |
| Semester 2 |  |  |  |
| 3.4. Total number of learning hours: | **14** | 3.5. Of which: Courses |  | 3.6. Of which: Seminars / practical classes: | **14** |
| 3.7. Distribution of individual study time: | Hours sem. 1 | Hours sem. 2 |
| Study time using course book materials, bibliography and hand notes | 14 |  |
| Supplementary documentation in the library, using specialised platforms via internet and by field work | 16 |  |
| Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays | 6 |  |
| Tutorship | 2 |  |
| Examinations | 2 |  |
| Other activities | - |  |
| Total hours of individual study (*without examinations*) | **36** |  |
| 3.8. Total hours per semester | **50** |  |
| 3.9. Number of credits | **2** |  |

**4. Preconditions (where applicable)**

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| 4.1. of curriculum | Anatomy, Physiology, Kinetology. |
| 4.2. of competences | Knowledge of the concepts, theories and fundamental concepts of physiological phenomena of the body. |

5. **Conditions (where applicable)**

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| 5.1. for lectures | - |
| 5.2. for seminars / practical classes | Students will wear protective equipment (Robe, Medical Clogs). |

**6. Specific competences acquired**

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| **Professional competencies** | **C1.3** | The application of physical therapy programs correlated with the functional diagnosis and according to the doctor's indications, also carrying out secondary prophylaxis. Identifying the techniques of physical therapy important in medical recovery. |
| **C. 1.5** | Development and implementation of new physical therapy protocols. Using basic knowledge to apply physical therapy techniques adapted to the type of pathology. |

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

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| 7.1. General objective | Those providing basic knowledge and skills with which the student can use physical activities for recovery of the patients, by age categories. |
| 7.2. Specific objectives | To understand the role and the goals physical activities of for people with disability the significance of the assessment and measurements in adapted physical activity by age categories;To understand the importance of the multidisciplinary approach to disability;To understand the importance of an early intervention programme;To understand the significance of reassessment in relation to the effectiveness – appropriateness of the selected intervention-physical activity. |

**8. Contents**

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| **8. Practical activities - seminar**  | **Teaching methods** | **Observations** |
| 1 | Physiological changes that occur depending on age. Peculiarities of therapeutic programs according to age. | PPT presentation, video presentations, interactive discussions, demonstrations, practical applications  | 2 hours |
| 2 | The therapeutic approach of the geriatric patient. | 2 hours |
| 3 | The osteoarticular system. Changes related to the stages of age. Physical activities adapted according to age. | 2 hours |
| 4 | The muscular system. Changes related to the stages of age. Physical activities adapted according to age. | 2 hours |
| 5 | The nervous system. Changes related to the stages of age. Physical activities adapted according to age. | 2 hours |
| 6 | The respiratory system. Changes related to the stages of age. Physical activities adapted according to age. | 2 hours |
| 7 | The cardiovascular system. Changes related to the stages of age. Physical activities adapted according to age. | 2 hours |

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| **8.3. Bibliography:** |
| Mandatory:1. Sabău G. Practiva și metodica activităților motrice pe categorii de vârsta. PISOPRINT. 2012.
 |
| 1. Ungureanu-Dobre A. Practica și metodica activităților motrice pe cataegorii de vărste. Universitaria-Craiova. 2021.
2. Donca V. Abordarea terapeutică a pacientului geriatric. Casa cărtii de stiință. 2022.
3. Masiero S, Carraro U. Rehabilitation Medicine for Elderly Patients [(Practical Issues in Geriatrics)](https://www.books-express.ro/practical-issues-in-geriatrics/s/90609656). Springer. 2017.
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**9. *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. |

**10. Evaluation**

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| Type of activity | Assessment criteria | Evaluation methods | Contribution to the final grade |
| Lectures | Acquiring theoretical notions and presented in the course | Written exam. MCQ Examination |  |
| Practical activities | Activities carried out in laboratory and conducted quality essays. | Colloquium practical activity | 80% |
| Individual study | Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays.Study time using coursebook materials, bibliography and hand notes, documentation in the library, using specialised platforms via internet and by field work. | Tests during the semester | 20 % |
| Minimal performance standard:Evaluates and analyzes the differences that manifest in clinical cases, depending on age and plans physiotherapy programs, taking into account the particularities of patients. |

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| Date | Holder of course / signature, | Holder of practical activities / signature, |
| 11.09.2024 |  | Lecturer Iustina Condurach, PhD |

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| Date of approval in the Department Council/Teaching Council,  |
| 19.09.2024 |  | Department director / signature, |
|  |  | Associate Professor Daniela-Viorelia Matei, MD, PhD |