



## IDENTIFYING DATA

### (\*)Fundamentos do exercicio terapéutico e deseño de programas

Subject	(*)Fundamentos do exercicio terapéutico e deseño de programas			
Code	P05M191V01102			
Study programme	Máster Universitario en Ejercicio terapéutico en fisioterapia			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	3	Mandatory	1st	1st
Teaching language	Spanish			
Department				
Coordinator	Abalo Núñez, María del Rocío			
Lecturers	Abalo Núñez, María del Rocío Martín Orive, Francisco José			
E-mail	rocioabalo@uvigo.es			
Web				
General description	With this subject the students will learn to design and schedule a program of therapeutic exercise in different populations and contexts			

## Training and Learning Results

Code	
A1	Possess and understand knowledge that provides a foundation or opportunity to be original in the development and/or application of ideas, often in a research context.
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.
A4	That the students know how to communicate their conclusions and the knowledge and ultimate reasons that support them to specialized and non-specialized audiences in a clear and unambiguous way.
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.
B3	Transmit information in a clear way to the users of the health system, as well as with other professionals.
B6	Develop learning skills that allow them to continue studying in a way that will be largely self-directed or autonomous.
C4	Analyze, program and apply movement as a therapeutic measure, promoting the participation of the patient/user in the process.
C6	Ability to solve problems in new and imprecisely defined environments to identify the most appropriate treatment based on therapeutic exercise in the different processes of alteration, prevention and health promotion, as well as integration with other professionals for the benefit of health of the patient/user.
C11	Adapt therapeutic exercise sessions based on the characteristics of the patient, the pathology and the environment.
D2	Ability to communicate orally and in writing in the Galician language.
D8	Maintain an attitude of learning and improvement.

## Expected results from this subject

Expected results from this subject	Training and Learning Results
Know all the appearances related with the therapeutic exercise	A4 B3 D8

Know design programs of therapeutic exercise	A1 A2 B2 B3 C4 C11 D2
Adapt the exercises to the person in function of the previous evaluations	A1 B6 C4 C6 C11 D2 D8

## Contents

Topic	
- Bases of the therapeutic exercise	-
- Design of a program of therapeutic exercise	-
- Therapeutic exercise and physical capacities	-
- Evaluation of the patient	-
- Control engine and therapeutic exercise	-

## Planning

	Class hours	Hours outside the classroom	Total hours
Introductory activities	1	0	1
Lecturing	8	16	24
Case studies	5	12	17
Problem solving	6	12	18
Mentored work	1	10	11
Essay	2	0	2
Case studies	1	0	1
Systematic observation	1	0	1

\*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 matter as well as gather information of the students
Lecturing	Exhibition of the contents by part of the/the educational. Theoretical classes-participatory employing the debate where boost the active participation of the students employing half audiovisual
Case studies	Analysis of cases proposed by the teacher
Problem solving	Activities in which the students resolves a situation
Mentored work	

## Personalized assistance

Methodologies	Description
Introductory activities	The personalised attention will be centred in the resolution of doubts that can have the students in 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 tutorships face-to-face, email and/or 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 of face-to-face way or through the remote campus
Case studies	The personalised attention will be centred in the resolution of doubts that can have the students in the sessions of collective way and/or individual

## Assessment

Description	Qualification	Training and Learning Results

Essay	(*)O alumnado terá que desenvolver de xeito individual o traballo e facer a entrega na data establecida.	40	A1 A4	B2 B3 B6	C4	D2
Case studies	(*)Durante as sesións teóricas o alumnado en grupo resolverá algún estudio de caso	20	A2 A4	B2 B3 B6	C4 C6 C11	D8
Systematic observation	(*)O alumnado terá que acudir ao 80% das sesións	40	A1 A2	B2 B3 B6	C4 C6	D2 D8

### Other comments on the Evaluation

Students may request the waiver of continuous assessment by informing the coordinator of the subject within the established period.

If so, the global evaluation will be: 40% the work and 60% in an exam.

To pass the subject, students must have independently passed all the evaluation sections and have attended 80% of the practical classes. The non-attendance to the practices supposes the loss to the continuous evaluation.

Students who have one of the approved parts will keep the passed part for the next call within the same academic year.

### Evaluation of 2nd opportunity:

The students can examine 100% of the subject through 40% work and 60% in an exam.

To pass the subject, both parts (work and exam) must have been passed independently.

In any of the calls, if the students obtain a numerical grade greater than 5, but do not meet the requirements established to pass the subject, they will have a grade of 4.5 (failed). In case of lower grades, the grade obtained will be given

### Sources of information

#### Basic Bibliography

Moore GE, Durstine JL, Painte PL, **ACSM's Exercise Management for Persons with chronic diseases and disabilities.**, Human Kinetics, 2016

American College of Sports Medicine, **ACSM's Guidelines for Exercise Testing and Prescription (American College of Sports Medicine)**, 10, Lippincott Williams and Wilkins, 2017

American College of Sports Medicine, **ACSM's Resources for the Personal Trainer**, 5, Lippincott Williams and Wilkins, 2017

Armando E., Pancorbo Sandoval, **Medicina y ciencias del deporte y actividad física**, Ergon, 2008

#### Complementary Bibliography

Kisner, C., **Ejercicio terapéutico: Fundamentos y técnicas.**, Panamericana, 2010

Spring, H, **Teoría y práctica del ejercicio terapéutico : (movilidad, fuerza, resistencia, coordinación)**, Paidotribo, 2000

Garber CE, Blissmer B, Deschenes MR, Franklin BA, Lamonte MJ, Lee IM, Nieman DC, Swain DP, **Quantity and quality of exercise for developing and maintaining cardiorespiratory, musculoskeletal, and neuromotor fitness in apparently healthy adults: guidance for prescribing exercise**, Med Sci Sports Exerc, 2011

### Recommendations