



IDENTIFYING DATA

(*)Exercicio terapéutico no tratamento de enfermidades neurodexenerativas e na diversidade funcional

Subject	(*)Exercicio terapéutico no tratamento de enfermidades neurodexenerativas e na diversidade funcional			
Code	P05M191V01107			
Study programme	Máster Universitario en Ejercicio terapéutico en fisioterapia			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	3	Mandatory	1st	1st
Teaching language	Spanish Galician			
Department				
Coordinator	González González, Yoana			
Lecturers	González González, Yoana Monge Pereira, Esther			
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General description	(*)Esta materia está enfocada ó aprendizaxe dos coñecementos teórico-prácticos que debe de ter un fisioterapeuta especializado en implementar programas de exercicio terapéutico en persoas que padecen as consecuencias dunha disfunción do sistema neuromusculoesquelético. Abordaranse os beneficios da práctica adecuada de exercicio terapéutico naqueles pacientes con disfuncións neuromusculoesqueléticas, xa que para que ésta sea beneficiosa, debe estar axustada ás capacidades da persoa, respetando as súas limitacións e favorecendo a súa funcionalidade. Para iso, os estudantes adquirirán a formación e o coñecemento que lles permita valorar o estado do paciente e lles permita propor o exercicio axustado ó seu nivel funcional, tendo en conta aquelas prácticas de exercicio que poidan ser contraproducentes. Ademais, adquirirán competencias para guiar a práctica de exercicio terapéutico.			

Skills

Code	
A2	That the students know how to apply the knowledge acquired and their ability to solve problems in new or little-known environments within broader (or multidisciplinary) contexts related to their area of study.
A3	That the students are able to integrate knowledge and face the complexity of formulating judgments based on information that, being incomplete or limited, includes reflections on the social and ethical responsibilities linked to the application of their knowledge and judgments.
B1	Know how to work in teams that are structured in a uni or multidisciplinary and interdisciplinary way as a professional specialized in Therapeutic Exercise in Physiotherapy.
C10	Design and apply therapeutic exercise programs in the prevention and treatment of pathologies or musculoskeletal, cardiovascular, respiratory, endocrine, neurodegenerative diseases, in urogynecological and obstetric dysfunctions, and oncological processes.
C11	Adapt therapeutic exercise sessions based on the characteristics of the patient, the pathology and the environment.
C12	Apply a protocol for measuring the functional capacity of patients based on their characteristics, as well as the pathology in the different areas of specialization.
D1	Ability to understand the meaning and application of the gender perspective in the different fields of knowledge and in professional practice with the aim of achieving a fairer and more equal society.
D5	Recognition of diversity and multiculturalism.
D6	Creativity, entrepreneurial spirit and adaptation to new situations.
D8	Maintain an attitude of learning and improvement.

Learning outcomes	
Expected results from this subject	Training and Learning Results
New	A3 C11 C12
New	A2 A3 B1 C10 C11 D1 D5 D6 D8

Contents	
Topic	
(*)Valoración funcional.	(*)Coñecer a importancia clínica da avaliación funcional do paciente con trastornos neuromusculares.
(*)Medición estandarizada das capacidades funcionais.	(*)Utilizar a avaliación funcional como unha ferramenta útil para adecuar o exercicio terapéutico ó estado funcional do paciente. Utilizar a avaliación funcional para analizar a evolución do paciente que practica exercicio terapéutico.
(*)Consideracións de problemáticas específicas de cada enfermidade neurodegenerativa.	(*)Consideracións a ter en conta ó implementar programas de exercicio terapéutico tras ictus, traumatismos craneoencefálicos, lesións medulares, etc.
(*)Desenvolvemento de programas específicos de exercicio terapéutico según trastornos específicos.	(*)Diseño e aplicación de programas específicos de exercicio terapéutico según o obxectivo terapéutico planteado.

Planning			
	Class hours	Hours outside the classroom	Total hours
Introductory activities	1	0	1
Lecturing	6	12	18
Laboratory practical	15	24	39
Presentation	1	2	3
Essay	1	7	8
Portfolio / dossier	1	5	6

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies	
	Description
Introductory activities	They will indicate the guidelines of the methodologies that will owe to develop the students during the realisation of the matter.
Lecturing	Participatory theoretical classes employing studies of cases and previous study
Laboratory practical	Demonstration by part of the lecturers of the contents and participation of the students resolving the exercises of study of cases proposed
Presentation	The students presents the work of the matter

Personalized assistance	
Tests	Description
Essay	It will make the follow-up of the work and will give to know to the students the criteria of evaluation that will take into account for the evaluation of the even.
Portfolio / dossier	It will give answer to the queries made by the students on his dossier and will give to know the criteria of evaluation that will take into account for the evaluation of the even.

Assessment				
	Description	Qualification	Training and Learning Results	
Essay	(*)Evaluarase a presentación e defensa do traballo.	50	A2 A3	D1 D5 D6 D8

Other comments on the Evaluation

Sources of information

Basic Bibliography

Marta Bisbe Gutiérrez, Carmen Santoyo Medina, Vicenç Tomàs Segarra i Vidal., **Fisioterapia en Neurología: Procedimientos para restablecer la capacidad funcional.**, 9788498353068, Medica Panamericana, 2012

Rodríguez, M^a & Cano de la Cuerda, Roberto & Collado-Vazquez, Susana & Casas, Patricia, **Apps en neurorrehabilitación**, 978-84-9085-727-4, Dykinson, 2016

Kisner y Colby, **Ejercicio Terapéutico: Fundamentos y técnicas**, 978-9500600965, Editorial Medica Panamericana, 2010

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Marta Bisbe Gutiérrez, Carmen Santoyo Medina, **Fisioterapia en neurologia: Procedimientos para restablecer la capacidad funcional**, 8491105573, Médica Panamericana, 2021

Complementary Bibliography

Roberto Cano de la Cuerda, Rosa M^a Martínez Piédrola, Juan Carlos Miangolarra Page, **Control y Aprendizaje Motor**, 9788491105374, Medica Panamericana, 2015

Roberto Cano de la Cuerda, Susana Collado Vázquez., **Neurorrehabilitación: Métodos específicos de valoración y tratamiento**, 9788491104070, Medica Panamericana, 2012

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Duane E. Haines, Gregory A. Mihailoff, **Principios de neurociencia - 5^a edición: Aplicaciones básicas y clínicas**, 8491133429, Elsevier, 2019

Recommendations
