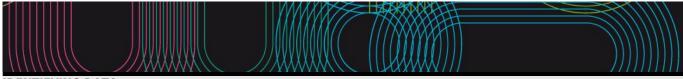
Universida_{de}Vigo

Subject Guide 2022 / 2023



IDENTIFYING DATA

(*)Exercicio terapéutico no tratamento de patoloxía musculoesquelética e recuperación do deportista

Subject (*)Exercicio terapéutico no tratamento de

> patoloxía musculoesquelética e recuperación do deportista

Code P05M191V01105 Study Máster Universitario

programme en Ejercicio terapéutico en fisioterapia

Descriptors ECTS Credits Choose Year Quadmester
3 Mandatory 1st 1st

Teaching Spanish language Galician Department

Coordinator Justo Cousiño, Lorenzo Antonio

Lecturers Justo Cousiño, Lorenzo Antonio E-mail lorenzo.justo@uvigo.es

Web

General Mandatory subject of 3 credits in the that will board the pathologies but frequent in the sportsmen and the description treatment by means of therapeutic exercise for his recovery

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.
- B2 Incorporate the ethical and legal principles of the physiotherapist profession into professional practice, as well as integrate social and community aspects in decision-making in interventions focused on Therapeutic Exercise in Physiotherapy.
- C9 Understand the complexity of the effects of therapeutic exercise at the cardiovascular, respiratory, endocrine, neurological and skeletal muscle levels in different population groups.
- 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.
- C13 Design, execute and direct injury prevention and recovery programs for athletes based on therapeutic exercise.
- D3 Sustainability and environmental commitment. Equitable, responsible and efficient use of resources.
- D7 Develop leadership and organization skills.
- D8 Maintain an attitude of learning and improvement.

Learning outcomes	
Expected results from this subject	Training and Learning Results

Know all the appearances related with the therapeutic exercise in musculoskeletal pathologies.	A2
	B2
	C9
	D3
Know design programs of therapeutic exercise in musculoskeletal pathologies.	A2
	A3
	B1
	C10
	C11
	C12
	D8
Design programs of therapeutic exercise oriented to the sporty: prevention and recovery.	A3
	B2
	C10
	C13
	D7

Contents	
Topic	
- Therapeutic exercise and alterations of the	-
spine.	
- Exercises in different clinical specialitys related	-
with the musculoskeletal system.	
- Therapeutic exercise in the injuries	•
musculoskeletal	
-Recovery of the sporty and prevention of injuries	;-

Planning			
	Class hours	Hours outside the classroom	Total hours
Introductory activities	1	0	1
Lecturing	6	19	25
Laboratory practical	8	19	27
Portfolio / dossier	0	4	4
Systematic observation	8	0	8
Essay	1	9	10

^{*}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	Activity directed the presentation of the subject as well as gather information of the students
Lecturing	Exhibition of the contents by part of the/the educational. Theoretical classes-participatory where
	boost the active participation of the students.
Laboratory practical	Collaborative activities and of resolution of problems

Methodologies	Description
Introductory activities	The personalised attention will be centred in the resolution of doubts that can have the students ir relation to organisation of the subject
Lecturing	The personalised attention will be centred in the resolution of doubts that can have the students in relation with the subject through tutorship face-to-face, email and/or remote campus.
Laboratory practical	The personalised attention will be centred in the resolution of doubts that can have the students in relation to the practical contents of collective or/individual way of face-to-face way or through the remote campus
Tests	Description
Essay	The personalised attention will be centred in the resolution of doubts that can have the students in relation to the work.

Assessment					
	Description	Qualification		g and Le Results	arning
Portfolio / dossier	(*)O alumnado terá que elaborar un cartafol das sesións prácticas	20	B2	C10 C12	D3

Systematic observation	(*)O alumnado será avaliado nas actividades que se propoñan nas sesións prácticas e teóricas	20	A2	B1	C9 C10 C11 C12 C13	D7 D8
Essay	(*)O alumnado realizará o traballo proposto polo docente	60	A2 A3	B2	C9 C10 C11 C13	D3 D7

Other comments on the Evaluation

Sources of information

Basic Bibliography

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Complementary Bibliography

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https://doi.org/10.1016/j.math.2016.03.009, Manual Therapy, 2016

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Recommendations