



Universitat de Lleida

DEGREE CURRICULUM
**FUNDAMENTALS IN
PHYSIOTHERAPY 2**

Coordination: TRINIDAD FERNÁNDEZ, MANUEL

Academic year 2023-24

Subject's general information

Subject name	FUNDAMENTALS IN PHYSIOTHERAPY 2			
Code	102758			
Semester	2nd Q(SEMESTER) CONTINUED EVALUATION			
Typology	Degree	Course	Character	Modality
	Double bachelor's degree: Degree in Human Nutrition and Diethetics and Degree in Physiotherapy	1	COMPULSORY	Attendance- based
Course number of credits (ECTS)	6			
Type of activity, credits, and groups	Activity type	PRAULA	TEORIA	
	Number of credits	3	3	
	Number of groups	1	1	
Coordination	TRINIDAD FERNÁNDEZ, MANUEL			
Department	NURSING AND PHYSIOTHERAPY			
Important information on data processing	Consult this link for more information.			

Teaching staff	E-mail addresses	Credits taught by teacher	Office and hour of attention
TRINIDAD FERNÁNDEZ, MANUEL	manuel.trinidad@udl.cat	6	

Learning objectives

1. Study the foundations and evolution of Physiotherapy
2. Integrate the scientific, humanistic, ethical and legal principles of Physiotherapy
3. Focus the reality of Physiotherapy in Society
4. Acquire the basic holistic dimension of Health and Disability
5. Know the Physiotherapy Care Process
6. Work on the prociceptive, emotional and social perception of Disability
7. Work on the Process of Caring for People from Communication in the Professional-Patient Help Relationship
8. Acquire basic knowledge and skills to prevent musculoskeletal disorders in the practice of Physiotherapy
9. Acquire basic knowledge of Bibliographic Search
10. Practice teamwork, organizational skills, leadership, interpersonal communication, synthesis skills and oral expression

Competences

Specific Competencies:

CE2 Know and understand the sciences, models, techniques and instruments on which physiotherapy is based, articulated and developed.

Learning outcomes:

- 2.1 Understand the general, basic and specific theories of Physiotherapy.
- 2.2 Define the concept of Physiotherapy and its evolution throughout history.
- 2.3 List the basic skills that characterize the figure of the physiotherapist.
- 2.8 Explain and describe the factors that influence the application of the physical agents of physiotherapy.
- 2.9 Describe the administrative context in which physiotherapy is framed and the different forms that health management and health care take in Spain and in the Community.
- 2.12 Use basic scientific research techniques in physiotherapy.

CE3 Know and understand physiotherapeutic methods, procedures and actions, aimed both at the actual therapy to be applied in the clinic for pre-education or functional recovery, and at carrying out activities aimed at promoting and maintaining health.

Learning outcomes:

- 3.1 Explain the theoretical foundations on which the different physiotherapy methods and procedures are based.
- 3.2 Recognize the general and specific procedures of Physiotherapy.
- 3.3 Understand and apply physical agents as the basis of physiotherapy therapy.
- 3.5 Cite the means to encourage the participation of the user and the family in the recovery process.

CE5 Assess the functional status of the patient, considering the physical, psychological and social aspects.

Learning outcomes:

- 5.1 Apply the assessment procedures and systematic collection of relevant information related to the needs of patients, considering the physical, psychological and social aspects from a global and objective vision.

CE6 Diagnostic assessment of physiotherapy care according to standards and internationally recognized validation instruments.

Learning outcomes:

- 6.1 Distinguish the different diagnostic techniques in the pathologies of the different devices and systems.

CE8 Execute, direct and coordinate the physiotherapy intervention plan, using one's own therapeutic tools and taking into account the individuality of the user.

Learning outcomes:

- 8.1 Perform specific physiotherapy treatment techniques on the patient, according to the different pathologies, and apply the intervention procedures on them and their environment.

CE10 Prepare the discharge report for physiotherapy care once the proposed objectives have been met.

Learning outcomes:

- 10.1 Effectively and adequately record a complete Physiotherapy Clinical History with all the information from the patient's reception to the Physiotherapy discharge report.
- 10.2 Prepare a discharge report based on compliance with the established objectives and the adequate evolution of the patient.

