**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. Programming and Planning in Rehabilitation** | **RE1223** |
| 2.2. Teaching staff in charge with lectures | **-** |
| 2.3. Teaching staff in charge with practical activities | **Lecturer Iustina Condurache, 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 | 8 |  |
| Tutorship | 2 |  |
| Examinations | 2 |  |
| Other activities | 4 |  |
| 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, Biomechanics, Pedagogy of movement |
| 4.2. of competences | Realization and design of kinetic programs |

5. **Conditions (where applicable)**

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| 5.1. for lectures |  |
| 5.2. for seminars / practical classes | Physiotherapy room, equipped with specialized equipment.Students equipped with medical gown and clogs |

**6. Specific competences acquired**

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| **Professional competencies** | **C 5.4** | Interpretation of functional assessment scores and quality of life, permanently updated according to international standards. |
| **C6.4** | 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 | General and specialized knowledge in the field of movement pedagogy to allow the understanding, analysis and conception of new knowledge in this field, as well as familiarization with the professional activities carried out in this field, with the specialized pedagogical language, by defining the fundamental concepts / notions of the theory and training methodology, respectively theory and evaluation methodology. |
| 7.2. Specific objectives | Understanding how to create, implement and adjust along the way a physical therapy program adapted to the needs of patients.Facilitating the systematic approach of the patient, with competence and passion, without reducing the clinical case to the existence of a primary disability, but by understanding the sequential development of the individual in permanent interaction with the external environment. |

**8. Contents**

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| **8.2. Practical activities - practical class** | **Teaching methods** | **Observations** |
| 1 | The principle of performing movement with energy economy, methodologies for training execution skills, demonstration and teaching of physical exercises for different purposes. | Ppt presentation, practical applications | 2 hours |
| 2 | Realization of recovery plans for frontal back deficiencies | Ppt presentation, practical applications | 2 hours |
| 3 | Lesson plan support for back-frontal disabilities | Ppt presentation, practical applications | 2 hours |
| 4 | Realization of back deficient recovery plans in the sagittal plane | Ppt presentation, practical applications | 2 hours |
| 5 | Lesson plan support for back deficiencies in the sagittal plane | Ppt presentation, practical applications | 2 hours |
| 6 | Realization of recovery plans for frontal back deficiencies | Ppt presentation, practical applications | 2 hours |
| 7 | Lesson plan support for back-frontal disabilities | Ppt presentation, practical applications | 2 hours |

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| **8.3. Bibliography:** |
| ***Mandatory:***1. Course and practical support displayed on the e-learning platform.
2. Hagiu B. A. Kinetoprofilaxie, Iaşi, Editura Universităţii Alexandru Ioan Cuza, 2019.
3. [Pagliarulo](https://www.books-express.ro/michael-a-pagliarulo/c/710959) M.A. Introduction to Physical Therapy. Paperback, 2020.
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| ***Elective:*** |
| 1. Rusu O., Bălteanu V., Comunicare şi relaţionare în kinetoterapie, Iaşi, Editura Universităţii Alexandru Ioan Cuza, 2017.
2. Oksana Suchowersky, Cynthia Comella, Hyperkinetic Movement Disorders, Springer, 2012
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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:* Practical and theoretical knowledge related to the choice and use of physical exercises.
* Knowledge necessary to create a recovery plan appropriate to the patient's pathology.
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| Date | Holder of course / signature, | Holder of practical activities / signature, |
| 11.09.2024 |  | Lecturer Iustina Condurache, 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 |