

Information sheet for the course Muscle Test I.

University: <i>Alexander Dubček University of Trenčín</i>	
Faculty: <i>Faculty of Health Care</i>	
Course unit code: <i>STI/e</i>	Course unit title: <i>Muscle Test I.</i>
Planned types, learning activities and teaching methods: <i>Lecture: 1 hour weekly/13 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>3</i>	
Recommended semester: <i>1st semester in the 1st year (part-time)</i>	
Degree of study: <i>I (bachelor)</i>	
Course prerequisites: <i>none</i>	
Assessment methods: <i>The student will acquire 50 points per semester:</i> <ul style="list-style-type: none"> - <i>Active participation in lectures and exercises.</i> - <i>Test / oral exam (25 points).</i> - <i>Practical exam (25 points).</i> <i>To obtain the user and must be obtained at least 47 points to get user B at least 43 points on the C rating of at least 39 points to score at least 35 points D and E score at least 30 points.</i>	
Learning outcomes of the course unit: <i>Student studying the subject Muscle Test I have theoretical knowledge in the theory of muscles of the human body and practical skills in the muscle test.</i>	
Course contents: Lectures: <ol style="list-style-type: none"> <i>1. Introduction.</i> <i>2. Muscle.</i> <i>3. General myology (construction of striated muscle, macroscopic shape muscle growth and regeneration of muscle, special myology).</i> <i>4. Muscles of the head (facial muscles, masseter muscles).</i> <i>5. Muscles of the neck.</i> <i>6. trunk muscles (muscles of the back, chest muscles).</i> <i>7. trunk muscles (muscles of the abdomen, pelvic floor muscles).</i> <i>8. Muscles of the upper limb (shoulder muscles).</i> <i>9. Muscles of the upper limb (arm muscles).</i> <i>10. Muscles of the upper limb (forearm muscles).</i> <i>11. Muscles of the upper limb (arm muscles).</i> Exercises: <ol style="list-style-type: none"> <i>1. Introduction to muscle test.</i> <i>2. Levels of muscle strength + base concepts as an agonist, antagonist, synergist.</i> <i>3. Muscle Test for neck flexion and extension.</i> <i>4. Muscle test for flexion and extension of the trunk-muscle test for elevation basin.</i> <i>5. Muscle Test for abduction and adduction of the scapula.</i> <i>6. Muscle Test for elevation and depression of the blade.</i> <i>7. Muscle test for flexion, extension and abduction arm.</i> <i>8. Muscle Test for extrarotáciu and intrarotáciu shoulders.</i> <i>9. Muscle Test for horizontal flexion and extension arm.</i> <i>10. Muscle test for flexion and extension of the elbow.</i> 	

11. Muscle Test for supination and pronation of the forearm.

Recommended of required reading:

1. JANDA, V.: 2004. *Svalové funkční testy*. Praha: Grada, 2004. ISBN 8024707225.
2. KOLÁŘ, P., et al.: 2009. *Rehabilitace v klinické praxi*. Praha: Galén, 2009. 76 p. ISBN 978-80-7262-657-1.
3. GÚTH A. et. al.: 2011. *Vyšetřovací metodiky v rehabilitácii, Liečreh Bratislava, 2011.*
4. GÚTH A.: 2010. *Propedeutika v Rehabilitácii, Liečreh Bratislava 2010*
5. BINOVSÝ, A.: 2013. *Funkčná anatómia pohybového systému*. Bratislava: Univerzita Komenského, *Fakulta telesnej výchovy a športu, 2013. ISBN: 80-223-1380-7.*
6. BINOVSÝ, A.: 2013. *Anatómia pre športovcov I*. Bratislava: Univerzita Komenského, *Fakulta telesnej výchovy a športu, 2013. ISBN - 978-80-223-3303-0.*

Language: *Slovak*

Remarks:

Evaluation history:

A	B	C	D	E	FX

Lectures: *Mgr. Ján Kotyra, PhD.*

Last modification: *22.04.2014*

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