LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	710	B	074	Accredited until	2016	06	01	Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Modalities in Physiotherapy

Prerequisites

Modules of biomedical sciences, clinical examination in Physiotherapy, Physiotherapy modules

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Find a scientific justification for the applied physical agents, aquatic therapy techniques.	Formal lecture, Group work, Literature analysis, Problem-based learning, Scientific paper analysis	Examination, Literature reviewing and presentation, Test
2	Adapt to new situations and make responsible, evidence based decisions applying physical therapy and aquatic therapy techniques	Group work, Practical exercises (tasks), Problem-based learning	Case analysis (study), Reporting for practice work
3	Find and apply new and effective physical agents therapy, aquatic therapy methods and means.	Exercise classes, Formal lecture	Case analysis (study), Reporting for practice work
4	Determine physiotherapy diagnosis and physiotherapy need based on cardiovascular function, tissue examination findings. Recognise signs and symptoms of diseases and conditions, define contraindications for aquatic therapy and physical agents therapy.	Formal lecture, Literature analysis	Case analysis (study), Examination, Test
5	Develop a plan of physical therapy, including physical therapy, aquatic therapy, and soft tissue approaches. Apply and adjust to modern muscle function recovery methods (electrostimulation, heat, cryotherapy, Halliwick approach, soft tissue mobilization, massage, etc.).	Case analysis (Case study), Group work	Case analysis (study), Reporting for practice work

Main aim

Find a scientific justification for the applied methodology, make responsible and evidence based decisions applying physical agents, aquatic therapy and soft tissue techniques, to apply and adjust the modern methods for muscle function recovery.

Summary

Students acquire knowledge about the evidence based physical agents therapy and aquatic therapy, the key principles of these modalities and their contraindications. Practical skills in physical agents therapy and aquatic therapy are developed. Analysis of clinical cases is performed and the individualized physiotherapy plan including most effective physical agents therapy and aquatic therapy techniques is developed.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	Specialaus lavinimo

Group under financial classification

9.Reabilitacija ir slauga, sportas (išskyrus trenerius)

Syllabus

№.	Sections and themes	Responsible lecturer
1.	History of Aquatic healing. Modern origins, status of aquatic therapy. Indications and advantages. Contraindications and precautions. Pool facilities.	43 doc. dr. Vilma Dudonienė
2.	Physical properties of water. Fluid dynamic properties of water.	43 doc. dr. Vilma Dudonienė
3.	Physiological responses to immersion and Aquatic exercise.	43 doc. dr. Vilma Dudonienė
4.	Phylosophy and Technique elements. The Halliwick Concept.	43 doc. dr. Vilma Dudonienė
5.	Bad Ragaz Ring method, Ai Chi and Watsu.	43 doc. dr. Vilma Dudonienė
6.	Swim stroke training and modification for rehabilitation.Safety in water. Vital signs. Aqua programming and progression.	43 doc. dr. Vilma Dudonienė
7.	Getting to know the physical properties of water.	43 doc. dr. Vilma Dudonienė
8.	Sagittal rotation control.	43 doc. dr. Vilma Dudonienė
9.	vertical rotation control.	43 doc. dr. Vilma Dudonienė
10.	Lateral rotation control.	43 doc. dr. Vilma Dudonienė
11.	Combined rotation control.	43 doc. dr. Vilma Dudonienė
12.	Upthrust, mental inversion.	43 doc. dr. Vilma Dudonienė
13.	Balance is stillness.	43 doc. dr. Vilma Dudonienė
14.	Turbulent gliding.	43 doc. dr. Vilma Dudonienė
15.	Simple progression.	43 doc. dr. Vilma Dudonienė
16.	Ai Chi method.	43 doc. dr. Vilma Dudonienė
17.	Deep water running.	43 doc. dr. Vilma Dudonienė
18.	Watsu method.	43 doc. dr. Vilma Dudonienė
19.	Water aerobic.	43 doc. dr. Vilma Dudonienė
20.	Designing Aqua therapy plan for people with diffrerent problems.	43 doc. dr. Vilma Dudonienė

Evaluation procedure of knowledge and abilities:
Ten grade criterion scale and summative evaluation system are applied. The semester's individual work tasks are evaluated by grades; the final grade is given during the examination session while multiplying particular grades by the lever coefficient and summing up the products.

References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Brody, L.T.,Geigle P.R. (2009). Aquatic exercise for rehabilitation and training. Human Kinetics.	797.2 Aq-01	1	Yes	
2.	Еремин, И.В.,Чебытова, Л.А. (2012). Гидрокинезитерапия. Ставрополь.			No	1
3.	Лоуренс, Д. (2000). Аквааэробика. Упражнения в воде. Москва.			No	1

Additional literature

№.	Title
1.	Kriščiūnas, A. ir Kavaliauskienė, AS. (2008). Kineziterapija vandenyje sergant stuburo ligomis. KMU leidykla.

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Associate Professor	Assoc. Prof. Dr. Vilma Dudonienė	43

Subdivision

Entitlement	Code
a	2006

Study module teaching form №. 1

Semester		Mode of studies	Structure				Total hours	Credits
			Lectures	Pract.	Lab.	Ind. work		
A	S	D	6	20	0	104	130	5

Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.

Plan of in-class hours

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Lectures	P	L		Lectures	P	L
1.	1	0	0	11.	0	1	0
2.	1	0	0	12.	0	1	0
3.	1	0	0	13.	0	1	0
4.	1	0	0	14.	0	1	0
5.	1	0	0	15.	0	1	0
6.	1	0	0	16.	0	1	0
7.	0	1	0	17.	0	1	0
8.	0	1	0	18.	0	1	0
9.	0	1	0	19.	0	1	0
10.	0	1	0	20.	0	7	0
				Total:	6	20	0

Schedule of individual work tasks and their influence on final grade

	№. of syllabus	Total hours	Influence on grade, %	Week of presentment of task (*) and reporting (o)															
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17-20
Case analysis (study)	1-26	20	20	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	0	
Mid-term examination	1-6	24	20	*	*	*	*	*	*											0
Accounting for practice	7-12	20	20							*	*	*	*	*	0					

	№. of syllabus	Total hours	Influence on grade, %	Week of presentment of task (*) and reporting (o)															
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17-20
sessions																				
Accounting for practice sessions	19-16	20	20										*							0
Accounting for practice sessions	13-18	20	20													*	*	*	*	0
Total:	-	104	100																	