CE11 Provide effective physiotherapy care, providing comprehensive assistance to patients.

Learning outcomes:

- 11.1 Use and incorporate the ethical and legal principles of the profession in physiotherapy care
- 11.2 Apply quality assurance mechanisms in the practice of physiotherapy, according to recognized and validated criteria.
- 11.4 Identify the importance of recording daily the application of Physiotherapy, its evolution and incidents

11.5 Guide the activities and mode of action in relation to each patient, offering personal and individualized treatment

11.6 Demonstrate communication skills and use appropriate treatment with patients, taking into account their biopsychosocial characteristics.

11.7 Demonstrate skill in a professional, ethical and legal context of the professional, recognizing and responding to dilemmas and ethical issues in daily practice

CE12 Intervene in the areas of health promotion, prevention, protection and recovery.

Learning outcomes:

12.1 Identify and describe the basic principles of prevention, as well as the different medical and surgical treatments applicable to each type of pathology.

12.3 Promote healthy lifestyle habits through health education based on physiotherapy actions

CE13 Participate in the development of physiotherapy care protocols based on scientific evidence, promoting professional activities that boost research in physiotherapy.

Learning outcomes:

13.1 Incorporate scientific research and evidence-based practice as a professional culture as well as establish lines of research within the scope of the profession's competencies.

13.2 Use the scientific method through basic and applied research programs.

13.4 Identify and use the possibilities offered by new technologies in the management and quantitative processing of information.

13.5 Describe and analyze the evidence-based physiotherapy care protocols, applied to the different branches of it.

13.7 Establish Physiotherapy assistance protocols based on practice based on scientific evidence and promote all those professional activities that share the dynamization of research in Physiotherapy.

CE15 Understand the importance of updating the knowledge, skills, abilities and attitudes that make up the professional competencies of the physiotherapist.

Learning outcomes:

15.1 Promote the updating and recycling of the fundamental knowledge, skills and attitudes of professional competencies, through a permanent training process.

15.2 Understand, select and defend new research designs and methods appropriate for physiotherapy.

15.3 Interpret, analyze, synthesize and criticize research findings related to physiotherapy and future lines of expansion.

15.4 Assess the need to research and search for publications related to physiotherapy and formulate relevant research questions.

15.5 Demonstrate skills in self-searching, critical examination, and integration of scientific literature and other relevant information

CE16 Acquire clinical management skills that include the efficient use of healthcare resources and develop planning, management and control activities in healthcare units where physiotherapy care is provided and its relationship with other healthcare services.

Learning outcomes:

16.1 Identify the basic elements of management of the services of the profession.

16.2 Describe the organizational structure and management of public health systems.

16.3 Identify the administrative authorization requirements for the installation and operation of health centers as well as the different management tools.

General competencies of the Degree:

CG1 Communicate effectively and clearly, both orally and in writing, with users of the health system as well as with other professionals

CG2 Know how to work in professional teams as a basic unit in which the professionals and other personnel of healthcare organizations are structured in a uni- or multidisciplinary and interdisciplinary manner.

CG3 Incorporate the ethical and legal principles of the profession into axial professional practice and how to integrate social and community aspects in decision-making.

Transversal competencies of the Degree:

CT4 Respect for the fundamental rights of equality between men and women, the promotion of Human Rights and the values of a culture of peace and democratic values.

Strategic competencies of the University:

CEUdL1 Adequate comprehension and oral and written expression of Catalan and Spanish;

CEUdL2 Significant command of a foreign language, especially English;

CEUdL3 Training in the use of new technologies and information and communication technologies;

CEUdL4 Basic knowledge of entrepreneurship and professional environments;

CEUdL5 Essential notions of scientific thinking.

