

Information sheet for the course Muscle Test II.

University: <i>Alexander Dubček University of Trenčín</i>	
Faculty: <i>Faculty of Health Care</i>	
Course unit code: <i>ST2/d</i>	Course unit title: <i>Muscle Test II.</i>
Planned types, learning activities and teaching methods: <i>Lecture: 1 hour weekly/13 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>3</i>	
Recommended semester: <i>2rd semester in the 1st year (full-time)</i>	
Recommended semester:	
Degree of study: <i>I (bachelor)</i>	
Course prerequisites: <i>Muscle Test I.</i>	
Assessment methods: <i>The student will acquire 50 points per semester:</i> <i>- Active participation in lectures and exercises.</i> <i>- Test / oral exam (25 points).</i> <i>- Practical exam (25 points).</i> <i>To obtain the user and must be obtained at least 47 points to get user B at least 43 points on the C rating of at least 39 points to score at least 35 points D and E score at least 30 points.</i>	
Learning outcomes of the course unit: <i>Student studying the subject Muscle Test II has theoretical knowledge in the theory of muscles of the human body and practical skills in the muscle test.</i>	
Course contents: Lectures: <i>1. Structure of skeletal muscle.</i> <i>2. The positions and body movements.</i> <i>3. The growth, development and regeneration of muscles.</i> <i>4. The function of muscles.</i> <i>5. Muscles of the lower limb (hip muscles, thighs).</i> <i>6. Muscles of the lower limb (lower leg muscles, muscles of the foot).</i> <i>7. The term of office of the muscles of the head.</i> <i>8. Functional groups of muscles of the spine.</i> <i>9. Functional muscle groups of the upper limb.</i> <i>10. The functional groups of muscles of the lower limb.</i> <i>11. Muscles of the upper limb (arm muscles).</i> Exercises: <i>1. Repeat the curriculum of the winter semester.</i> <i>2. Examination of the most commonly shortened muscle groups.</i> <i>3. Muscle Test for dorsal and palmar flexion and radial and ulnar duction in the wrist.</i> <i>4. Muscle Test joints of hand.</i> <i>5. Muscle Test for hip flexion and extension.</i> <i>6. Muscle Test for abduction and adduction of the hip.</i> <i>7. Muscle Test for extrarotáciu and intrarotáciu shoulders.</i> <i>8. Muscle test for knee flexion and extension.</i> <i>9. Muscle Test for dorsal and plantar flexion of the ankle.</i> <i>10. Muscle Test legs.</i>	

11. Examination of hypermobility.

Recommended of required reading:

1. JANDA, V.: 2004. *Svalové funkční testy*. Praha: Grada, 2004. ISBN 8024707225.
2. KOLÁŘ, P., et al.: 2009. *Rehabilitace v klinické praxi*. Praha: Galén, 2009. 76 s. ISBN 978-80-7262-657-1.
3. GÚTH A. et. al.: 2011. *Výšetrovacie metodiky v rehabilitácii, Liečreh Bratislava, 2011.*
4. GÚTH A.: 2010. *Propedeutika v Rehabilitácii, Liečreh Bratislava 2010*
5. BINOVSÝ, A.: 2013. *Funkčná anatómia pohybového systému*. Bratislava: Univerzita Komenského, Fakulta telesnej výchovy a športu, 2013. ISBN: 80-223-1380-7.
6. BINOVSÝ, A.: 2013. *Anatómia pre športovcov I*. Bratislava: Univerzita Komenského, Fakulta telesnej výchovy a športu, 2013. ISBN - 978-80-223-3303-0.

Language: Slovak

Remarks:

Evaluation history:

A	B	C	D	E	FX

Lectures:

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