



## Information about the subject

**Degree:** Bachelor of Science Degree in Physiotherapy

**Faculty:** Faculty of Medicine and Health Sciences

**Code:** 240102 **Name:** General Procedures of Intervention I

**Credits:** 6,00 **ECTS Year:** 2 **Semester:** 1

**Module:** MODULE 2: SPECIFIC

**Subject Matter:** General Procedures for Intervention in Physiotherapy **Type:** Compulsory

**Field of knowledge:** Health Sciences

**Department:** -

**Type of learning:** Classroom-based learning

**Languages in which it is taught:** Spanish

### Lecturer/-s:

242A	<u>Eloy Jaenada Carrilero</u> ( <b>Responsible Lecturer</b> )	eloy.jaenada@ucv.es
	<u>Catalina Maria Roser Mas</u>	cm.roser@ucv.es
242Q	<u>Eloy Jaenada Carrilero</u> ( <b>Responsible Lecturer</b> )	eloy.jaenada@ucv.es
	<u>Catalina Maria Roser Mas</u>	cm.roser@ucv.es
282DC	<u>Eloy Jaenada Carrilero</u> ( <b>Responsible Lecturer</b> )	eloy.jaenada@ucv.es
	<u>Catalina Maria Roser Mas</u>	cm.roser@ucv.es
473DF	<u>Eloy Jaenada Carrilero</u> ( <b>Responsible Lecturer</b> )	eloy.jaenada@ucv.es



Universidad  
**Católica de  
Valencia**  
San Vicente Mártir

## Course guide

Year 2023/2024

240102 - General Procedures of Intervention I

473DF

Catalina Maria Roser Mas

cm.roser@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

It has not established.

## 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 Knows, reasons and uses correctly the different physical and manual therapies.
- R2 The student is able to integrate the physical foundations with the physiological effects and their therapeutic application.
- R3 Knows the different physiological effects on the human body of the different physical and manual therapies.
- R4 Knows the indications, contraindications and precautions of the different physical and manual therapies.
- R5 The student is able to interrelate the different physical and manual therapies.
- R6 Looks for bibliographical information from different sources and knows how to analyze it with a critical and constructive spirit.
- R7 The student is able to write a comprehensible text, organized on topics related to physiotherapy and work in a group.
- R8 Knows the different physiological effects of therapeutic exercise on the human body.
- R9 The student is able to integrate the fundamentals of force planning in physiotherapy.
- R10 Performs the skills of massage therapy as an essential working tool for the physiotherapist.



## 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		
GENERAL		Weighting			
		1	2	3	4
CG1	Students know the methods, procedures and physiotherapeutic actions, for the free exercise of the profession.	X			
CG3	Correct application of therapeutics in re-education and functional recovery.	X			
SPECIFIC		Weighting			
		1	2	3	4



## Year 2023/2024

## 240102 - General Procedures of Intervention I

TRANSVERSAL		Weighting			
		1	2	3	4
CT1	Decision-making		X		
CT2	Problem solving.		X		
CT3	Capacity for organization and planning.		X		
CT4	Analysis and synthesis capacity.	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, R8, R9	15,00%	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, R8, R9	30,00%	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, R10	10,00%	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.





R2, R3, R6, R7	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, R6, R7, R8, R9	5,00%	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

Evaluation criteria:

First call

1. Theoretical evaluation: 45%,

The mid-term exam will account for 15% of the mark and the final exam for 30%.

Partial exam 15%.

It will consist of a multiple-choice test with a value of 10% (final mark) and a developmental test with a value of 5% (final mark).

A) Theoretical Partial Test (10% of the final mark): It will consist of multiple choice questions with different types of questions:

- Multiple choice with five alternative answers each. Every four wrong answers will be discounted by one correct question.

- Complete diagrams.



-Drawing or identifying different structures or procedures.

B) Evaluation open questions partial exam (5% of the final mark): between 3 and 5 open questions with a practical orientation on the subject taught will be asked.

\*The result of the exam will be the sum of the parts, which can be done in paper format or in electronic format on the university computers according to the professor's decision, this exam does not free up material for the final exam.

Final exam 30%.

A) Theoretical final test (20% of the final grade): It will consist of multiple choice multiple-choice questions and there may be different types of questions:

-Multiple choice with five alternative answers each. Every four wrong answers will be discounted by one correct question.

-Complete diagrams.

-Drawing or identifying different structures or procedures.

B) Assessment of open questions (10% of the final mark): between 3 and 5 open questions with a practical orientation on the subject taught will be asked.

