

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Funkcionalne sposobnosti in gibalna oviranost starostnika
Course title	Functional Abilities and Physical Disability in Older Adults

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Fizioterapija / I. stopnja	Ni smeri študija	3. letnik	6.
Physiotherapy / I st Cycle	No study field	3 rd year	6 th

Vrsta predmeta/Course type modularni/module

Univerzitetna koda predmeta/University course code FTH 3 M3 UN I

Predavanja Lectures	Sem. vaje Tutorial	Kab. vaje Cabinet tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
45		30			75	5

Nosilec predmeta/Lecturer:

Jeziki/ Languages: **Predavanja/Lectures:** slovenski/Slovenian
Vaje/Tutorial: slovenski/Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti: **Prerequisites:**

Vpis v tretji letnik študijskega programa.	A prerequisite for inclusion is enrolment in the third year of study.
--	---

<p>Vsebina:</p> <ul style="list-style-type: none"> • <i>Staranje in starostnik:</i> <ul style="list-style-type: none"> - definicija staranja, - teorije staranja. • <i>Funkcionalne sposobnosti in omejitve starostnika:</i> <ul style="list-style-type: none"> - fiziološke spremembe, - spremljevalne bolezni, - funkcionalne omejitve. • <i>Gibalna oviranost:</i> <ul style="list-style-type: none"> - segmentalna oviranost, 	<p>Content (Syllabus outline):</p> <ul style="list-style-type: none"> • <i>Getting old and older adults:</i> <ul style="list-style-type: none"> - definition of ageing, - theories of aging. • <i>Functional abilities and limitations of older adults:</i> <ul style="list-style-type: none"> - physiological changes, - other diseases, - functional limitations. • <i>Physical disability:</i> <ul style="list-style-type: none"> - segmental disability,
--	---

<ul style="list-style-type: none"> - hoja (normalna hoja, patološke spremembe hoje, pregled in ocena hoje), - ravnotežje in koordinacija, - dnevne aktivnosti. • <i>Padci:</i> <ul style="list-style-type: none"> - vzroki in posledice. • <i>Podporne tehnologije in pripomočki.</i> • <i>Promocija telesne dejavnosti za starostnike.</i> 	<ul style="list-style-type: none"> - walk (normal walk, pathologic changes of walking, overview and assessment of walking), - balance and coordination, - daily activities. • <i>Falls:</i> <ul style="list-style-type: none"> - reasons and consequences. • <i>Support technologies and mobility aids.</i> • <i>Physical activity promotion for older adults.</i>
---	--

Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Guccione, AA. (2012). *Geriatric physical therapy 3rd ed.* St. Louis: Elsevier: Mosby.
- Lebar, C., Tomšič, M. in Ficzkó, J. (2007). *Problemi starostnika pri izvajanju dnevnih aktivnosti v domačem okolju.* V: Celostna obravnava starostnikov. Ljubljana: VŠZ.

Priporočljiva literatura/Recommended literature

- Izbrani članki iz zbornikov znanstvenih srečanj, izbrani članki iz domačih in tujih znanstvenih revij s področja starostnik, staranje, gibalna oviranost, izbrane internetne strani.

Cilji in kompetence:

Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:

- razumevanje fenomena staranja,
- analiza funkcionalnih sposobnosti starostnika,
- ocenjevanje funkcionalnih omejitev lokomotorne sistema,
- ocenjevanje zdravstvenega stanja starostnika,
- oblikovanje fizioterapevtske obravnave,
- poznavanje in uporaba naprav in pripomočkov za izvajanje fizioterapije,
- sposobnost pravilnega svetovanja glede na gibalno oviranost,
- promocija telesne dejavnosti,
- sposobnost vključevanja pacientov v fizioterapevtski program glede na njihovo zdravstveno stanje,
- sposobnost sodelovanja v fizioterapevtskem, interdisciplinarnem in multidisciplinarnem timu,
- sposobnost vedenja, skladno z načeli in principi Kodeksa etike fizioterapevtov SLO.

Objectives and competences:

The learning unit mainly contributes to the development of the following general and specific competences:

- understanding the meaning of getting older,
- functional abilities analysis of older adults,
- assessment of functional limitations of the locomotor system,
- medical state assessment of older adults,
- formation of physiotherapy treatment,
- recognizing and using devices and accessories in physiotherapy,
- capability of correct guidance according to movement limitation,
- promotion of physical activity,
- capability to include patients into a physiotherapy programme which benefits their medical state,
- capability to collaborate in physiotherapeutic, interdisciplinary and multidisciplinary team,

	<ul style="list-style-type: none"> • capability to act in line with principles of the Code of Ethics for Physiotherapists in Slovenia.
--	---

Predvideni študijski rezultati:

Intended learning outcomes:

<p>Študent/študentka:</p> <ul style="list-style-type: none"> • prepozna in razume fiziološke spremembe in spremljevalne bolezni pri starostniku, • pozna funkcionalne omejitve in vzroke pri starostniku, • sposoben je oceniti gibalno oviranost, mobilnost in dnevne aktivnosti starostnika, • prepozna vzroke za gibalno oviranost, • prepozna vzroke in posledice padcev, • pozna podporno tehnologijo in pripomočke za lažjo mobilnost, • sposoben je kritično presoditi uporabo pripomočkov, • sposoben je izbrati določene fizioterapevtske tehnike in jih ustrezno vključiti v fizioterapevtski program, • zna oblikovati programe za promocijo telesne dejavnosti starostnika. 	<p>Students:</p> <ul style="list-style-type: none"> • know the physiological changes and accompanying diseases in older adults, • know functional limitations and their reasons in older adults, • are capable of evaluating physical disability, mobility and daily activities of older adults, • know the reasons for physical disability, • know the reasons and consequences of falls, • know the supporting technology and mobility aids for easier mobility, • are capable of critically assessing the use of mobility aids, • are capable of choosing the right physiotherapy techniques and include them in the right physiotherapy programme, • know how to design programmes for the promotion of physical activity in older adults.
---	--

Metode poučevanja in učenja:

Learning and teaching methods:

<ul style="list-style-type: none"> • <i>predavanja</i> z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov), • <i>kabinetne vaje</i>: demonstracija, metoda praktičnih del, delo v parih, študije primera, razgovor, diskusija, simulacija. 	<ul style="list-style-type: none"> • <i>lectures</i> with active student participation (explanation, discussion, questions, examples, problem solving), • <i>cabinet tutorial</i>: demonstration, method of practical work, work in pairs, case studies, conversation, discussion, simulation.
---	--

Načini ocenjevanja:

Delež (v %)

Weight (in %)

Assessment:

<p>Načini:</p> <ul style="list-style-type: none"> • izpit • kolokvij <p>Ocenjevalna lestvica: ECTS.</p>	<p>80 %</p> <p>20 %</p>	<p>Types:</p> <ul style="list-style-type: none"> • n exam • preliminary exam <p>Grading scheme: ECTS.</p>
---	-------------------------	---