

Physiotherapy

Lp.	Subject	Description	Semester	ECTS credits	Number of hours for the form of education						Form of passing	
					Lecture	Exercise	Practical classes	ZK	PS	PZ	Exam	Credit
1.	Deep tissue massage	Teaching deep tissue massage techniques combined with treatment methodology	5	2	10	25	-		15			x
2.	Physical medicine-Physical therapy and balneoclimatology II	Physical medicine is a subject aimed at deepening knowledge about the impact of various physical stimuli on the human body. The aim of education is the ability to select the best physical method for a specific disease entity and to methodically perform various physical procedures. During the classes, the student improves his or her skills in performing physical procedures.	3	3	15	-	40		20		x	x
3.	Physiotherapy in dentistry	Dental physiotherapy complements dental treatment and allows you to get rid of various types of ailments related to the improper functioning of the temporomandibular joints. It involves the use of various types of techniques to relax the joint area and the muscles of the masticatory organ - most often in the form of relaxation.	3	2	10	-	20		20			x
4.	Movement education and movement teaching methodology I	Familiarization with a range of movement exercises and the ability to create new solutions and movement	1	3	-	45	-		30			x

		compositions necessary in shaping fitness and coordination skills. The process of developing motor and physical fitness from childhood through maturity to old age. Using various forms of activity in teaching movements and planning and controlling the process of mastering movement skills.									
5.	Lymphatic massage	Lymphatic massage is a subject designed to familiarize students with the structure of the lymphatic system and what organs are part of it. Getting to know the most important functions of the lymphatic system, learning techniques for draining lymph to the main lymphatic vessels. Performing lymphatic massage in disease entities, especially in women after mastectomy. The aim of education is the ability to use techniques characteristic of lymphatic massage, the direction of lymph outflow to the lymph vessels, the order of lymph node preparation	3	2	5	-	35		10		x
6.	Massage	Massage is a subject aimed at familiarizing the student with the techniques of performing classic massage, indications and contraindications to the treatment. The following grips are taught: stroking, rubbing, kneading, vibration and patting depending on the development of a given structure of human tissues. Classic massage is performed in many	3	2	5	-	40		5		x

		diseases (neurological, orthopedic, traumatological, joint degeneration). The aim of the course is to familiarize the student with the positive effect of massage on the human body.										
7.	Clinical Physiotherapy in Musculoskeletal Dysfunctions in Neurology and Neurosurgery II	The aim of this subject is to familiarize students with the fundamentals of clinical issues in the field of medicine, focusing on neurology and neurosurgery, while considering the basic principles applied in assessing clinical symptoms. Topics include the anatomy and physiology of the nervous system, disorders in the structure and functioning of the nervous system, diseases of the central and peripheral nervous system, motor disorders, physical examination, interpretation of patient assessment, and treatment progress using clinical scales.	7	3	10	-	-	50	15		x	x
8.	Physiotherapy special methods I	The aim of this course is to introduce students to specialized methods used in physiotherapy for neurorehabilitation of patients. During the classes, the characteristics of neurorehabilitation methods for adults with traumatic and non-traumatic injuries to the central nervous system (CNS) will be presented, along with principles of patient care and therapy concepts (IBITA Bobath, PNF, Brunstrom CIT). Through practical sessions, students will learn the principles of these	5	4	15	-	55		30			x

		specialized methods in neurology and the application of supportive therapy methods (casting), feedback methods in neuromuscular reeducation (biofeedback), and the utilization of virtual reality (VR) in physiotherapy for patients with neurological dysfunctions. An additional objective is to apply the PNF and Bobath methods in patients without CNS damage, as well as Kinesiotaping as a comprehensive method for stimulating and facilitating movement patterns.										
9.	Normal anatomy	Basics of human anatomy with particular emphasis on the musculoskeletal system.	1	4	25	50	-			25	x	x
10.	English I	The aim of the course is to develop the ability to effectively use general academic language and specialist language (Physiotherapy) in the field of four language skills, to improve the ability to work with a professional text on medical topics, to improve the ability to function on the international labour market and in everyday life, and to bring the language competence of students to a minimum B2 level (CEFR).	1	1	-	25	-			5		x
11.	English III	The aim of the course is to develop the ability to effectively use general academic language and specialist language (Physiotherapy) in the field of four language skills, to improve the ability to work with a professional text	3	2	-	35	-			25		x

		on medical topics, to improve the ability to function on the international labour market and in everyday life, and to bring the language competence of students to a minimum B2 level (CEFR).										
12.	Manual therapy	This course aims to present manual therapy according to the German school and the diagnostic system. During the course, the basic characteristics of the concepts of glide, traction and lateral translation as translation movements, MET techniques, joint mobilization techniques combined with the concepts of ERS, FRS, NRS will be discussed. Practical classes will allow students to understand the principles of manual therapy used in musculoskeletal disorders, from pain syndromes through limitations in the range of motion and poor quality of movement.	3	2	10	-	30			10		x
13.	Psychology in sport	Mental preparation is, apart from tactics, motor skills and technique, one of the pillars of the functioning of athletes at every level of advancement. Psychology in sport allows you to become familiar with the psychological aspects of broadly understood physical activity. During the classes, the student will learn about basic issues in the field of sports psychology, such as, m.in, mental training, sports attitude, mental	7	2	20	20	-			10		x

		<p>toughness. They will find out what the role and tasks of a psychologist in sport are. The subject covers areas such as cooperation, coping with stress, emotion regulation, team communication, emotions and motivations, and strengthening self-confidence. Students will have the opportunity to check the level of their mental skills – e.g. concentration of attention or speed of reaction time, they will learn about methods of setting goals and regeneration, which they will be able to use in their future work and private life.</p>										
	Total:			32								
				ECTS								