

Information sheet for the course Methods of Kinesiotherapy II.

University: <i>Alexander Dubček University of Trenčín</i>	
Faculty: <i>Faculty of Health Care</i>	
Course unit code: <i>MetKin2/e</i>	Course unit title: <i>Methods of Kinesiotherapy II.</i>
Type of course unit: <i>compulsory</i>	
Planned types, learning activities and teaching methods: <i>Lecture: 2 hours weekly/26 hours per semester of study; full-time</i> <i>Seminar: 2 hours weekly/26 hours per semester of study; full-time</i>	
Number of credits: <i>2</i>	
Recommended semester: <i>3rd semester in the 2nd year (part-time)</i>	
Degree of study: <i>I (bachelor)</i>	
Course prerequisites: <i>Methods of Kinesiotherapy I.</i>	
Assessment methods: <i>To score 50 points per semester a student must:</i> <ul style="list-style-type: none"> - <i>Be actively present in the course – students are allowed two (2) free unexcused absences,</i> - <i>Pass a practical examination (25 points),</i> - <i>Pass an oral examination (25 points).</i> <i>To obtain A, a student must score 47, to obtain B, a student must score 43, to obtain C, a student must score 39 and more, to obtain D, a student must score 35, and to obtain E, a student must score 30. The credits are not granted to the students whose grade point average is 29 or lower.</i>	
Learning outcomes of the course unit: <i>By the completion of the course Methods of kinesiotherapy II a student acquires knowledge about the nature, aims, tasks and forms of kinesiotherapy. He or she gets acquainted with the nature and principles of rehabilitation methods, techniques, and approaches. A student is able to demonstrate local muscle relaxation techniques with a focus on isometric and antigravity muscle relaxation, then automobilisation and auto-traction exercises, and can use in practice traction control basic techniques aimed at cervical and lumbar spine.</i>	
Course contents: Lectures: <ol style="list-style-type: none"> 1. <i>Active movements and exercises:</i> <ul style="list-style-type: none"> • <i>Tension exercises (isometric).</i> • <i>Physical exercise (isokinetic).</i> • <i>Assisted Exercises (relief / relieving the moving parts, guided movement, exercise in tow, in water, on a pad).</i> • <i>Training of active movement by eccentric muscle actions.</i> • <i>Strengthening exercises (manual resistance, resistance by means of gear and equipment, using elements of bodybuilding).</i> 2. <i>Relaxation: types, conditions, treatment positions, and methods:</i> <ul style="list-style-type: none"> • <i>School of relaxation (yoga).</i> • <i>Autogenic training (Schultz etc.).</i> • <i>Tonic and soothing relaxation.</i> • <i>Relaxation by passive movements.</i> 3. <i>The release method: pathological barrier, release phenomenon, reflex changes, hypertension, contracture, muscle spasm, release method:</i> <ul style="list-style-type: none"> • <i>Soft techniques - release the skin, subcutaneous tissue, and scars.</i> • <i>Classical methods - positioning and pulling.</i> • <i>Post-isometric relaxation and anti-gravity.</i> • <i>Motorization technology.</i> 	

- *Stretching.*

Exercises:

1. *Post-isometric and muscle relaxation:*

- *Muscles of the neck and trunk.*
- *Muscles of the upper and lower limbs.*
- *Chewing muscles.*

2. *Antigravity muscle relaxation:*

- *Muscles of the neck and trunk.*
- *Muscles of the upper and lower limbs.*

3. *Auto-mobilisation exercises.*

4. *Fundamentals of traction and auto-trakction techniques.*

Odporúčaná literatúra:

1. *GÚTH, A. et al.: 2005. Liečené metodiky v rehabilitácii pre fyzioterapeutov. Liečreh Gúth, Bratislava, 2005, ISBN 80-88932-16-5.*
2. *LEWIT, K.: 2003. Manipulační léčba. Sdělovací technika, Česká lékařská společnost J. E. Purkyně, 2003. ISBN 80-8664-504-5.*
3. *KOCIOVÁ K.: 2013. Základy fyzioterapie. Osveta, 2013, ISBN 978-80-8063-389-9.*
4. *HALADOVÁ, E. et al.: 2007. Léčebná tělesná výchova: cvičení. Brno: Národní centrum ošetřovatelství a nelékařských zdravotnických oborů, 2007. ISBN 9788070134603.*

Language: *Slovak*

Remarks:

Evaluation history: *Number of evaluated students*

A	B	C	D	E	FX

Lectures: *Mgr. Miroslav Černický, MUDr. Alžbeta Ďatelová*

Exercises: *Mgr. Patrícia Baňárová*

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Supervisor: *doc. MUDr. Juraj Čelko, PhD.*