

## Information sheet for the course Methods of Kinesiotherapy III.

<b>University:</b> <i>Alexander Dubček University of Trenčín</i>	
<b>Faculty:</b> <i>Faculty of Health Care</i>	
<b>Course unit code:</b> <i>MetKin3/d</i>	<b>Course unit title:</b> <i>Methods of Kinesiotherapy III.</i>
<b>Type of course unit:</b> <i>compulsory</i>	
<b>Planned types, learning activities and teaching methods:</b> <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>	
<b>Number of credits:</b> <i>2</i>	
<b>Recommended semester:</b> <i>4<sup>th</sup> semester in the 2<sup>nd</sup> year (full-time)</i>	
<b>Degree of study:</b> <i>I (bachelor)</i>	
<b>Course prerequisites:</b> <i>Methods of Kinesiotherapy II.</i>	
<b>Assessment methods:</b> <i>To score 50 points per semester a student must:</i> <ul style="list-style-type: none"> <li>- <i>Be actively present in the course – students are allowed two (2) free unexcused absences,</i></li> <li>- <i>Pass a practical examination (25 points),</i></li> <li>- <i>Pass an oral examination (25 points).</i></li> </ul> <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>	
<b>Learning outcomes of the course unit:</b> <i>By the completion of the course Methods of kinesiotherapy III 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 apply theoretical knowledge in practice. Is able to perform exercises with rehabilitation tools (fitball, overball, theraband, bosu), basic vertebrogenic sets / units, as well as the basics of specialized exercises (Brunkow method, Mc Kenzie, Klapp method). In addition, a student can perform and demonstrate proprioceptive stimulation technique (Freeman concept) and its later modification by Janda and Vávrová.</i>	
<b>Course contents:</b>	
<b>Lectures:</b>	
<ol style="list-style-type: none"> <li>1. <i>A set of exercises according to Kaltenborn.</i></li> <li>2. <i>A set of exercises according to Brunkow.</i></li> <li>3. <i>A set of exercises according to Mc Kenzie.</i></li> <li>4. <i>The Klapp method.</i></li> <li>5. <i>The Schrott method.</i></li> <li>6. <i>A set of exercises according to Freeman.</i></li> <li>7. <i>Reeducation of movement by Sister Kenny.</i></li> <li>8. <i>A set of exercises according to Bobath.</i></li> <li>9. <i>A set of exercises according to Kabat.</i></li> <li>10. <i>A set of exercises According to Vojta.</i></li> <li>11. <i>Method developed by Ludmila Mojzisova.</i></li> <li>12. <i>The Becker method.</i></li> <li>13. <i>The Hermit method.</i></li> <li>14. <i>Fitball exercises.</i></li> <li>15. <i>Hippotherapy.</i></li> <li>16. <i>Hydrokinezioterapy.</i></li> </ol>	
<b>Exercises:</b>	

1. *Basic verterbrogenic exercises (Kaltenborn, spinal exercises, back school).*
2. *Special verterbrogenic exercises:*
  - *The Brunkow method.*
  - *The Mc Kenzie method.*
  - *Feldenkreis method (exercise to induce good posture).*
  - *The Klapp method (treatment of scoliosis).*
3. *The Freeman method (proprioceptive stimuli).*
4. *Sensorimotor stimulation according to Janda and Vávrová.*
5. *Ball exercises and exercises with theraband.*

**Recommended of required reading:**

1. GÚTH, A. et al.: 2005. *Liečené metodiky v rehabilitácii pre fyzioterapeutov. Liečreh Gúth, Bratislava, 2005, ISBN 80-88932-16-5.*
2. PAVLŮ, D.: 2003. *Speciální fyzioterapeutické koncepty a metody. Cerm, s.r.o., Brno, 2003, ISBN 80-7204-312-9.*
3. HAGOVSÁ, M., MIHALEČKOVÁ, M.: 2012. *Najčastejšie používané liečebné metodiky vo fyzioterapii. UPJŠ, Lekárska fakulta, 2012, ISBN 978-80-7097-931-0*
4. LEWIT, K.: 2003. *Manipulační léčba. Sdělovací technika. Česká lékařská společnost J. E. Purkyně, 2003, ISBN 80-8664-504-5.*
5. VOJTA, V., ANNEGRET, P.: 2010. *Vojtův princip. Grada, 2010, ISBN 978-80-247-2710-3.*
6. HOLLÝ, K., HORNÁČEK, K.: 2005. *Hipoterapie. Montanex, 2005, ISBN 8072251902.*

**Language:** *Slovak*

**Remarks:**

**Evaluation history:** *Number of evaluated students*

A	B	C	D	E	FX

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

**Exercises:** *Mgr. Patricia Baňárová*

**Last modification:** *22.04.2014*

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