

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Kinezioterapija II
Course title	Kinesiotherapy II

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Fizioterapija / 1. stopnja	Ni smeri študija	2. letnik	3.
Physiotherapy / 1 st Cycle	No study field	2 nd year	3 rd

Vrsta predmeta/Course type obvezni/obligatory

Univerzitetna koda predmeta/University course code FTH 2 UN 4

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

Nosilec predmeta/Lecturer: Nataša Koprivnik, pred.

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

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

Vpis v drugi letnik študijskega programa.	A prerequisite for inclusion is enrolment in the second year of study.
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Vsebina:

<ul style="list-style-type: none"> <i>Kinezioterapija kot del fizikalne in rehabilitacijske medicine.</i> <p>Rehabilitacija na vseh nivojih zdravstvenega varstva. Oblike izvajanja kinezioterapije.</p> <ul style="list-style-type: none"> <i>Ocenjevanje v fizioterapiji in metode spremljanja učinkovitosti kinezioterapije.</i> <p>Postavljanje fizioterapevtske ocene, ciljev, načrtov in dokumentiranje. Ocenjevanje funkcije gibalnega sistema pri različnih populacijah in različnih obolenjih.</p> <ul style="list-style-type: none"> <i>Hrbtenica.</i> <p>Patologija medvretenčnega diska. Patologija mišic. Principi kinezioterapevtske obravnave.</p> <ul style="list-style-type: none"> <i>Rama.</i> 	<p>Content (Syllabus outline):</p> <ul style="list-style-type: none"> <i>Kinesiotherapy as part of physical and rehabilitation medicine.</i> <p>Rehabilitation at all levels of healthcare. Modalities of kinesiotherapy.</p> <ul style="list-style-type: none"> <i>Assessment in physiotherapy and methods of monitoring the effectiveness of kinesiotherapy.</i> <p>Physiotherapy assessment, goals, plans and documentation. Assessment of motor system function in different populations and different conditions.</p> <ul style="list-style-type: none"> <i>Spine.</i> <p>Pathology of the intervertebral disc. Muscle pathology. Principles of kinesiotherapy treatment.</p> <ul style="list-style-type: none"> <i>Shoulder.</i> <p>Structure and function of the shoulder ring. Treatment of pathologies using</p>
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<p>Struktura in funkcija ramenskega obroča. Obravnava patologij s principi kinezioterapevtske obravnave.</p> <ul style="list-style-type: none"> • <i>Komolec.</i> <p>Struktura in funkcija komolca in podlakti. Poškodbe in operativni posegi. Principi kinezioterapevtske obravnave.</p> <ul style="list-style-type: none"> • <i>Zapestje in roka.</i> <p>Struktura in funkcija zapestja in roke. Preobremenitveni sindromi. Principi kinezioterapevtske obravnave.</p> <ul style="list-style-type: none"> • <i>Kolk.</i> <p>Struktura in funkcija kolčne regije. Zlomi in utesnitveni sindromi. Principi kinezioterapevtske obravnave.</p> <ul style="list-style-type: none"> • <i>Koleno.</i> <p>Struktura in funkcija kolenskega sklepa. Ligamentarne poškodbe. Poškodbe meniska. Principi kinezioterapevtske obravnave.</p> <ul style="list-style-type: none"> • <i>Gleženj in stopalo.</i> <p>Struktura in funkcija gležnja in stopala. Ligamentarne poškodbe. Zlomi. Principi kinezioterapevtske obravnave.</p> <ul style="list-style-type: none"> • <i>Vadba z žogo.</i> • <i>Vadba z elastikami.</i> • <i>Komunikacija z drugimi zdravstvenimi delavci v rehabilitacijskem timu.</i> • <i>Delovanje v skladu z etičnim kodeksom.</i> <p><i>Kabinetne vaje:</i> Postopki terapevtskih vadb glede na patologije gibalnega sistema.</p>	<p>kinesiotherapy principles.</p> <ul style="list-style-type: none"> • <i>Elbow.</i> <p>Structure and function of the elbow and forearm. Injuries and surgical interventions. Principles of kinesiotherapy treatment.</p> <ul style="list-style-type: none"> • <i>Wrist and hand.</i> <p>Structure and function of the wrist and hand. Overuse syndromes. Principles of kinesiotherapy treatment.</p> <ul style="list-style-type: none"> • <i>Hip.</i> <p>Structure and function of the hip region. Fractures and compression syndromes. Principles of kinesiotherapy treatment.</p> <ul style="list-style-type: none"> • <i>Knee.</i> <p>Structure and function of the knee joint. Ligamentous injuries. Meniscal injuries. Principles of kinesiotherapy treatment.</p> <ul style="list-style-type: none"> • <i>Ankle and foot.</i> <p>Structure and function of the ankle and foot. Ligamentous injuries. Fractures. Principles of kinesiotherapy treatment.</p> <ul style="list-style-type: none"> • <i>Ball exercise.</i> • <i>Exercise with elastics.</i> • <i>Communication with other health professionals in the rehabilitation team.</i> • <i>Acting in accordance with the code of ethics.</i> <p><i>Cabinet exercises:</i> <i>Therapeutic exercise procedures according to pathologies of the locomotor system.</i></p>
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Kisner, C., Colby, L. A. in Borstad, J. (2018). *Therapeutic exercise. Foundation and Techniques. 7th ed.* Philadelphia: Davis Company.
- Jull, G., Moore, A., Fallam, D., Lewis, J., McCarthy, C. in Streling, M. (2015). *Grieve's Modern Musculoskeletal Physiotherapy, 4th edition.* Edinburgh: Elsevier.
- Rugelj, D. (2014). *Uravnavanje drže, ravnotežja in hotenega gibanja (2. dopolnjena izd., p. II, 111).* Zdravstvena fakulteta.
- Soames, R. and Palastanga, N. (2019). *Anatomy and Human Movement. Structure and Function.* Elsevier.
- Štefančič, M. (2004). *Izbrana poglavja iz fizikalne in rehabilitacijske medicine.* Ljubljana: IRSR.
- Turk, Z., Barovič, J., Jesenšek Papež, B., Čelan, D., Lonžarić, D., Žigon, T., Primožič, B., Sužnik, Z. in Špes, M. (2002). *Fizikalna in rehabilitacijska medicina: skripta za interno uporabo* (p. 144). Visoka zdravstvena šola.
- Turk, Z. (2001). *Fizikalna in rehabilitacijska medicina.* (Skripta za interno

uporabo). Maribor: VZŠ Univerze v Mariboru.

