

**Information sheet for the course**  
Kineziotherapy clinical disciplines II.  
**Compulsory Subject**

<b>University:</b> <i>Alexander Dubček University of Trenčín</i>	
<b>Faculty:</b> <i>Faculty of Health Care</i>	
<b>Course unit code:</b> KINvKO2/e	<b>Course unit title:</b> Kineziotherapy clinical disciplines II .
<b>Type of course unit:</b> <i>compulsory</i>	
<b>Planned types, learning activities and teaching methods:</b> <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>	
<b>Number of credits:</b> 3	
<b>Recommended semester:</b> 4 <sup>th</sup> semester in the 2 <sup>nd</sup> year (part-time)	
<b>Degree of study:</b> I (bachelor)	
<b>Course prerequisites:</b> Kineziotherapy clinical disciplines I., Physiology	
<p><b>Assessment methods:</b> The student will acquire 50 points per semester : Active participation in lectures and exercises. Practical examination ( 25 points ) . Test / oral examination ( 25 points ) . The acquisition and evaluation is necessary to obtain at least 48 points , to obtain user B at least 44 points on C score at least 41 points to score at least 38 points D and E score at least 35 points .</p>	
<p><b>Learning outcomes of the course unit:</b> Learning outcomes : The student will study the subject in kineziotherapy II clinical fields . gaining theoretical knowledge in a comprehensive cardiovascular rehabilitation in coronary heart disease , conditions after myocardial infarction , hypertension and conditions after the cardiovascular system . Acquires knowledge about the problems of an aging organism with a focus on appropriate physical activity based on age and morbidity .It also acquires the knowledge required to rehabilitative treatment of disorders of the respiratory system and other internal systems (gastrointestinal , endocrine , lymphatic ) . The student is able to formulate objectives and tasks of physiotherapy in patients with RVA cases of respiratory disease , propose and justify selected physiotherapy program .The knowledge can be applied in practice by suitable selection of physiotherapy and its correct application , taking into account the current state of health , age and capacity of the patient . Can formulate physiotherapy goals and propose a comprehensive physiotherapy program using physical therapy .The results of tests performed , kinziotherapy and physical therapy records to the appropriate documentation for physiotherapy process . Virtually controls basic methodology cardio rehabilitation and respiratory physiotherapy .. The goal is to explain the importance of physiotherapy process in medical fields of internal medicine and rheumatology . Translate lessons learned in medical and humanities in physiotherapy in internal medicine and rheumatology.</p>	
<p><b>Course contents:</b></p> <ol style="list-style-type: none"> <li>1. Characteristics of physiotherapy in internal medicine and rheumatology – historical development.</li> <li>2 . The general performance of the body , cardiovascular efficiency.</li> <li>3 . Basic questions cardiovascular rehabilitation.</li> <li>4 . Ischemic heart disease , post myocardial infarction , post heart surgery – rehabilitation.</li> <li>5 . Hypertension and rehabilitation programs.</li> <li>6 . Borg scale .</li> <li>7. Psychosocial aspects of cardiac rehabilitation and geriatric patients.</li> <li>8 . Cardiac function in geriatrics.</li> <li>9 . Physiology and pathophysiology of aging organism.</li> <li>10 . Cardiac function in senile age.</li> <li>11 . Rehabilitation of respiratory diseases .</li> <li>12 . Physiotherapy in diseases of the gastrointestinal tract.</li> <li>13 . Physiotherapy in metabolic and endocrine disorders.</li> </ol>	

- 14 . Physiotherapy in diseases of the lymphatic system.
15. Specifics kinesiotherapeutic process in oncology.
- 16 . Physiotherapy in rheumatic diseases .
- 17 . Physiotherapy in degenerative diseases of joints.
- 18 . Physiotherapy in painful shoulder syndrome .

Exercises :

1. Monitoring the patient's physiological functions ( blood pressure , pulse and respiratory rate, body temperature , calculate the training heart rate ) .
- 2 . The overall objective examination of patients with internal disease organon.
- 3 . Training unit for cardiac patients ( appropriate and inappropriate physical activity ) .
- 4 . Fitness exercise in geriatric identifies two groups ( appropriate and inappropriate physical activity ) .
- 5 . Respiratory physiotherapy ( bronchial hygiene , positional drainage, strengthening respiratory.

**Odporúčaná literatúra:**

1. KOLÁŘ, P., et al.: 2009. Rehabilitace v klinické praxi. Praha: Galén, 2009. 76 s. [ISBN 978-80-7262-657-1](#).
2. GÚTH, A. a kol.: 2011. Vyšetrovacie metodiky v rehabilitácii, Liečreh, Bratislava, 2011.
3. GÚTH, A. a kol.: 2005. Liečené metodiky v rehabilitácii pre fyzioterapeutov. Liečreh Gúth, Bratislava, 2005, ISBN 80-88932-16-5.
4. VÉLE, F.: 2012. Vyšetření hybných funkcí z pohledu neurofyzologie. Triton, 2012, ISBN 97-80-7387-608-1.
5. CHALOUPKA, R. a kol.: 2001. Vybrané kapitoly z LTV v ortopedii a traumatologii. NCO NZO, 2001, ISBN 80-7013-341-4.
6. HROMÁDKOVÁ J.: 2002. Fyzioterapie. H+H Vyšehradská, 2002, ISBN [8086022455](#).
7. LARSEN, Ch., LARSEN, C., HARTELT, O.: 2010. Držení těla, analýza a způsoby zlepšení. Poznání, 2010, ISBN 978-80-86606-93-4.

**Language: Slovak**

**Remarks:**

**Evaluation history:** *Number of evaluated students*

A	B	C	D	E	FX

**Lectures:**MUDr. Miroslav Malay, Mgr. Miroslav Černický

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