COURSE/SUBJECT UNIT DESCRIPTION

SUBJECT:  PRINCIPLES OF KINESITHERAPY

COURSE 1º

SEMESTER. 2

DEGREE (S): PHYSIOTHERAPY

TYPE OF COURSE: ATTENDANCE REQUIRED

ACADEMIC YEAR 2015/2016

SCHOOL OF MEDICINE
1. COURSE/SUBJECT IDENTITY

1.- COURSE/SUBJECT:

Name: **PRINCIPLES OF KINESITHERAPY**  
Code: **d133**  
Year (s) course is taught: 1\textsuperscript{st}  
Type: compulsory  
Language: **English**  
ECTS of the course: 4  
Type of course: Attendance is required  
Degree (s) in which the course is taught: **Physiotherapy**  
School in which the course is taught: **Medicine**

2.- ORGANIZATION OF THE COURSE:

Department: **Department of Nursing and Physiotherapy**  
Area of knowledge: **Physiotherapy**

2. TEACHING STAFF OF THE COURSE

1.- IDENTITY OF TEACHING STAFF:

<table>
<thead>
<tr>
<th>TEACHER (S)</th>
<th>CONTACT</th>
</tr>
</thead>
</table>
| **Prof. Aitor Martín-Pintado Zugasti**  
*Theoretical and Practices)* | Telephone: 913724700 Ext.: 4835  
e-mail: [martinpintado@ceu.es](mailto:martinpintado@ceu.es)  
Office: 1.05 MED building |

2.- TUTORIAL ACTIVITY:

For any queries students can contact teachers by e-mail, phone or visit their office during the teacher’s tutorial times published on the students’ gateway.

3. COURSE OBJECTIVES

**LEARNING OUTCOMES**

- Describe the principles of kinesiology applicable to kinesitherapy.  
- Use different methods and techniques of passive kinesitherapy in terms of exploration, prevention and treatment of the locomotor system movement alterations.
4. TEACHING METHODOLOGY OF THE COURSE

TRAINING ACTIVITIES

- **Theoretical class**: Theoretical classes prioritize the transmission of information from the teacher, requiring prior preparation or further study of the theme, as well as the participation of students in the reasoned interpretation of knowledge and sources of the study area, always with the assistance of the teacher.

- **Academic tutoring**: Training activity preferably focused on the powers of knowledge acquisition, acquisition of learning skills and communication of knowledge.

- **Classroom practice**: This practical activity, taught in a laboratory, addresses the contents and practical skills. The following learning activities will be developed: working with anatomical models; working in pairs; using instruments or equipment and practice notebook.

- **Work of synthesis**: Mainly skills training focused on correctly interpreting and using information and relevant data, acquisition of learning and knowledge communication skills.
5. ASSESSMENT OF LEARNING

1.- CLASS ATTENDANCE:
In order to complete a continuous evaluation, the students must attend a minimum of 75% of lectures. Attendance checks will be made. Justification of non-attendance will not be accepted since the student is allowed to miss 25% of lectures. Attendance at practical classes is obligatory at 100%.

2.- EVALUATION CRITERIA:

- ORDINARY EXAMINATION. CONTINUOUS ASSESSMENT:
The final mark of the subject will be calculated from the 50% of the theoretical score with the remaining 50% obtained from the practical block. Therefore, as these percentages are applied, it is essential to have passed both parts with a mark equal to or greater than 5.

ORDINARY EVALUATION. CONTINUOUS ASSESSMENT:

Evaluation of the theoretical section:(50%)
The final evaluation of the theoretical block will be calculated by applying the following formula:

\[(\text{Partial Tests} \times 80\%) + (\text{Continuous Evaluation Activity} \times 20\%)
\]

-Partial tests (80%): there will be 2 partial tests of a non-cumulative character. This partial mark will be arrived at by applying the mean.

-Continuous evaluation activity (20%): creation and presentation of work in group.

To apply the above percentages, both partial tests and the CEA must be passed with a minimum score of 5.

Evaluation of the practical section:(50%)
The final evaluation of the practical section will be calculated by applying the following formula:

\[(\text{Practical test} \times 85\%) + (\text{daily assessment} \times 15\%)
\]

To apply the above percentages, the practical exam must be passed with a minimum score of 5.

-Practical test (85%): individual practice test which will be held at the end of the practical period.

-Daily evaluation (15%): will be evaluated in this section on problem solving, questions, attitudes and skills developed throughout the period of practice.

ORDINARY EXAMINATION
In case the subject is not passed in continuous assessment, students must present to the ordinary examination

- Ordinary theoretical test:
Test with the same characteristics as the continuous assessment partials.

- Ordinary practice test:
  - Individual exam with the same characteristics as the continuous assessment test.