Priporočljiva literatura/Recommended literature

- American College of Sports Medicine. (2021). *ACSM's Guidelines for Exercise Testing and Prescription 11th ed.* Philadelphia: Wolters Kluwer.
- Physical medicine and rehabilitation secrets (3rd ed., str. XLVI, 748). (2008). Mosby/Elsevier.
- Izbrani članki iz zbornikov znanstvenih srečanj, izbrani članki iz domačih in tujih znanstvenih revij s področja fizioterapije, kinezioterapije in izbrane internetne strani.

Cilji in kompetence:

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

- podrobnejše razumevanje delovanja gibalnega sistema, srčno-žilnega in dihalnega sistema,
- razumevanje odzivov organskih sistemov na telesno dejavnost,
- razumevanje vpliva telesne dejavnosti na delovanja organskih sistemov,
- razumevanje delovanja organskih sistemov v izjemnih razmerah,
- sposobnost ocene stanja zdravih posameznikov in pacienta,
- sposobnost načrtovanja, oblikovanja in izvajanja terapevtske vadbe pri populaciji v vseh življenjskih obdobjih in različnih telesnih in zdravstvenih stanjih,
- sposobnost sporazumevanja, dokumentiranja in zagovarjanja informacij, stališč in težav ter rešitev ostalim strokovnim in laičnim sodelavcem.

Objectives and competences:

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

- more detailed understanding of the functioning of the movement, cardiovascular and respiratory system,
- understanding the responses of organic systems to physical activity,
- understanding the impact of physical activity on the functioning of organic systems,
- understanding the functioning of organic systems in exceptional circumstances,
- ability to assess the condition of healthy individuals and patients,
- ability to plan, design and perform therapeutic exercise in population in all life periods and various physical and health conditions,
- ability to communicate, document and defend information, points of view and problems, and solutions to other professionals and laymen.

Predvideni študijski rezultati:

Študent/študentka:

- pozna normalne in patološke zakonitosti, procese in posledice na gibalnem, srčno-žilnem in respiratornem sistemu,
- razume patološke, patofiziološke in morfološke spremembe tkiv gibalnega, srčno-žilnega in dihalnega sistema,
- razvije sposobnost prepoznavanja glavnih simptomov in znakov okvarjenih ali poškodovanih struktur

Intended learning outcomes:

Students:

- know the importance of normal and pathological laws, processes and consequences on the locomotion, cardio-vascular and respiratory system,
- understand pathological, pathophysiological and morphological changes in the tissue of locomotion, cardiovascular and respiratory system,
- develop the ability to identify the main symptoms and signs of impaired or

<p>gibalnega, srčno-žilnega in dihalnega sistema,</p> <ul style="list-style-type: none"> • razvije sposobnost za načrtovanje, sistematičnost, progresijo in kontinuiranost terapevtske vadbe, • se usposobi za kritično presojo, analizo in predvidevanje učinkov telesne vadbe na podlagi z dokazi podprtih študij, • prepozna pomembnost spremljanja novosti in raziskav s področja kinezioterapije in vključevanja izsledkov v rehabilitacijo, • prepozna pomembnost prepoznavanja osebnih in profesionalnih vrednot, pristopov, prepričanij in motivov, • razvije sposobnosti vzpostaviti etični odnos z različnimi ljudmi ki so vključeni v rahabilitacijo. 	<p>damaged structures of the locomotion, cardio-vascular and respiratory system,</p> <ul style="list-style-type: none"> • develops ability for planning, systematization, progression and continuity of therapeutic exercise, • develop critical judgement, analysis and anticipation of therapeutic exercise based on evidence based studies, • recognise the importance of monitoring novelties and researches in the field of kinesiotherapy and integrating findings into rehabilitation, • recognise the importance for recognition of personal and professional values, attitudes, beliefs and motives, • develop skills for an ethical relationship establishment with the various people involved in the rehabilitation.
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Metode poučevanja in učenja:

Learning and teaching methods:

<ul style="list-style-type: none"> • <i>predavanja</i> z aktivno udeležbo študentov, uporaba računalniško podprtih animacij o normalnih in patoloških stanjih sklepov in mehkih tkiv, uporaba anatomskih modelov kosti, sklepov, vezi, mišic, itn. (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, use of computerised animations of normal and pathological states of soft tissue, the use of anatomical models of bones, joints, ligaments, muscles, etc. (explanation, discussion, questions, examples, problem solving). • <i>cabinet tutorial</i>: demonstration, method of practical work, work in pairs, case studies, conversation, discussion, simulation.
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Načini ocenjevanja:

Delež (v %)

Weight (in %)

Assessment:

<p>Način :</p> <ul style="list-style-type: none"> • izpit • kolokvij (kabinetne vaje) <p>Ocenjevalna lestvica: ECTS.</p>	<p>60 %</p> <p>40 %</p>	<p>Types:</p> <ul style="list-style-type: none"> • exam • preliminary exam (cabinet work) <p>Grading scheme: ECTS.</p>
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