

## Information sheet for the course Methods of Kinesiotherapy I.

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| <b>University:</b> <i>Alexander Dubček University of Trenčín</i>   |   |
| <b>Faculty:</b> <i>Faculty of Health Care</i>  |   |
| <b>Course unit code:</b> <i>MetKin1/d</i>  | <b>Course unit title:</b> <i>Methods of Kinesiotherapy I.</i> |
| <b>Type of course unit:</b> <i>compulsory</i>  |   |
| <b>Planned types, learning activities and teaching methods:</b><br><i>Lecture: 2 hours weekly/26 hours per semester of study; full-time</i><br><i>Seminar: 2 hours weekly/26 hours per semester of study; full-time</i>  |   |
| <b>Number of credits:</b> <i>2</i>   |   |
| <b>Recommended semester:</b> <i>2<sup>nd</sup> semester in the 1<sup>st</sup> year (full-time)</i>   |   |
| <b>Degree of study:</b> <i>I (bachelor)</i>  |   |
| <b>Course prerequisites:</b> <i>none</i>   |   |
| <b>Assessment methods:</b><br><i>To score 50 points per semester a student must:</i> <ul style="list-style-type: none"> <li>- <i>Be actively present in the course – students are allowed two (2) free unexcused absences,</i></li> <li>- <i>Pass a practical examination (25 points),</i></li> <li>- <i>Pass an oral examination (25 points).</i></li> </ul> <i>To obtain A, a student must score 47, to obtain B, a student must score 43, to obtain C, a student must score 39 and more, to obtain D, a student must score 35, and to obtain E, a student must score 30. The credits are not granted to the students whose grade point average is 29 or lower.</i>  |   |
| <b>Learning outcomes of the course unit:</b><br><i>By the completion of the course Methods of kinesiotherapy I a student acquires knowledge about the nature, aims, tasks and forms of kinesiotherapy. He or she gets acquainted with the nature and principles of rehabilitation methods, techniques, and approaches. A student is able to demonstrate positioning, passive and active movements, fitness exercises, vascular and respiratory gymnastics and basic methods used in vertebrogenic patients (soft techniques, back school, Kaltenborn method, and spinal exercises).</i>  |   |
| <b>Course contents:</b><br><b>Lectures:</b> <ol style="list-style-type: none"> <li>1. <i>Theoretical background to kinesiotherapy: concept, nature and objectives, basic concepts, historical background.</i></li> <li>2. <i>Distribution of the methods, procedures and exercises.</i></li> <li>3. <i>The exercise unit, methodological principles and structure of exercise unit.</i></li> <li>4. <i>Tools and their use in kinesiotherapy.</i></li> <li>5. <i>The importance of formulating the objections and construction of kinesiotherapeutic program.</i></li> <li>6. <i>Positioning: prevention, analgic, antispasmodic, redressive (correction).</i></li> <li>7. <i>Breathing gymnastics:</i> <ul style="list-style-type: none"> <li>• <i>Respiratory physiology, method and type of breathing, rhythm, frequency and depth of breathing.</i></li> <li>• <i>Breathing gymnastics as a part of fitness kinesiotherapy nature.</i></li> <li>• <i>Special breathing gymnastics (preparation, hygiene of the respiratory tract, the release of chest, drainage position, autogenic drainage).</i></li> <li>• <i>Static breathing (training of localized breathing, respiratory wave, phonation exercises).</i></li> <li>• <i>Work with the breath to influence pain and stress.</i></li> </ul> </li> <li>8. <i>Passive movements and exercises: indications and techniques – passive movements of upper and lower limbs.</i></li> <li>9. <i>Fitness exercises: organization of the exercises, individual and group exercises, fitness exercises focused at analytical practicing of individual muscle groups.</i></li> </ol> |   |

**Exercises:**

1. *Positioning: prevention, antalgic, antispasmodic, redressive.*
2. *Passive movements of upper and lower limbs.*
3. *Vascular gymnastics.*
4. *Breathing gymnastics: static, dynamic, localized breathing.*
5. *The basic methodology and procedures used in vertebrogenic patients:*
  - *Soft techniques*
  - *The school back*
  - *Kaltenborn method*
  - *Spinal exercises.*

**Recommended of required reading:**

1. *GÚTH, A. et al.: 2005. Liečené metodiky v rehabilitácii pre fyzioterapeutov. Liečreh Gúth, Bratislava, 2005, ISBN 80-88932-16-5.*
2. *GÚTH, A. et al.: 2011. Bolesť a škola chrbtice. Liečreh Gúth, Bratislava, 2011, ISBN: 97-8808-8932-30-7.*
3. *KOCIOVÁ K.: 2013. Základy fyzioterapie. Osveta, 2013, ISBN 978-80-8063-389-9.*
4. *HALADOVÁ, E. et al.: 2007. Léčebná tělesná výchova: cvičení. Brno: Národní centrum ošetrovatelství a nelékařských zdravotnických oborů, 2007. ISBN 9788070134603.*

**Language:** *Slovak***Remarks:****Evaluation history:** *Number of evaluated students*

| A | B | C | D | E | FX |
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**Lectures:** *Mgr. Miroslav Černický, MUDr. Alžbeta Ďatelová***Exercises:** *Mgr. Patrícia Baňárová***Last modification:** *22.04.2014***Supervisor:** *doc. MUDr. Juraj Čelko, PhD.*