The student must present to those parts that were not passed in the continuous assessment.

EXTRAORDINARY EXAMINATION

- Students who fail the subject in the ordinary examination will present for the extraordinary evaluation final exam:
  - Extraordinary theoretical test:
    - The same features as the regular partial type test examination.
  - Extraordinary practice test:
    - Individual review with the same characteristics as the continuous assessment test.

The student must present to those parts that were not passed in the continuous assessment.

DETAIL OF THE TESTS:

- Partial testing of theory: test type, 5 possible answers, only one valid. Each correct question will have a value of 4 points, while each incorrect question will have a negative value of 1 point.
- Practice tests: Individual practical test in which the student will have to use the knowledge acquired during the practical section.
- Presentation the student will orally present the content of the work previously completed.

3.- STUDENTS’ FINAL RESULTS:

<table>
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<tr>
<th>ASSESSMENT PARAMETERS</th>
<th>PERCENTAGE</th>
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<tbody>
<tr>
<td>Partial tests</td>
<td>40%</td>
</tr>
<tr>
<td>Presentation activity</td>
<td>10%</td>
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<tr>
<td>Practical class</td>
<td>42,5%</td>
</tr>
<tr>
<td>Daily assessment</td>
<td>7,5%</td>
</tr>
<tr>
<td>FINAL RESULTS FOR THE COURSE</td>
<td>100%</td>
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</table>

* Students must obtain a score over 5 in both the theoretical and practical tests
### 6. COURSE PROGRAMME

#### 1.- COURSE PROGRAMME:

<table>
<thead>
<tr>
<th>THEORETICAL PROGRAM:</th>
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<tbody>
<tr>
<td>Item 1. Kinesiotherapy principles:</td>
</tr>
<tr>
<td>- Concept and definition.</td>
</tr>
<tr>
<td>- History of kinesiotherapy.</td>
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<tr>
<td>- Classification of kinesiotherapy.</td>
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<tr>
<td>Item 2. Types of methods of passive kinesiotherapy: manual methods: basic principles of the different methods of passive kinesiotherapy: Kaltenborn method.</td>
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<tr>
<td>Item 4. Kinesiology of the hip joint.</td>
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<tr>
<td>Item 5. Kinesiology of the knee joint.</td>
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<tr>
<td>Item 6. Kinesiology of the ankle and foot joints.</td>
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<tr>
<td>Item 7. Kinesiology of the spine.</td>
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<tr>
<td>Item 8. Kinesiology of the shoulder.</td>
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<tr>
<td>Item 10. Kinesiology of the hand and wrist joints.</td>
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<tr>
<th>PRACTICAL PROGRAM:</th>
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<tr>
<td><strong>Topic 1</strong>: Passive kinesiotherapy of Upper limb joints:</td>
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<tr>
<td>- Application of the Kaltenborn method to upper limbs joints.</td>
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<tr>
<td>- Simple and specific analytical mobilizations for upper limbs joints.</td>
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<tr>
<td><strong>Topic 2</strong>: Passive kinesiotherapy of lower limb joints:</td>
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<tr>
<td>- Application of the Kaltenborn method to inferior limb joints</td>
</tr>
<tr>
<td>- Simple and specific analytical mobilizations for inferior limb joints.</td>
</tr>
<tr>
<td><strong>Topic 3</strong>: Passive kinesiotherapy of spinal joints.</td>
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<tr>
<td>- Application of the Kaltenborn method to joints of the spine.</td>
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<tr>
<td>- Application of Sohier method to joints of the spine.</td>
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<tr>
<td>- Application of the POLD method for the spine.</td>
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<tr>
<td><strong>Topic 4</strong>: Passive kinesiotherapy of Sacroiliac joints:</td>
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<tr>
<td>- Simple and specific analytical mobilizations for MMII joints.</td>
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7. RECOMMENDED READING

1. BASIC READING:


2. COMPLEMENTARY READING:


3. USEFUL WEB SOURCES:

USP - CEU. The student portal. www.uspceu.es. All the material needed for the development and coordination of the program of the course will be available through the Student Portal so it should be checked regularly.

USP-CEU. Library. http://www.bibliotecaceu.es. resources web page library of the USP CEU, with access to the book catalog, search engines and EBSCO, OVID, in addition to other databases and electronic journals and Science Direct.

American Physical Therapy Association (APTA): http://www.apta.org/

8. ATTITUDE IN THE CLASSROOM

1. REGULATIONS:

Any irregular act of academic integrity (no reference to cited sources, plagiarism of work or inappropriate use of prohibited information during examinations) or signing the attendance sheet for fellow students not present in class will result in the student not being eligible for continuous assessment and possibly being penalized according to the University regulations.