**ACADEMIC DISCIPLINE OVERVIEW**

1. **Program data**

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| 1.1. Higher education institution | Grigore T. Popa University of Medicine and Pharmacy Iasi |
| 1.2. Faculty | Medical Bioengineering |
| 1.3. Department | Biomedical Sciences |
| 1.4. Field of study | Health |
| 1.5. The cycle of studies | Bachelor |
| 1.6. Study program / qualification | Balneo-physiokinetotherapy and rehabilitation – english language / Physiokinetotherapist |

**2. Discipline data**

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| --- | --- | --- | --- | --- | --- | --- |
| 2.1. Name of the discipline / Code | | | | **b. Alternative Therapy Techniques** | | **RE1325** |
| 2.2. Teaching staff in charge with lectures | | | | **-** | | |
| 2.3. Teaching staff in charge with practical activities | | | | **Associate Professor Daniela Viorelia Matei, MD, PhD** | | |
| 2.4. Year of study | **III** | 2.5. Semester | **1** | 2.6. The type of assessment | **C1** | |
| 2.7. Discipline type | | **Mandatory** | | **Specialty discipline** | | |

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

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| --- | --- | --- | --- | --- | --- | --- | --- |
| 3.1. Number of hours / week: | | 3.2. Courses number of hours / week | | 3.3. Seminars / practical classes  number of hours / week | | | |
| Semester 1 | **1** |  | | **1** | | | |
| Semester 2 |  |  | |  | | | |
| 3.4. Total number of learning hours: | **14** | 3.5. Of which: Courses |  | 3.6. Of which: Seminars / practical classes: | | | **14** |
| 3.7. Distribution of individual study time: | | | | | Hours sem. 1 | Hours sem. 2 | |
| Study time using course book materials, bibliography and hand notes | | | | | 12 |  | |
| Supplementary documentation in the library, using specialised platforms via internet and by field work | | | | | 12 |  | |
| Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays | | | | | 12 |  | |
| Tutorship | | | | | 2 |  | |
| Examinations | | | | | 2 |  | |
| Other activities | | | | |  |  | |
| Total hours of individual study (*without examinations*) | | | | | **36** |  | |
| 3.8. Total hours per semester | | | | | **50** |  | |
| 3.9. Number of credits | | | | | **2** |  | |

**4. Preconditions (where applicable)**

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| 4.1. of curriculum | Anatomy, Massage, Complementary techniques |
| 4.2. of competences | Knowing the macroscopic and microscopic structure of organs and body systems |

5. **Conditions (where applicable)**

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| 5.1. for lectures | Video logistical support. |
| 5.2. for seminars / practical classes | Students will have the appropriate equipment |

**6. Specific competences acquired**

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| --- | --- | --- |
| **Professional competencies** | **C 1.4** | The application of physical therapy programs correlated with the functional diagnosis and according to the doctor's indications, also carrying out secondary prophylaxis. |
| **C 4.3** | Use of appropriate parameters in techniques to increase joint mobility, muscle strength, coordination and balance.  Implementation of new technique of complementary therapy |

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

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| --- | --- |
| 7.1. General objective | Establishing the role of complementary therapy in relation with other physical therapies. |
| 7.2. Specific objectives | To assimilate the theoretical basis of the techniques of complementary techniques. |

**8. Contents**

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| **8.2. Practical activities - practical class** | | **Teaching methods** | **Observations** |
| 1 | Principles of acupuncture, api-phytotherapy, homeopathy, Bach flower therapy, laser therapy, aromatherapy and chromotherapy. | Presentation of clinical cases | 2 hours |
| 2 | Materia Medica Homeopathy and constitutional types | 2 hours |
| 3 | Drugs, remedies, techniques commonly used in trauma. | 4 hours |
| 4 | Drugs, remedies, techniques commonly used in neurological diseases. | 4 hours |
| 5 | Drugs, remedies, techniques commonly used in locomotor system diseases. | 2 hours |