\*The result of the exam will be the sum of the parts, and can be taken in paper format or in electronic format on the university computers, according to the professor's decision.

Important: in order to be able to sit the practical exam, the student must pass the theoretical part of the evaluation with more than 50%.

Individual and/or group work (10% of the final mark).

Critical analysis of a book 5% of the mark. After the reading, a summary of part of the book, a list of questions and a debate in class will be carried out.

Analysis of scientific articles 5% of the mark A group portfolio will be made on 2 scientific articles related to the contents of the subject.

Late papers will not be accepted.

3. Attendance (5% of the final grade)

-Attendance to the practical sessions is compulsory and it is not possible to pass in the first call if 80% of the practical sessions and seminars have not been attended.

-Attendance to the classes is recommended and represents 3% of the grade. If the class is online, you must activate the camera at all times and be able to answer the teacher's questions, otherwise it will count as an absence.

-Attendance to extracurricular activities (not compulsory) will be valued with 2% of the mark with the aim of improving the integral formation of the students, these activities may be:

-Participation in seminars of the guidance service at least 3.

-Participation in the activities of the sports service (at least one term).

-Participation in the activities of the voluntary school.

-Participation in research studies.

-Other activities which, in the teacher's opinion, represent important learning for personal and professional development.

4. Practical exam. (40% of the final mark).

Clinical case (10%) The student will use a clinical case to put into practice all the knowledge of the



different techniques studied in order to solve the case.

Practical exam (30%)

After solving the clinical case, the student will perform one or more practical manoeuvres that will be evaluated by means of a rubric available on the platform.

\*If the practical exam is failed, the theoretical assessment does not have to be repeated.

B) Second call.

The value of the exam is 45%, being the type test (15%) and the development questions (30%) the mark of the partial exam is not kept.

The percentage of point 2 Individual and/or group work and attendance (10% of the final mark) is kept from the first exam. However, neither the group work nor the attendance can be handed in if they were not done within the corresponding deadlines.

## EVALUATION CRITERIA FOR THE SECOND AND SUBSEQUENT ENROLMENTS

Six compulsory face-to-face tutorials will be held, and students will not be able to attend the first sitting if they do not attend at least 4 sessions.

The percentages of marks are similar to the evaluation of 1st registration, all points being compulsory.

Attendance to theory classes is recommended as well as contacting the teacher the first week of class.

## CRITERIA FOR THE AWARDING OF HONOURS:

Explain specific criteria indicated for the subject and faculty to which the degree is attached and in accordance with the general regulations that indicate that

## 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.
- M7 Discussion and problem solving.
- M11 Oral presentation
- M12 Group work: Group work sessions supervised by the teacher. Knowledge construction through student interaction and activity.
- 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, M2, M5, M7, M16	R1, R2, R3, R4, R5, R6, R7, R8, R9	42,00	1,68
Practice lessons M2, M5, M7, M11, M15	R1, R2, R3, R4, R5, R8, R9, R10	10,00	0,40
Seminar M4, M7, M11, M15	R6, R7	2,00	0,08
Office Hours M4	R1, R2, R3, R4, R5, R6, R7	4,00	0,16
Assessment M2, M5, M7, M14, M16	R1, R2, R3, R4, R5, R6, R7, R8, R9, R10	4,00	0,16
<b>TOTAL</b>		<b>62,00</b>	<b>2,48</b>

## LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
Autonomous work M4, M7, M12, M15, M16	R2, R3, R4, R5, R6, R7, R8	65,00	2,60
Group work M12, M14, M15, M16	R6, R7	23,00	0,92
<b>TOTAL</b>		<b>88,00</b>	<b>3,52</b>



## Description of the contents

Description of the necessary contents to acquire the learning outcomes.

### Theoretical contents:

Content block	Contents
UNIT 1 Introduction to physical agents	Topic 1. Clinical reasoning in the use of PA Topic 2. PA in pain Topic 3. PA in mobility Topic 4. AF in the physiology of tissue healing
UNIT 2: Natural PA	Topic 5. Cryotherapy Topic 6. Thermotherapy Topic 7. Vibrotherapy, phototherapy, pressotherapy Topic 8 Aquatic therapy Topic 9. Thalassotherapy, climatotherapy, balneotherapy
UNIT 3. Massage Therapy	AF in tissue regeneration, functional needs of people.
UNIT 4. Seminar	Seminar 1. Integration of PAs in the intervention program
UNIT 5. Therapeutic exercise	Topic 11. Therapeutic exercise I. Topic 12. Therapeutic exercise II.
UNIT 6. PRACTICES	Practice 1. Lymphatic drainage Practice 2. Cryotherapy and Thermotherapy Practice 3. Massage therapy Practice 4. Therapeutic Exercise Practice 5. Aquatic therapy
Tutorships	Face-to-face or online individual or group tutorships
Evaluation	Theoric exam Practice exam



