**ACADEMIC DISCIPLINE OVERVIEW**

1. **Program data**

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| **1.1.** | **GRIGORE T. POPA UNIVERSITY OF MEDICINE AND PHARMACY IASI** |
| **1.2.**  | **FACULTY OF MEDICAL BIOENGINEERING**  |
| **1.3.** | **PROGRAMME:** Physio-kinetotherapy and rehabilitation |
| **1.4.**  | **STUDY FIELD:** Health |
| **1.5.** | **STUDY CYCLE**: UNDERGRADUATE |
| **1.6.** | **STUDY PROGRAMME:** INENGLISH |
| 1. **Subject data**
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| **2.1.** | **Subject: Rehabilitation in sports pathology** |
| **2.2.** | **Module leader: Associate professor Gynetta Vanvu** |
| **2.3.** | **Seminar leader: Associate professor Gynetta Vanvu** |
| **2.4. Year of study** | **III** | **2.5. Semester in which is taught** | **II** | **2.6. Evaluation type** | exam | **2.7. Subject status** | Mandatory  |

1. **Estimated total time (hours/semester of didactic activity)**

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| **3.1.Number of hours / week** | 2 | **3.2. Courses number of hours / week** | 1 | **3.3.Seminar / l practical classes** | 1 |
| **3.4. Total number of learning hours** | 28 | **3.5. Courses** | 14 | **3.6. Seminar / practical classes** | 14 |
| **3.7. Distribution of the available time** | Hours |
| **Study based on the manual, lecture support, bibliography and hand notes** | 10 |
| **Supplementary documentation in the library, using specialised platforms via internet and by field work** | 10 |
| **Preparation for seminars / practical classes, study themes, reviews, portofolio, and essays** |  |
| **Tutorship** |  |
| **Examinations** |  |
| **Other activities** | 2 |
| **3.8. Total hours of individual study** | 22 |
| **3.9. Total hours pes semester** | 50 |
| **3.10. Number of credits** | 2 |

1. **Preconditions (where applicable)**

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| **4.1.** of curriculum | Rehabilitation in orthopedic diseases |
| **4.2.** of competences | Notions of syndromes of traumatic orthopedic diseases |

1. **Conditions (where applicable)**

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| **5.1.** for lectures | Logistic support video |
| **5.2.** for seminars / practical classes | Students will have the appropriate equipment |

1. **Specific competences acquired**

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| Professional competences (expressed as knowledge and abilities) | C1.2 knowledge to explain the key syndromes of traumatic and orthopedic diseasesC1.3 Appling kinesiology programs related functional diagnosis and secondary prophylaxisC1.4 Using parameters appropriate techniques to increase joint mobility, muscle strength, coordination, balance, the improvement of the modified parameters (cardiovascular, respiratory, neuromuscular, etc.)C1.5 Develop and implement new protocols for physiotherapyC2.1 effects of general and local medical massage, massage techniques for a description of various body regions, with their indications and contraindicationsC2.2 Basic knowledge of opportunity for explanation and interpretation programs tailored physiotherapy treatment area and type of pathologyC2.3 Applying appropriate massage programs pathology and treatment areaC2.4 analysis using parameters of intensity and duration of massage techniques tailored pathology, assessing muscle tone, a painful sensitivity before and after massage.C2.5 Implementation of new protocols for massageC3.1 Identify physiological mechanisms of thermoregulation, thermal factors effect on the human body organs and systems; hydro identification techniques (HTT) the indications, contraindications and precautions.C3.2 Knowledge of proper procedures for the election of a hydro therapy strategiesC3.3 Assessment and integration of hydro procedures in the therapeutic program, the type of pathology and objectives.C 3-4 Evaluation parameters appropriate application of all forms of hydro establishing associations between opportunity and procedures.C3.5 Developed and developing new protocols HTTC4.3 Application procedures for electrotherapy, phototherapy, magnetic, ultrasounds; utilizes the parameters and timetable of applications tailored pathology and treatment area.C4.4 Use appropriate parameters in all forms of electrotherapy, assessing analgesic effects, muscle contraction or intensity depending on the procedure appliedC4.5 Implement various strategies to develop new protocols for electrotherapy |
| Transverse competences (of role, of professional development, personal) | CT1. Identify objectives to be achieved, the resources available, the conditions for completion of their work flow, working time, deadlines and related risksCT2. Identifying roles and responsibilities in a multidisciplinary team and application techniques and effective work relationships within the team and the relationship with the patient |

1. **Objectives of the study discipline (according to the grid of specific competences acquired)**