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| **8.3. Bibliography:** |
| ***Mandatory:*** |
| Seminars/practical applications posted on e-Learning platform   |  | | --- | | George Vithoulkas. [Levels of Health Second Volume of Science of Homeopathy (science of homeopathy, 2), 2010.](https://www.amazon.com/Levels-Science-Homeopathy-science-homeopathy/dp/B003USU7C0/ref=la_B00JKGDB6A_1_10?s=books&ie=UTF8&qid=1497391922&sr=1-10)  [[Iren Soulevar](https://www.amazon.com/dp/B086PNWPJW?tag=uuid10-20" \t "_blank)](https://bookauthority.org/author/Iren-Soulevar)[. Alternative Medicine. Herbal Antivirals: The Ultimate Guide to Herbal Healing, Magic, Medicine, and Antibiotics + Herbal Remedies: Guide to Natural Antibiotics and Antivirals, 2020](https://www.amazon.com/dp/B086PNWPJW?tag=uuid10-20" \t "_blank)  [[Kristine Brown](https://www.amazon.com/dp/1646111567?tag=uuid10-20" \t "_blank)](https://bookauthority.org/author/Kristine-Brown)[. Herbalism at Home.125 Recipes for Everyday Health, 2021](https://www.amazon.com/dp/1646111567?tag=uuid10-20" \t "_blank)  [[Brent A. Bauer M.D.](https://www.amazon.com/dp/1893005690?tag=uuid10-20" \t "_blank)](https://bookauthority.org/author/Brent-A.-Bauer-M.D.) [Mayo Clinic Guide to Integrative Medicine. Conventional Remedies Meet Alternative Therapies to Transform Health, 2021](https://www.amazon.com/dp/1893005690?tag=uuid10-20" \t "_blank)  [[Jordan Rubin](https://www.amazon.com/dp/0768417864?tag=uuid10-20" \t "_blank)](https://bookauthority.org/author/Jordan-Rubin)[,](https://www.amazon.com/dp/0768417864?tag=uuid10-20" \t "_blank)[[Dr. Josh Axe](https://www.amazon.com/dp/0768417864?tag=uuid10-20" \t "_blank)](https://bookauthority.org/author/Dr.-Josh-Axe)[,](https://www.amazon.com/dp/0768417864?tag=uuid10-20" \t "_blank)[[Ty Bollinger](https://www.amazon.com/dp/0768417864?tag=uuid10-20" \t "_blank)](https://bookauthority.org/author/Ty-Bollinger)[. Essential Oils. Ancient Medicine. 2018](https://www.amazon.com/dp/0768417864?tag=uuid10-20" \t "_blank) | |
| ***Elective:*** |
| Claudia Focks. Acupuncture. English Edition, Elsevier 2008.  Ruth Werner, A Massage Therapist's Guide to Pathology, 5th Edition 2012  Hari OM Gupta. Healing Powers of Chromotherapy: Using Colours to Cure Diseases Colours to Cure Diseases, 2006.  Bach Edward. Terapia prin flori. Editura Herald, 2008, ISBN: 978-973-111-067-7 |

**9. *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. |

**10. Evaluation**

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| Type of activity | Assessment criteria | Evaluation methods | Contribution to the final grade |
| Lectures | Acquiring theoretical notions and presented in the course | Written exam.  MCQ Examination |  |
| Practical activities | Activities carried out in laboratory and conducted quality essays. | Colloquium practical activity | 80 % |
| Individual study | Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays.  Study time using coursebook materials, bibliography and hand notes, documentation in the library, using specialised platforms via internet and by field work. | Tests during the semester | 20 % |
| Minimal performance standard:   * **A**pplication of different complementary techniques in recovery and rehabilitation | | | |

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| Date | Holder of course / signature, | Holder of practical activities / signature, |
| 11.09.2023 |  | Associate Professor Daniela Viorelia Matei, MD, PhD |

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| Date of approval in the Department Council/Teaching Council, | | |
| 14.09.2023 |  | Department director / signature, |
|  |  | Associate Professor Daniela Viorelia Matei, MD, PhD |