## Temporary organization of learning:

Block of content	Number of sessions	Hours
UNIT 1 Introduction to physical agents	8,00	16,00
UNIT 2: Natural PA	5,00	10,00
UNIT 3. Massage Therapy	2,00	4,00
UNIT 4. Seminar	1,00	2,00
UNIT 5. Therapeutic exercise	6,00	12,00
UNIT 6. PRACTICES	5,00	10,00
Tutorships	2,00	4,00
Evaluation	2,00	4,00



## References

- Cook J, Rodas G, McCall A, Pruna R, Kennedy R, Til LI. Tendon injuries in football players. Futbol Club Barcelona Tendon Guide 2021
- Butler D. Explicando el dolor. 2ª edición. Noigroup. 2016
- Güeita J, Fraile MA, Fernández de las Peñas C. Terapia acuática. 1º Ed. Barcelona: Elsevier; 2015.
- Selkowitz DM. Observations and recommendations on the investigation of clinical decision-making and usage involving electrophysical agents. Isr J Health Policy Res . 2015 Feb 1 [cited 2021 Sep 3];4(1):54.
- Cabello MA, Gallut AJM. Procedimientos generales de fisioterapia + StudentConsult en español: Práctica basada en la evidencia Elsevier Health Sciences Spain; 2012.
- Frederic Vinyes. La linfa y su drenaje manual. 1º ed. Barcelona: RBA libros; 2012.
- Torres R. La columna cervical: evaluación clínica y sus aproximaciones terapéuticas. Madrid. Ed. Panamericana. 2010.
- Michelle H. Cameron, Michelle Cameron. Agentes Físicos en Rehabilitación. 3ºed. España: Elsevier; 2009.
- Torres M, Salvat I. Guía de masoterapia para fisioterapeutas. 1ªEd. Madrid: Ed Panamericana; 2006.
- Eduard Villar, Sergi Sureda. Fisioterapia del aparato locomotor. 1ºed. Madrid: Mc Graw Hill; 2005.
- Plaja J. Analgesia por medios físicos. Madrid. Mc Graw-Hill. 2003
- Martinez Morrillo M. Manual de medicina física. Harcourt B. Barcelona; 1998.





## Addendum to the Course Guide of the Subject

Due to the exceptional situation caused by the health crisis of the COVID-19 and taking into account the security measures related to the development of the educational activity in the Higher Education Institution teaching area, the following changes have been made in the guide of the subject to ensure that Students achieve their learning outcomes of the Subject.

**Situation 1: Teaching without limited capacity** (when the number of enrolled students is lower than the allowed capacity in classroom, according to the security measures taken).

In this case, no changes are made in the guide of the subject.

**Situation 2: Teaching with limited capacity** (when the number of enrolled students is higher than the allowed capacity in classroom, according to the security measures taken).

In this case, the following changes are made:

### 1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject will be made through a simultaneous teaching method combining onsite teaching in the classroom and synchronous online teaching. Students will be able to attend classes onsite or to attend them online through the telematic tools provided by the university (videoconferences). In any case, students who attend classes onsite and who attend them by videoconference will rotate periodically.

In the particular case of this subject, these videoconferences will be made through:

☒ Microsoft Teams

☐ Kaltura



## **Situation 3: Confinement due to a new State of Alarm.**

In this case, the following changes are made:

### **1. Educational Activities of Onsite Work:**

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject, as well as the group and personalized tutoring, will be done with the telematic tools provided by the University, through:

☒ Microsoft Teams

☐ Kaltura

Explanation about the practical sessions:

The teacher will facilitate the acquisition of practical skills as much as possible



## 2. System for Assessing the Acquisition of the competences and Assessment System

### ONSITE WORK

#### Regarding the Assessment Tools:

☒ The Assessment Tools will not be modified. If onsite assessment is not possible, it will be done online through the UCVnet Campus.

☐ The following changes will be made to adapt the subject's assessment to the online teaching.

Course guide		Adaptation	
Assessment tool	Allocated percentage	Description of the suggested changes	Platform to be used

The other Assessment Tools will not be modified with regards to what is indicated in the Course Guide.

#### Comments to the Assessment System:

No observations