



Information about the subject

Degree: Bachelor of Science Degree in Physiotherapy

Faculty: Faculty of Medicine and Health Sciences

Code: 240101 **Name:** Fundamentals of Physiotherapy

Credits: 6,00 **ECTS Year:** 1 **Semester:** 1

Module: MODULE 2: SPECIFIC

Subject Matter: Fundamentals of Physical Therapy **Type:** Compulsory

Field of knowledge: Health Sciences

Department: -

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

241A	<u>Maria Garcia Escudero</u> (Responsible Lecturer)	maria.escudero@ucv.es
	<u>Alvaro Ortiz Lluca</u>	alvaro.ortiz@ucv.es
241Q	<u>Maria Garcia Escudero</u> (Responsible Lecturer)	maria.escudero@ucv.es
	<u>Alvaro Ortiz Lluca</u>	alvaro.ortiz@ucv.es
281DC	<u>Alvaro Ortiz Lluca</u> (Responsible Lecturer)	alvaro.ortiz@ucv.es
	<u>Jaime Gasco Lopez De Lacall</u>	jaime.gascolopez@ucv.es
4701D	<u>Alvaro Ortiz Lluca</u> (Responsible Lecturer)	alvaro.ortiz@ucv.es



Universidad
**Católica de
Valencia**
San Vicente Mártir

Course guide

Year 2023/2024

240101 - Fundamentals of Physiotherapy

4701D Jaime Gasco Lopez De Lacall

jaime.gascolopez@ucv.es





Module organization

MODULE 2: SPECIFIC

Subject Matter	ECTS	Subject	ECTS	Year/semester
Fundamentals of Physical Therapy	6,00	Fundamentals of Physiotherapy	6,00	1/1
Assessment in Physiotherapy	6,00	Assessment in Physiotherapy	6,00	1/2
General Procedures for Intervention in Physiotherapy	12,00	General Procedures of Intervention I	6,00	2/1
		General Procedures of Intervention II	6,00	2/2
Physiotherapy in clinical specialties	6,00	Medical-Surgical Conditions and their Treatments	6,00	2/2
Specific Methods of Intervention in Physical Therapy	30,00	Cardiocirculatory and Respiratory Physiotherapy	6,00	3/1
		Physiotherapy of the Locomotive System I	6,00	2/2
		Physiotherapy of the Locomotive system II	6,00	3/1
		Physiotherapy of the Nervous System	6,00	2/2
		Sports Physiotherapy	6,00	3/1
Kinesitherapy	6,00	Kinesitherapy	6,00	2/1
Legislation, Public Health and Health Administration	12,00	Community Physiotherapy and Public Health	6,00	3/1



Legislation, Public
Health and Health
Administration

Social Morality. Ethics

6,00

4/1

Recommended knowledge

Not required

Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- R1 The student knows the past, present and future of physiotherapy as a profession, as well as learning to develop the different phases of the method of intervention in physiotherapy .
- R2 The student explains the general theory of functioning, disability and health and its international classification (ICF).
- R3 The student is able to assess life-threatening or emergency situations, acquiring skills to apply Basic Life Support.
- R4 The student carries out bibliographical research from different sources and knows how to analyse it with a critical and constructive spirit.
- R5 The student knows the principles of basic physiotherapist interventions such as massage, the application of physical agents and the care of the bedridden patient.
Knows the different physiological effects of therapeutic exercise on the human body .



Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

BASIC		Weighting			
		1	2	3	4
CB1	Students demonstrate knowledge and understanding in an area of study that is at the core of general secondary education, and is often at a level that, while supported by advanced textbooks, also includes some aspects that involve knowledge from the cutting edge of their field of study.		X		
CB2	Students know how to apply their knowledge to their work or vocation in a professional way and possess the skills usually demonstrated by developing and defending arguments and solving problems within their area of study.			X	
CB3	Students have the ability to gather and interpret relevant data (usually within their area of study) to make judgments that include reflection on relevant social, scientific or ethical issues.		X		
CB4	Students can convey information, ideas, problems and solutions to both specialized and non-specialized audiences.			X	
CB5	Students develop those learning skills necessary to undertake further studies with a high degree of autonomy.		X		
SPECIFIC		Weighting			
		1	2	3	4
CE5	Students know the physical bases of the different physical agents and their applications in Physiotherapy.			X	
CE9	Students assimilate theories of communication and interpersonal skills.	X			
CE11	Students identify the factors involved in teamwork and leadership situations.	X			



Year 2023/2024

240101 - Fundamentals of Physiotherapy

x



CT5	Oral and written communication in the native language.	x		
CT6	Information management capacity.		x	
CT7	Computer skills related to the field of study.		x	
CT8	Knowledge of a foreign language.	x		
CT9	Ethical commitment.		x	
CT10	Teamwork.		x	
CT11	Interpersonal relationship skills.		x	
CT12	Work in an interdisciplinary team	x		
CT13	Critical Reasoning		x	
CT14	Work in an international context.	x		
CT15	Recognition of diversity and multiculturalism	x		
CT16	Motivation for quality		x	
CT17	Adaptation to new situations.			x
CT18	Creativity		x	
CT19	Autonomous learning			x
CT20	Initiative and entrepreneurship		x	
CT21	Leadership.		x	
CT22	Knowledge of other cultures and customs	x		
CT23	Sensitivity to environmental issues.	x		