Subject contents

Unit 1. Generic functions of Physiotherapy exercise

1.1. Assistance, management, educational and research functions

1.2. Fields of action of Physiotherapy

Unit 2. Social Determinants of Health

2.1. Social determinants of health and health systems

2.2. Poverty and other determinants

Unit 3. Research in Physiotherapy and Database Management

- 3.1. Physiotherapy's own search engines
- 3.2. PubMed, Enfispo and Pedro
- 3.3. Creator of Database and Personal Bibliography: Zotero

Unit 4. Integrated Management Systems

- 4.1. Quality
- 4.2. Prevention of Occupational Risks
- 4.3. Natural environment

Unit 5. Physiotherapy 2.0: New technologies and ICTs in Physiotherapy

Unit 6. Fundamentals of Basic Manual Therapy

Methodology

Dates	Activities (1)	Description	HTP (2)	HTNP (3)
Week 1	Masterclass	T1.1. Assistance, management, educational and research functions	2 Horas	3 Horas
Week 1	Workshop	Subject presentation	2 Horas	3 Horas
Week 2	Masterclass	T1.2. Areas of action of Physiotherapy	2 Horas	3 Horas
Week 2	Workshop	T1.2. Areas of action of Physiotherapy	2 Horas	3 Horas
Week 3	Masterclass	T6. Basic Manual Therapy Fundamentals	2 Horas	3 Horas
Week 3	Classroom practices	T6. Basic Manual Therapy Fundamentals	2 Horas	3 Horas
Week 4	Masterclass	T6. Basic Manual Therapy Fundamentals	2 Horas	3 Horas
Week 4	Classroom practices	T6. Basic Manual Therapy Fundamentals	2 Horas	3 Horas
Week 5	Masterclass	T6. Basic Manual Therapy Fundamentals	2 Horas	3 Horas
Week 5	Classroom practices	T6. Basic Manual Therapy Fundamentals	2 Horas	3 Horas
Week 6	Masterclass	T4. Integrated management systems	2 Horas	3 Horas
Week 6	Classroom practices	T6. Basic Manual Therapy Fundamentals	2 Horas	3 Horas
Week 7	Masterclass	T4. Integrated management systems	2 Horas	3 Horas
Week 7	University day-off			
Week 8	Masterclass	T3. Social Determinants of Health	2 Horas	3 Horas
Week 8	Classroom practices	T6. Basic Manual Therapy Fundamentals	2 Horas	3 Horas
Week 9	Masterclass	T3. Social Determinants of Health	2 Horas	3 Horas
Week 9	Classroom practices	T6. Basic Manual Therapy Fundamentals	2 Horas	3 Horas
Week 10	Masterclass	T3. Social Determinants of Health	2 Horas	3 Horas
Week 10	Workshop	T3. Social Determinants of Health	2 Horas	3 Horas

Week 11	Masterclass	T3. Research in Physiotherapy and Database Management	2 Horas	3 Horas
Week 11	Workshop	T3. Research in Physiotherapy and Database Management	2 Horas	3 Horas
Week 12	Masterclass	T3. Research in Physiotherapy and Database Management	2 Horas	3 Horas
Week 12	Workshop	T3. Research in Physiotherapy and Database Management	2 Horas	3 Horas
Week 13	Masterclass	T5. Physiotherapy 2.0: New technologies and ICTs in Physiotherapy	2 Horas	3 Horas
Week 13	Workshop	T5. Physiotherapy 2.0: New technologies and ICTs in Physiotherapy	2 Horas	3 Horas
Week 14	Masterclass	T5. Physiotherapy 2.0: New technologies and ICTs in Physiotherapy	2 Horas	3 Horas
Week 14	Workshop	T5. Physiotherapy 2.0: New technologies and ICTs in Physiotherapy	2 Hours	3 Hours
Week 15	Works	Work presentations and debate	2 Hours	3 Hours
Week 15	Review	Doubts and review	2 Hours	3 Hours

(1) Examples of activities: Lectures, seminars (Problem-based learning, debates, exhibition of events, readings, search for information and computer seminars), classroom practices, exhibition of work and tutorials.

(2) HTP = Hours of Presential Work

(3) HTNP = Hours of Non-Presential Work

Development plan

Formation activities:

- Master class (48%)
- Classroom practices (24%)
- Seminars (21%)
- Presentations and tutoring (7%)

Student-teacher communication:

The virtual campus of the subject is the basic space for communication between teachers and students and it is necessary to know how to make good use of it. The UdL has assigned a student email to each of you under the domain udl.cat. It is the email that will be used to contact you either through the virtual campus or redirected to your personal inbox (it must be modified manually, and we recommend it), for this reason it is necessary to open it regularly. Remember that in relations with the university and students, corporate email will always be used and personal emails will not be accepted.

