



IDENTIFYING DATA

(*)Prácticas externas

Subject	(*)Prácticas externas			
Code	P05M191V01207			
Study programme	Máster Universitario en Ejercicio terapéutico en fisioterapia			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	9	Mandatory	1st	2nd
Teaching language	#EnglishFriendly Spanish Galician			
Department				
Coordinator	Machado de Oliveira, Iris			
Lecturers	Machado de Oliveira, Iris			
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Web				
General description	They are those that configure integrated academic activities as a subject of the plan of studies of the Máster of Therapeutic Exercise in Physiotherapy that has an educational load of 9 credits during the second term. In this subject, the students have to make clinical stays and a dossier concerning the same.			
	English Friendly subject: International students may request from the teachers: a) resources and bibliographic references in English, b) tutoring sessions in English, c) exams and assessments in English.			

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.
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.
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.
A5	That students have the learning skills that allow them to continue studying in a way that will be largely self-directed or autonomous.
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.
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.
C3	Integrate all knowledge, abilities, skills, attitudes and values; acquired in all subjects, developing all professional skills and training for effective physiotherapy care
C4	Analyze, program and apply movement as a therapeutic measure, promoting the participation of the patient/user in the process.
C5	Acquire the appropriate clinical experience in the use of therapeutic exercise that provides intellectual abilities and technical and manual skills; that facilitates the incorporation of ethical and professional values; and to develop the ability to integrate the content acquired.

- 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.
- 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.
- D2 Ability to communicate orally and in writing in the Galician language.
- D3 Sustainability and environmental commitment. Equitable, responsible and efficient use of resources.
- D4 Knowledge of statistics applied to Health Sciences, or to the field of study related to the field of study.
- D5 Recognition of diversity and multiculturalism.
- D6 Creativity, entrepreneurial spirit and adaptation to new situations.
- D7 Develop leadership and organization skills.
- D8 Maintain an attitude of learning and improvement.

Expected results from this subject

Expected results from this subject	Training and Learning Results
- To design and schedule a program of therapeutic exercise adapted to the needs of the population.	A1 A2 A3 B1 C3 C4 C6 C11 D1 D4 D5 D6 D8
- To evaluate populations and surroundings with demand of therapeutic exercise.	A2 A3 B1 B2 C3 C6 C12 D1 D3 D5 D6 D8
- To promote the realization and to develop the application of the therapeutic exercise in different clinical populations.	A1 A2 A3 A4 A5 B2 B3 B6 C3 C4 C5 C6 C11 D1 D2 D3 D5 D6 D7

Contents

Topic

- Application of therapeutic exercise programs in different population groups and with different pathologies. The student must evaluate the pathological population in the collaborating entity for the practicum and plan and apply a therapeutic exercise protocol with a specific clinical purpose.

Planning

	Class hours	Hours outside the classroom	Total hours
Introductory activities	2	1	3
Practicum, External practices and clinical practices	120	72	192
Portfolio / dossier	0	15	15
Systematic observation	0	15	15

*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	All the rights and duties of the students regarding the clinical practicum will be explained. The specific regulation of external internships will be presented, as well as the orientation document for the internship and how to execute and deliver the portfolio, how the evaluation of the subject will be structured, how to request and assign the destinations for the internship and how the tutorials of the subject will be carried out.
Practicum, External practices and clinical practices	The student evaluates the clinical population of the center where the internship is performed and plans and applies physiotherapeutic care based on a therapeutic exercise in a clinical context and seeks to achieve objectives previously set out in the external internship project. In this clinical context, the student must solve problems that may arise with the application of the proposed protocol and make the necessary adaptations for its implementation.

Personalized assistance

Methodologies	Description
Practicum, External practices and clinical practices	Personalized attention will be focused on solving doubts, guiding the development of the portfolio to be carried out in the subject, and keeping records and assessing what has been done by the students during the external internship. It can be developed in the form of face-to-face tutorials in the respective offices of the academic co-tutor or the coordinator of external practices (academic tutor) or virtually through Campus Remoto in the respective virtual offices of the co-tutors or coordinator of the subject upon agreement between the interested students and the teacher.

Assessment

	Description	Qualification	Training and Learning Results
Portfolio / dossier	The portfolio delivered in due time and form according to what is established in the teaching space of the subject in Moovi must include an introduction, description of the practice and work methodology, reflection on the process and personal relationships with the tutor of the collaborating entity, and patients, reflection on the methodology applied and bibliography.	20	A1 B1 C3 D1 A2 B2 C6 D2 A3 B3 D4 A4
Systematic observation	It is divided into two parts: the report made by the tutor of the collaborating entity where the internship is developed (50%) and the evaluation carried out by the academic tutor on the follow-up of the internship (30%). The report presented by the tutor of the collaborating entity must include the student's attendance as well as the evaluation of the aptitudes and attitudes developed during the external internship. The evaluation carried out by the academic tutor will include evaluation of the internship project, monitoring of the internship, and tutoring, among other aspects.	80	A1 B1 C3 D1 A2 B2 C4 D3 A3 B3 C5 D5 A4 B6 C6 D6 A5 C11 D7 C12 D8

Other comments on the Evaluation

Sources of information

Basic Bibliography

Dunleavy & Slowik, **Therapeutic Exercise Prescription**, 2019

Kisner et al, **Therapeutic Exercises: foundations and techniques**, 2018

Hall & Brody, **Ejercicio terapéutico: Recuperación Funcional**, 2006

Complementary Bibliography

Palermi et al, **Indirect Structural Muscle Injuries of Lower Limb: Rehabilitation and Therapeutic Exercise**, 2021

Voet, **Exercise in neuromuscular disorders: a promising intervention**, 2019

Skou & Roos, **Physical therapy for patients with knee and hip osteoarthritis: supervised, active treatment is current best practice**, 2019

Young et al, **The influence of dosing on effect size of exercise therapy for musculoskeletal foot and ankle disorders: a systematic review**, 2018

Verbrugghe et al, **Motion detection supported exercise therapy in musculoskeletal disorders: a systematic review**, 2018

Houglum, **Therapeutic Exercise for Musculoskeletal Injuries**, 2016

Smith et al, **Should exercises be painful in the management of chronic musculoskeletal pain? A systematic review and meta-analysis**, 2017

Chih-hsiu et al, **Long-term effects of therapeutic exercise on nonspecific chronic neck pain: a literature review**, 2015

Hoogeboom et al, **Merits of exercise therapy before and after major surgery**, 2014

Recommendations

Subjects that continue the syllabus

(*)Traballo fin de máster/P05M191V01208

Subjects that it is recommended to have taken before

(*)Bases anatomofuncionais no exercicio terapéutico/P05M191V01101

(*)Fundamentos do exercicio terapéutico e deseño de programas/P05M191V01102
