Hanze University of Applied Sciences Groningen

Course: Keep on Moving theory — credits: 4

Course code	PIVP18KOMT
Name	Keep on Moving theory
Study year	2022-2023
ECTS credits	4
Language	English
Coordinator	H.A. Kranenburg

Modes of delivery	Individual supervision Lecture Practical / Training Tutorial
Assessments	Keep on Moving: Theory - Computer, organised by STAD examinations

Learning outcomes

1CD-E/FH. 326. In the context of indicated prevention, the student can independently draw up a partial physiotherapy assessment for a client who is at risk of a physical health problem.
1CD-E/FH. 327. In the context of indicated prevention, the student can independently draw up a specific physiotherapy treatment for a client who is at risk of a physical health problem.
1CD-E/C. 46. The student can independently explain to third parties the criteria which professional communication must meet in the context of physiotherapy practice.

Content

Prevention is playing an increasingly significant role in our society – certainly when it comes to prevention in the context of ADL, work and sports. Physiotherapists are expected to have the professional skills to design training programmes for clients aimed at improving strength and endurance, and to guide the clients during the execution of these programmes. In the daily practice of physiotherapy, setting up a solid training programme is a common activity. To set up such a training programme and evaluate it, you need basic knowledge of physiology/exertion physiology, anatomy and training theory. To this end, every week students will elaborate on a simple case study about healthy subjects and persons who have been exposed to various health risks. The study tasks are about osteology, syndesmology, myology, kinesiology, physiology/exertion physiology, training theory, testing, measuring and training, and giving information, health information, instruction and feedback. Basic anatomy and physiology in relation to the heart and lungs and the corresponding measurements will also be discussed, as well as the behavioural side of health and exercise. Important: This casuistry is a means to get to know the didactic materials really well, but does not cover the entirety of materials that will be tested at the end of the training programme. Independent study, especially of the required literature, is absolutely necessary.

Included in programme(s)

B International Physiotherapy

School(s)

School of Health Care Studies

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