

Information sheet for the course Methods of Kinesiotherapy IV.

University: <i>Alexander Dubček University of Trenčín</i>	
Faculty: <i>Faculty of Health Care</i>	
Course unit code: <i>MetKin4/d</i>	Course unit title: <i>Methods of Kinesiotherapy IV.</i>
Type of course unit: <i>compulsory</i>	
Planned types, learning activities and teaching methods: <i>Lecture: 2 hours weekly/26 hours per semester of study; full-time</i> <i>Seminar: 2 hours weekly/26 hours per semester of study; full-time</i>	
Number of credits: <i>4</i>	
Recommended semester: <i>5th semester in the 3rd year (full-time)</i>	
Degree of study: <i>I (bachelor)</i>	
Course prerequisites: <i>Methods of Kinesiotherapy III.</i>	
Assessment methods: <i>To score 50 points per semester a student must:</i> <ul style="list-style-type: none"> - <i>Be actively present in the course – students are allowed two (2) free unexcused absences,</i> - <i>Pass a practical examination (25 points),</i> - <i>Pass an oral examination (25 points).</i> <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>	
Learning outcomes of the course unit: <i>By the completion of the course Methods of kinesiotherapy IV 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 apply theoretical knowledge in practice. Is able to perform and apply suitable kinesiotherapeutic method according to the selected kinesiological analysis of the patient. A student can perform and demonstrate targeted exercises to strengthen the muscles of the pelvic floor (Kegel exercises, method by Mojzisova), Durisova method, Hermachova method, Brügger concept and Frenkel exercises.</i>	
Course contents:	
Lectures:	
<ol style="list-style-type: none"> <i>1. Particularities in kinesiotherapy of psychiatric patients.</i> <i>2. Particularities in kinesiotherapy of patients with gastrointestinal disease.</i> <i>3. Particularities in kinesiotherapy of patients with rheumatologic disease.</i> <i>4. Particularities in kinesiotherapy of orthopedic patients.</i> <i>5. Particularities in kinesiotherapy of patients with vascular disease.</i> <i>6. Particularities in kinesiotherapy of trauma patients.</i> <i>7. Particularities in kinesiotherapy of neurological patients.</i> <i>8. Particularities in kinesiotherapy of pediatric patients.</i> <i>9. Particularities in kinesiotherapy of cancer patients.</i> <i>10. Particularities in kinesiotherapy of patients with long lying and immobile patients.</i> 	
Exercises:	
<ol style="list-style-type: none"> <i>1. The method developed by Ludmila Mojzisova (treatment of functional female sterility).</i> <i>2. Strengthening the pelvic floor muscles - Kegel exercises (treatment of incontinence).</i> <i>3. The Durisova method (prevention and treatment of osteoporosis).</i> <i>4. The Brügger concept (prevention and treatment of bad posture and functional disorders of the musculoskeletal system).</i> <i>5. The Hermachova method.</i> 	

6. *Frenkel's exercises (training of motor coordination and treatment of ataxia).*

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. PAVLŮ, D.: 2003. *Speciální fyzioterapeutické koncepty a metody. Cerm, s.r.o., Brno, 2003, ISBN 80-7204-312-9.*
3. HAGOVSKA, M., MIHALEČKOVÁ, M.: 2012. *Najčastejšie používané liečebné metodiky vo fyzioterapii. UPJŠ, Lekárska fakulta, 2012, ISBN 978-80-7097-931-0*
4. LEWIT, K.: 2003. *Manipulační léčba. Sdělovací technika. Česká lékařská společnost J. E. Purkyně, 2003, ISBN 80-8664-504-5.*
5. KOLÁŘ, P., et al.: 2009. *Rehabilitace v klinické praxi. Praha: Galén, 2009. 76 s. ISBN 978-80-7262-657-1.*
6. HROMÁDKOVÁ J.: 2002. *Fyzioterapie. H+H. Vyšehradská, 2002, ISBN 8086022455.*
7. SMOLÍKOVÁ, L.: 2010. *Respirační fyzioterapie a plicní rehabilitace. NCO NZO, 2010, ISBN 9788070135273.*
8. TRÁVNÍČKOVÁ, O., HRADIL, V., VACEK, J.: 2004. *Rehabilitace pacientů s onkologickou diagnózou. Triton, 2004, ISBN 80-7254-485-3.*
9. LIPPERTOVÁ, M.: 2005. *Neurorehabilitace. Galén, 2005, ISBN 8072623176.*
10. PFFEIFER, J.: 2007. *Neurologie v rehabilitaci. Grada, 2007, ISBN 978-80-247-1135-5.*
11. CHALOUPKA, R. et al.: 2001. *Vybrané kapitoly z LTV v ortopedii a traumatologii. NCO NZO, 2001, ISBN 80-7013-341-4.*

Language: *Slovak*

Remarks:

Evaluation history: *Number of evaluated students*

A	B	C	D	E	FX

Lectures: *MUDr. Alžbeta Ďateľová, Mgr. Miroslav Černický*

Exercises: *Mgr. Patrícia Baňárová*

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Supervisor: *doc. MUDr. Juraj Čelko, PhD.*