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R4, R5	20,00%	OPEN QUESTIONS: Written exam in which theoretical knowledge and the student's ability to relate, integrate and express it coherently in written language are evaluated. It allows the following generic or transversal skills to be assessed: 4 Capacity for analysis and synthesis. 3 Capacity for organisation and planning. 5 Oral and written communication in the native language. 8 Knowledge of a foreign language. 2 Problem-solving 19 Autonomous learning.
R1, R2, R3, R4, R5	20,00%	TEST TYPE: Multiple choice test with one correct answer out of five possible ones. It allows the student to know in greater detail the contents acquired by him/her. It allows the following generic or transversal competences to be assessed: 2 Problem solving 1 Decision making 13 Critical thinking
R1, R2, R3, R4, R5	0,00%	PRACTICES: Oral test in which the student is asked to solve practical exercises, clinical cases or problems about the knowledge of the different subjects. It assesses the following generic or transversal competences: 4 Analysis and synthesis capacity. 3 Capacity for organisation and planning. 7 IT Knowledge. 6 Information management skills. 2 Problem-solving 1 Decision-making. 13 Critical thinking. 19 Self-directed learning.



R1, R2, R3, R4, R5	10,00%	WORKS: The student, individually or in a group, elaborates a revision or research topic and presents it, in writing, for the evaluation by the teacher. The following generic or transversal competences are valued: 4 Capacity for analysis and synthesis. 3 Capacity for organisation and planning. 7 Computer skills. 6 Information management skills. 10 Teamwork. 14 Working in an international context. 11 Interpersonal skills. 13 Critical thinking. 19 Autonomous learning. 18 Creativity. 21 Leadership. 20 Initiative and entrepreneurship. 16 Motivation for Quality. 70 Maintaining an attitude of learning and improvement. 72 Knowing one's own skills and limitations.
R1, R2, R3, R4, R5	30,00%	PRACTICAL EXAM: The student is faced with a test in which s/he must demonstrate through practical application the acquisition of certain knowledge. For example, histological or anatomopathological diagnosis, image interpretation or diagnostic tests. This test evaluates the following generic or transversal skills: 13 Critical reasoning. 19 Autonomous learning.
R1, R2, R3, R4, R5	10,00%	PRESENTATION: The student develops, through an oral presentation, supported or not by audiovisual means, a subject or work commissioned by the teacher. This is the method of evaluation of the Final Degree's Project. At the end of the presentation, the teacher or the audience can ask questions.
R1, R2, R3, R4, R5	10,00%	ATTENDANCE AND PARTICIPATION IN CLASS: The teacher evaluates the participation, involvement and progression of the student's acquisition of knowledge and skills during the theoretical and practical classes. It will not exceed 5% of the final grade.

Observations

Theoretical assessment: 40%(A+B)

The result of the exam will be the sum of the parts, being able to be done in paper format or in electronic format on the computers of the university according to the decision of the professor

Evaluation of test-type questions(20% of the final grade): It will consist of 20 multiple test-type answer questions and different types of questions may exist:Multiple choice with five answer



alternatives each. Discounting every four wrong one correct question. Complete schemes Draw or identify different structures or procedures B) Evaluation of open questions (20% of the final grade): between 3 and 5 open questions will be asked with practical guidance on the subject matter taught. Practical evaluation. (30% of the final grade).

*To pass the subject it will be mandatory to pass both the theoretic and practical evaluation

MENTION OF DISTINCTION:

According to Article 22 of the Regulations governing the Evaluation and Qualification of UCV Courses, the mention of "Distinction of Honor" may be awarded by the professor responsible for the course to students who have obtained, at least, the qualification of 9 over 10 ("Sobresaliente"). The number of "Distinction of Honor" mentions that may be awarded may not exceed five percent of the number of students included in the same official record, unless this number is lower than 20, in which case only one "Distinction of Honor" may be awarded.

Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- | | |
|-----|---|
| M1 | Master class Problem solving Exposition of contents by the teacher. Explanation of knowledge and skills |
| M2 | Case resolution: Analysis of sample realities - real or simulated - that allow the student to connect theory with practice, to learn from models of reality or to reflect on the processes used in the cases presented. |
| M4 | Personalized attention. Period of instruction and/or guidance by a tutor with the aim of analyzing with the student their work, activities and their evolution in learning the subjects. |
| M5 | Set of tests carried out to know the degree of acquisition of knowledge and skills of the student. |
| M6 | Problem solving and case studies Written work Online activity in the e-learning platform Personal study. Search of information and documentation. |
| M11 | Oral presentation |
| M12 | Group work: Group work sessions supervised by the teacher. Knowledge construction through student interaction and activity. |
| M13 | Production of works or reports |



- M14 Group work to search, discuss and filter information about the subjects
- M15 Seminar, supervised monographic sessions with shared participation
- M16 Student's study: Individual preparation of readings, essays, problem solving, seminars.

IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
Theoretical lessons M1, M4, M11, M12	R1, R2, R3, R4, R5	37,00	1,48
Practice lessons M2, M5, M12	R1, R2, R3, R4, R5	8,00	0,32
Seminar M15	R1, R2	8,00	0,32
Office Hours M4	R1, R2, R3, R4, R5	4,00	0,16
Assessment M5	R1, R2, R3, R4, R5	3,00	0,12
TOTAL		60,00	2,40

LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
Autonomous work M6, M13, M16	R1, R2, R3, R4, R5	70,00	2,80
Group work M12, M14	R1	20,00	0,80
TOTAL		90,00	3,60



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
UNIT II GENERAL THEORY OF OPERATION OF DISABILITY HEALTH AND RELATIONSHIP MULTIDISCIPLINAR	Models of health and disability CIF immobilization Basic emergency procedures
UNIT III Intervention Models in Physical Therapy (MIF)	Introduction to the MIF Interview. Evaluation and registration Treatment Plan I Treatment plan II Treatment Plan III Implementation of the program Massage Therapy
UNIT I.- CONCEPT, EVALUATION AND GROUNDS FOR SCIENCE AND PROFESSION AS PHYSICAL THERAPY	Introduction to Physiotherapy I Introduction to Physiotherapy II Introduction to Physiotherapy III Evidence-Based Physiotherapy
PRACTICES	Principles and basic maneuvers massage. Principles and basic maneuvers massage II. Transfers the patient bedridden Simulation



Temporary organization of learning:

Block of content	Number of sessions	Hours
UNIT II GENERAL THEORY OF OPERATION OF DISABILITY HEALTH AND RELATIONSHIP MULTIDISCIPLINAR	5,00	10,00
UNIT III Intervention Models in Physical Therapy (MIF)	7,00	14,00
UNIT I.- CONCEPT, EVALUATION AND GROUNDS FOR SCIENCE AND PROFESSION AS PHYSICAL THERAPY	10,00	20,00
PRACTICES	8,00	16,00



References

- Alcántara S, Hernández M A, Ortega G, Sanmartin M V. Fundamentos de Fisioterapia. Madrid: Síntesis; 1995.
- Argudo S. Mejorar las búsquedas de información. Barcelona: UOC; 2012.
- Cid Leal P, Perpinyà Morera R. Cómo y dónde buscar fuentes de información. Barcelona: Universitat Autònoma de Barcelona; 2013.
- Cordón García JA, et al. Las nuevas fuentes de información: información y búsqueda documental en el contexto de la web 2.0. 2ª ed. Madrid: Pirámide; 2012.
- Gallego T. Bases Teóricas y Fundamentos de la Fisioterapia. Madrid: Medica Panamericana; 2007.
- González JA. Historia de la Fisioterapia en la Comunidad Valenciana. Il.lustre Col.legi Oficial Fisioterapeutes de la Comunitat Valenciana
- Harrison principios de medicina interna. 15ª ed. Madrid: McGraw - Hill Interamericana; 2002
- Hernández García MA, editor. Fundamentos en Fisioterapia. Madrid: Síntesis; 1998.
- Igual C, Muñoz E, Aramburu C. Fisioterapia General: Cinesiterapia. Madrid: Síntesis; 2003.
- Jiménez J, Argimón JM, Martín A, Vilardell M. Publicación Científica Biomédica: cómo escribir y publicar un artículo de investigación. Barcelona: Elsevier; 2010.
- Kielhofner G. 3ª ed. Fundamentos conceptuales de la Terapia Ocupacional. Buenos aires: Médica Panamericana; 2006.
- Mosby Diccionario de Medicina. 6ª ed. Barcelona: Elsevier; 2003.
- Paul Dotte. Método de movilización de los pacientes. 8ª ed. Barcelona: Elsevier Masson; 2010.
- Rebollo Roldán J, García Pérez R. La investigación en Fisioterapia. En: Gallego Izquierdo T. Bases teóricas y fundamentos de la Fisioterapia. Madrid: Médica Panamericana; 2007. p. 105-163.

Supplementary bibliography:

- Real Academia Española [sede Web]. Madrid: Real Academia Española; 2001- [actualizada el 1 de julio de 2018; acceso 8 de julio de 2018]. Disponible en: www.rae.es
- World Confederation for Physical Therapy [sede Web]. London: World Confederation for Physical Therapy; 2018 [actualizada el 1 de julio de 2018; acceso 8 de julio de 2018]. Disponible en: www.wcpt.org
- Any database platform available on the UCV: Medline, EbscoHost platform, Web of Science, Physiotherapy Evidence Database (PEDro), bibliographic reference manager Mendeley.