**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 | **a. Human Performances Assessment** | **RE1222** |
| 2.2. Teaching staff in charge with lectures | **-** |
| 2.3. Teaching staff in charge with practical activities | Lecturer Catalina Luca, 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 | 12 |  |
| Supplementary documentation in the library, using specialised platforms via internet and by field work | 12 |  |
| Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays | 12 |  |
| 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, Theoretical basis and methods of physical therapy. |
| 4.2. of competences | Knowledge of the concepts, theories and fundamental concepts of physiological phenomena of the body. The ability to monitoring vital signs |

5. **Conditions (where applicable)**

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| 5.1. for lectures | Logistic support video |
| 5.2. for seminars / practical classes | Students will wear protective clothing (lab coat) |

**6. Specific competences acquired**

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| **Professional competencies** | **C 5.4** | Critical interpretation of functional evaluation scores and quality of life permanently updated according to international standards |
| **C 6.4** | Elaboration of appropriate scores to assess the reduction of the functional deficit and socio-professional independence gained after the applied therapies |

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

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| 7.1. General objective | Providing basic knowledge and skills with which the student can use in human performace evaluation in the best conditions The students will understand the characteristics of motor performance and other areas of measurement.The students will develop oral skills and strategies in the presentation of exercise science research studies |
| 7.2. Specific objectives | Facilitate collaboration between specialists to achieve results consistent with clinical observation for human performance evaluation |

**8. Contents**

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| **8.2. Practical activities - practical class**  | **Teaching methods** | **Observations** |
| 1 | Introduction to tests and measurements in human performance | Paper presentation, discussion documents, practical parts, conclusions. | 2 hours |
| 2 | **Maximum aerobic testing and risk identification. Overwork and fatigue.** | Paper presentation, discussion documents, practical parts, conclusions. | 2 hours |
| 3 | **Developing tests and surveys. Activity assessment in adults** | Paper presentation, discussion documents, practical parts, conclusions. | 4 hours |
| 4 | Recovery methods after maximum effort | Paper presentation, discussion documents, practical parts, conclusions. | 2 hours |
| 5 | Medical devices used in the evaluation of human performance. | Paper presentation, discussion documents, practical parts, conclusions. | 4 hours |

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| **8.3. Bibliography:** |
| ***Mandatory:*** |
| 1. Practical work notes, e-Learning platform
2. Sardaru DP, Onu I, Matei DV. Evaluarea Amplitudinilor Articulare, Ed. Gr. T. Popa U.M.F. Iași, 2021
3. Morrow Jr., J., Jackson, A., Disch, J. & Mood, D., Measurement and Evaluation in Human Performance (4th Edition). Champaign: IL : Human Kinetics, 2011.
4. [Holim Song](https://www.igi-global.com/affiliate/holim-song/1398/) (Texas Southern University, USA) and [Terry T. Kidd](https://www.igi-global.com/affiliate/terry-t-kidd/1337/), Handbook of Research on Human Performance and Instructional Technology, IGI Global Publisher, 2010.
5. O’Sullivan S, Schmitz, TJ, Fulk G, Physical rehabilitation, 7th ed, , F.A. Davis, Company, Philadelphia 2019.
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| ***Elective:*** |
| 1. Plowmand Sharon A., Smith Denise L. **Exercise Physiology. For health, fitness and performance.** 4th ed. Baltimore-Philadelphia, Lippincott Williams, 2014
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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:* Knowing the basics of human performance evaluation
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| Date | Holder of course / signature, | Holder of practical activities / signature, |
| 11.09.2024 |  | Lecturer Catalina Luca, 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 |