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| **7.1.** General objective | Notions concerning pathology in sport; opportunity interpretation programs tailored physiotherapy treatment area and type of pathology, hydro, electrotherapy. |
| **7.2.** Specific objectives | Acquiring knowledge and skills acquisition and interpretation of pathology information from sports, the means and methods of functional assessment in different pathological situations. |

1. **Contents**

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| **8.1. Lecture** | **Teaching methods** | **Observations** |
| Peculiarities recovery in sport | Video projections, interactive discussions | 2 hours |
| Sports injuries of the upper limb | Video projections, interactive discussions | 2 hours |
| Sports injuries of the lower limb | Video projections, interactive discussions | 2 hours |
| Sports Injuries course of the rachis | Video projections, interactive discussions | 2 hours |
| Sport specific injuries | Video projections, interactive discussions | 2 hours |
| The role of physical therapy course in sports injury recovery | Video projections, interactive discussions | 2 hours |
| The importance prevention of injuries in sport | Video projections, interactive discussions | 2 hours |
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| **8.2. Seminar / practical classes** | **Teaching methods** | **Observations** |
| Axial segment traumatology. Treatment and recovery-Spine; mechanical, static and dynamic aspectes-cervical, thoracic and lumbar-sacral trauma-posttraumatic rehabilitation of the rachis | Case presentations, films, experimental demonstrations | 2 hours |
| Traumatology leg. Recovery Technique- knee, calf, ankle, foot trauma-recovery technique | Case presentations, films, experimental demonstrations | 2 hours |
| Traumatology of the upper limb. Recovery techniques-shoulder, elbow, wrist and hand trauma in athletes | Case presentations, films, experimental demonstrations | 2 hours |
| Muscles and tendons traumaSpecific locations of mechanical traumatic tendonitis in sports practiceMechanical ankle tendonitis of the Achilles tendonlower limb muscle retractions of young sportsanalysis and prevention | Case presentations, films, experimental demonstrations | 2 hours |
| The young sports traumatologythe soft traumatologyjoint pathologyfracturesperiostitele osteonecrozis teenagerrachides the young sportsman | Case presentations, films, experimental demonstrations | 2 hours |
| Traumatology by sport specific. Physical Therapy, Massageboxing, rugby, football, handball, basketball, volleyballtennis, athletics, gymnasticsmartial arts and wrestling | Case presentations, films, experimental demonstrations | 2 hours |
| Traumatologia swimming. Recovery Techniquespreliminary conceptsmechanical accidentsaccidents chemical origin of scuba diverssyncope and thermal shockdrowning | Case presentations, films, experimental demonstrations | 2 hours |
| **Bibliography****mandatory**1. DRĂGAN, I. Practica medicinii sportive. Ed. Med., Bucureşti, 1989.

selective2. DANOVSKI, R., CHANUSSOT, J., CL. Traumatologie du sport. Ed. Masson, Paris, 1993.3. DANOVSKI, R., CHANUSSOT, J., CL. Reeducation en traumatologie du sport, Ed. Masson, Paris, 1997.4. Medicină sportivă aplicată, sub redacţia prof.dr. I. Drăgan, EDITIS, Bucureşti, 19945. SBENGHE T., Kinetologia profilactica, terapeutica si de recuperare, Ed. Medicala, Buc., 19786. MARCU, V., Kinetoterapie, Editura Universităţii Oradea, 2006 |

1. **Correlation of the discipline contents with the expectations of the epistemic community, professional associations, and representative employers from the afferent program field**

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| Knowledge and abilities are established as didactic objectives and specified as such in the analytic programs that are revised yearly. After their analysis by the study discipline staff, these are discussed and approved in the Curricular Committee, towards curricular harmonization among the various study disciplines. Along this entire process systematic evaluation is performed, directly if possible, regarding the correspondence of the contents to the expectations of the academic community and of the representatives of the social community, professional associations, and employers. |

1. **Evaluation**

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| **Type of activity** | **Type of activity** | **Evaluation methods** | **Contribution to the final grade** |
| **Lecture** | Knowing the structure of the body | Exam | 50% |
| **Seminar/practical classes** | Recognising the microscopic specimen | Examination of the miscoscopic specimen | 40%  |
| Recognising the role of these structures in the specific organ | Mark during semester | 10% |
| **Minimal performance standard:**-Identification of the miscroscopic specimen: organ, tissue, cells-Knowledge of the layers in: lung, stomach, kidney, testis, ovary, brain, skeletal muscle, tendon, bone. |

**Date of completion: Signature of head of discipline**

20.01.2017 Associate Professor Vanvu Gynetta

**Department approval date**

30.01.2017

 **Signature of department director**

Lecturer Daniela-Viorelia Matei, Ph-D