

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Health	
<b>Course code:</b> KFYZIO/54F1004W/17	<b>Course title:</b> Methods of Kinesiotherapy 1
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 / 2 <b>hours per semester:</b> 12 / 24 <b>Teaching method:</b> on-site (distance method according to the document Príkaz rektora P-8/2020 since 15. 10. 2020)	
<b>Credits:</b> 4	
<b>Recommended semester/trimester:</b> 1.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> The control of self-study takes place by assigning and elaborating the semester work and its presentation, it forms 10% of the evaluation in the final evaluation of the subject. During the semester: there will be two written examinations in practice classes and two oral examinations in practice. To participate in the exam, it is necessary to obtain 60% of the examinations Final evaluation: will be based on the total number of points obtained from the examinations and the oral exam. Course evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% FX – 59%- 0%	
<b>Learning outcomes of the course:</b> <b>Objective of the course:</b> Demonstrate a thorough knowledge of the nature and principles of methods and techniques. Practically demonstrate special methods and methodologies of kinesiotherapy. <b>Theoretical knowledge:</b> The student demonstrates knowledge about the nature and principles of methods and techniques, the suitability of their use. <b>Practical skills:</b> The student practically demonstrates special methods and methodologies of kinesiotherapy in clinical exercises.	
<b>Course contents:</b> <b>Lectures:</b> 1. Theoretical bases of kinesiotherapy 2. Basic concepts in kinesiology	

<p>3. Basic elements of kinesiotherapy- movement, types of movements</p> <p>4. Positioning</p> <p>5. Vascular gymnastic and vascular training</p> <p>6. Breathing gymnastic</p> <p>7. Relaxation techniques</p> <p>8. Strength training, the muscles with a tendency to weaken</p> <p>9. Relaxation exercises, the muscles with a tendency to shorten</p> <p>10. Exercise unit, individual and group exercises.</p> <p>11. Structure of a treatment program</p> <p>12. Exercise equipments</p> <p>Exercises:</p> <p>1.-2. Differentiation of muscles according to function with training of their involvement in movement.</p> <p>2.-4. Training in types of muscle contraction.</p> <p>5.-6. Guidance and fixation of movement. Distinguishing types of motion.</p> <p>7.-8. Positioning in four basic positions - lying on your back, lying on your stomach, lying on your side, half-sitting.</p> <p>9.-10. Set of vascular gymnastics exercises and vascular training.</p> <p>11.-12. Static, dynamic and mobilizing breathing gymnastics.</p> <p>13.-14. Application of relaxation exercises - Schultz autogenous training, Jacobson relaxation</p> <p>15.-16. Use of forms of strengthening exercises for weakened muscles.</p> <p>17.-18. Use of forms of relaxation exercises for shortened muscles.</p> <p>19.-20. Individual and group exercises with the application of the set of the exercise unit.</p> <p>21.-22. Set of short-term and long-term treatment program.</p> <p>23.-24. Use of aids in exercise, defining their function.</p>												
<p><b>Recommended or required literature:</b></p> <p>1. GÚTH, A. a kol.: Vyšetrovacie metodiky v rehabilitácii pre fyzioterapeutov, LIEČREH GÚTH, Bratislava.</p> <p>2. GÚTH, A. a kol.: Liečebné metodiky v rehabilitácii pre fyzioterapeutov, LIEČREH GÚTH, BRATISLAVA.</p> <p>3. KOCIOVÁ, K. a kol. : Základy fyzioterapie, Osveta, 2013.</p> <p>4. KOLÁŘ, P. : Rehabilitace v klinické praxi, Galen, Praha 2010.</p>												
<p><b>Language of instruction:</b> Slovak language</p>												
<p><b>Notes:</b> The subject is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.</p>												
<p><b>Course evaluation:</b> Assessed students in total: 132</p> <table border="1"> <thead> <tr> <th>A</th> <th>B</th> <th>C</th> <th>D</th> <th>E</th> <th>FX</th> </tr> </thead> <tbody> <tr> <td>48.48</td> <td>35.61</td> <td>10.61</td> <td>3.79</td> <td>1.52</td> <td>0.0</td> </tr> </tbody> </table>	A	B	C	D	E	FX	48.48	35.61	10.61	3.79	1.52	0.0
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<p><b>Name of lecturer(s):</b> Mgr. Ivana Aštaryová, PhD.</p>												
<p><b>Last modification:</b> 25.11.2020</p>												
<p><b>Supervisor(s):</b> doc. PhDr. Zuzana Hudáková, PhD.</p>												