Hanze

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

Course code	PIVP23PC1PH
Name	Physiotherapeutic Care 1: Physiology & Health
Study year	2026-2027
ECTS credits	5
Language	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

In the context of indicated prevention, the student is able to independently draw up a partial physiotherapeutic assessment plan and -treatment plan for a client who is at risk of a physical health problem. Professional role: HCP,HP-1

The student is able to independently explain to third parties the criteria that professional communication must meet within the context of physiotherapeutic practice. Professional role: HCP,COM-1

In collaboration with a fellow student in an educational setting, the student can substantiate his physiotherapeutic actions based on (English-language) professional literature. Professional role: HCP-1

The student masters the basic principles of the knowledge (the Body of Knowledge, Skills and Attitudes) required to develop an assessment- and treatment plan within the context of indicated prevention for a client who is at risk of a physical health problem (mainly factual knowledge, understanding, and reproduction). Professional role: HCP,HP-1

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 – especially 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)

International Physiotherapy

School(s)

Health, Care & Vitality

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