Course: Physiotherapeutic Care 1: Physiology & Health — credits: 5

Course code	FYVP23FZ1FG
Name	Physiotherapeutic Care 1: Physiology & Health
Study year	2025-2026
ECTS credits	5
Language	Dutch, with parts in English
Coordinator	M. van Ark
Modes of delivery	Lecture Teaching method 1
Assessments	Client Dossier - Assignment Physiology and health - Computer, organised by STAD examinations

Learning outcomes

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.
INT 1CD-FH 1 In consultation with a fellow student in an educational situation, the student can substantiate his physiotherapeutic action based on English-language professional literature.

Content

PT-care 1.consists of 2 courses of 5 EC that are interwoven with each other. Course 1: Physiology & Health and course 2: Anatomy & skills. This course concerns covers the more theoretical part of PT-care 1.

Prevention plays an increasing 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 and single -problemcase study about a healthy person 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)

Physiotherapy

School(s)

School of Health Care Studies

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