Management of recorded activities:

The sessions or activities could be recorded, for this reason the University of Lleida (UdL) informs that, for teaching purposes, it will record images that identify the students and other people who participate in academic activities. The person responsible for the processing of these images is the UdL (contact details of the representative: General Secretariat. Plaza de Víctor Siurana, 1, 25003 Lleida, sg@udl.cat; contact details of the data protection delegate: dpd@udl.cat). These images are only used to teach, evaluate subject knowledge and teaching improvement projects. The use of the images responds to the legal obligation of the UdL to provide and improve

university teaching, in accordance with Organic Law 6/2001, of December 21, on Universities. The images, once recorded, are kept at least as long as the corresponding actions and claims against the evaluation approved by the teaching staff do not prescribe. They are destroyed in the terms and conditions provided for in the regulations on conservation and disposal of administrative documents of the UdL, and the documentary evaluation tables approved by the Generalitat of Catalonia (<http://www.udl.cat/ca/serveis/archive/>). The UdL will never communicate these data to third parties, except in the cases strictly provided for by law. Interested people can access their images; request its rectification, deletion or portability; oppose the processing and request its limitation, by writing to the address dpd@udl.cat <<mailto:dpd@udl.cat>>. They can also submit a claim addressed to the Catalan Data Protection Authority, through the Authority's electronic headquarters (<https://seu.apd.cat>) or by non-electronic means.

Evaluation

The evaluation is carried out according to the REGULATIONS FOR THE EVALUATION AND GRADING OF LEARNING IN DEGREES AND MASTERS approved by the Governing Council of June 29, 2023 of the University of Lleida.

Attendance at classroom practice classes and seminars is mandatory to pass the subject.

Continuous evaluation consists of:

Objectives	Evaluation activities	Criteria	%	M/V (1)	I/G (2)	Obser.
1-9	Written exam	Multiple choice exam (40 questions) with a possible answer of four, discounting 0.33 for incorrect answers.	45	M	I	
1-10	Group work	Evaluations with their specific rubric.	25	M	G	
1-10	Individual work	Evaluations with their specific rubric.	20	M	I	
10	Classroom activities and active participation		10	V	I	

(1) Mandatory/Voluntary; (2) Individual/Group

- Each evaluation activity with more than 15% must be graded with a minimum grade of 5 points to pass the subject.

The group work (4-5 people) will consist of an activity related to new technologies focused on physiotherapy and ICT. It will encourage leadership and teamwork in the students of the subject. This work will be presented in front of the entire class and evaluated within the percentage of the grade. Therefore, the note in this block will be created from the presentation of the work and the exhibition.

The individual work consists of a work on one of the aspects developed in the subject on physiotherapy that helps the student to discover and investigate more about the knowledge, functions and history of this profession. The work must be displayed in front of the rest of the students. Therefore, the note in this block will be created from the presentation of the work and the exhibition.

Regarding classroom activities and active participation, students will have to submit individually through the virtual campus after finishing some practices and seminars a document/deliverable on one side of a maximum sheet with the work proposed in each practice.

The single evaluation consists of:

Objectives	Evaluation activities	Criteria	%	M/V (1)	I/G (2)	Obser.
1-9	Written exam	Multiple choice exam (40 questions) with a possible answer of four, discounting 0.33 for incorrect answers.	50	M	I	
1-10	Group work	Evaluations with their specific rubric.	50	M	I	

(1) Mandatory/Voluntary; (2) Individual/Group

- Each evaluation activity must be graded with a minimum grade of 5 points to pass the subject.

The individual work consists of a work on one of the aspects developed in the subject on physiotherapy that helps the student to discover and investigate more about the knowledge, functions and history of this profession. The work must be displayed in front of the rest of the students. Therefore, the note in this block will be created from the presentation of the work and the exhibition.

Bibliography

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