

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health	
Course code: KFYZIO/54F1029W/17	Course title: Methods of Kinesiotherapy 3
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 1 / 2 hours per semester: 12 / 24 Teaching method: on-site (distance method according to the document Príkaz rektora P-8/2020 since 15. 10. 2020)	
Credits: 3	
Recommended semester/trimester: 3.	
Level of study: I.	
Prerequisites: KFYZIO/54F1018W/17	
Requirements for passing the course: Terms of accomplishing the course: During the semester: 100 % presence on excercises Final examination: based on overall point score earned from test and practical exam. Hodnotenie predmetu: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% FX – 59%- 0%	
Learning outcomes of the course: Educational results: Aim of the course: To gain knowledge of fundamentals, principles and usage suitability of selected special methods, methodologies and techniques of kinesiotherapy. To gain practical skills in applying these. Theoretic knowledge: Student has knowledge of locomotor function defects, postural corrections, of fundamentals, principles, indications, contraindications and methodic approach, when applying these selected special methods and techniques of kinesiotheraphy. Practical abilities: Based on own kinesiologic analysis of patients' functions, condition, age and his/her abilities, student is able to determine which kinesiotherapeutic method is suitable to be used.	
Course contents: Base course structure: 1. Locomotor system function defects. 2. Neuromuskular techniques – anatomy and function anatomy of muscular system, general characteristics and classification of neuromuscular techniques. 3. Neuromuskular techniques – anatomy and function anatomy of head and neck.	

4. Neuromuskular techniques – anatomy and function anatomy of upper-limb muscles.
5. Neuromuskular techniques – anatomy and function anatomy of torso muscles.
6. Neuromuskular techniques – anatomy and function anatomy of pelvis and lower-limb muscles.
7. Neuromuscular techniques – post-isometric relaxation method, characteristics, antigravitation relaxation methods, reciprocal inhibition methods.
8. Postural correction and methods aimed on physical education and correct body posture – Mensendieck system, Alexander technique, Feldenkrais method.
9. Sensorimotor stimulation method.
10. Br#gger concept – correct locomotor regimen principle.
11. S. K. Vogelbach method – physio balls exercise.
12. L. Mojžišová method – rehabilitation treatment of some kinds of female sterility.

Excercises:

1. Neuromuscular techniques for head muscles.
2. Neuromuscular techniques for neck and upper-chest muscles.
3. Neuromuscular techniques for upper-limb muscles.
4. Neuromuscular techniques for lower-chest and pelvis muscles.
5. Neuromuscular techniques for lower-limb muscles.
6. Sensorimotor stimulation method – exercise of basic elements, exercise set on solid mat.
7. Sensorimotor stimulation method – exercise set on unstable mat.
8. Br#gger concept – active therapeutic procedures – exercise with theraband.
9. Br#gger concept – active therapeutic procedures – agistical-excentric contraction procedures.
10. L. Mojžišová method.
11. S. K. Vogelbach method – exercise with large physio balls aimed for spine mobilization and stabilization.
12. S. K. Vogelbach method - exercise with large physio balls aimed for hip joint mobilization and stabilization and dynamic stabilization of lower limbs.

Recommended or required literature:

1. KOLÁŘ, P. et al.: Rehabilitace v klinické praxi. Praha: Galén, 2009. 713 s., ISBN 978-80-7262-657-1
2. PAVLŮ, D.: Speciální fyzioterapeutické koncepty a metody. Akademické nakladatelství CERM s.r.o 2003. 239 s., ISBN: 8072043129

Language of instruction:

Slovak language

Notes:

Course evaluation:

Assessed students in total: 121

A	B	C	D	E	FX
32.23	23.14	16.53	19.83	8.26	0.0

Name of lecturer(s): Mgr. Kristína Buľáková

Last modification: 30.11.2020

Supervisor(s): doc. PhDr. Zuzana Hudáková, PhD.