

Course description

Part 1

General information about the course		
1. Major of study: Physiotherapy	2. Study level: uniform master's degree / general academic profile	
	3. Form of study: intramural	
4. Year: 2023-2028	5. Semester: VI	
6. Course name: Manual Therapy		
7. Course status: mandatory		
8. Course contents and assigned learning outcomes		
To acquaint the student with the theoretical foundations of Manual Therapy. To acquaint the student with the basic indications and contraindications for performing manual therapy procedures. Based on the theoretical basis of the subject, the student masters practical skills in physiotherapeutic diagnosis and therapeutic techniques used in Manual Therapy.		
Learning outcomes / reference to learning outcomes indicated in the standards		
For knowledge – student knows and understands: C.W7, C.W8		
For skills student can do: C.U8, C.U9, C.U10		
For social competencies student is ready to:		
-noticing and recognizing own limitations, self-assessment of deficits and educational needs		
-using objective sources of information		
-forming opinions on various aspects of professional activity		
9. Number of hours for the course		50
10. Number of ECTS points for the course		2
11. Methods of verification and evaluation of learning outcomes		
Learning outcomes	Methods of verification	Methods of evaluation*
Knowledge	Grade credit – MCQ	*
Skills	Report Observation	*
Competencies	Observation	*

* The following evaluation system has been assumed:

Very good (5,0) – the assumed learning outcomes have been achieved and significantly exceed the required level

Better than good (4,5) – the assumed learning outcomes have been achieved and slightly exceed the required level

Good (4,0) – the assumed learning outcomes have been achieved at the required level

Better than satisfactory (3,5) – the assumed learning outcomes have been achieved at the average required level

Satisfactory (3,0) – the assumed learning outcomes have been achieved at the minimum required level

Unsatisfactory (2,0) – the assumed learning outcomes have not been achieved

Course description

Part 2

Other useful information about the course		
12. Name of Department, mailing address, e-mail: Department of Kinesitherapy and Special Methods		
13. Name of the course coordinator: pmichalik@sum.edu.pl tmichalski@sum.edu.pl mdabrowska-galas@sum.edu.pl		
14. Prerequisites for knowledge, skills and other competencies: Knowledge of normal anatomy, physiology and biomechanics		
15. Number of students in groups	In accordance with the Senate Resolution	
16. Study materials	Accessories for manual therapy. Script for manual therapy.	
17. Location of classes	Exercise rooms designated by the Dean's office according to the schedule.	
18. Location and time for contact hours	Given individually by lecturers, room 509 WNoZ	
19. Learning outcomes		
Number of the course learning outcome	Course learning outcomes	Reference to learning outcomes indicated in the standards
P_W01	theoretical, methodological and practical grounds of kinesitherapy, manual therapy and massage and of the special physiotherapeutic methods;	C.W7.
P_W02	indications and contraindications for exercise used in kinesitherapy, manual therapy, massage and special physiotherapeutic methods;	C.W8.
P_U01	plan, select and perform the procedures in the area of kinesitherapy, manual therapy, massage and special physiotherapeutic methods;	C.U8.
P_U02	operate and use the devices used in kinesitherapy, manual therapy, massage and special physiotherapeutic methods;	C.U9.
P_U03	show advanced manual skills to use appropriate methods of kinesitherapy, manual therapy, massage and special physiotherapeutic methods;	C.U10.
20. Forms and topics of classes		Number of hours
21.1. Lectures		8
History of manual therapy. The basic concepts of manual therapy. Chosen elements of the Kaltenborn method.		3
Basic concepts and assumptions of the Kaltenborn concept		3

Basic concepts and assumptions of the Mulligan concept and stertetching.	2
23.3. Labs	30
Presentation and practice of manual mobilization of joints according to Kaltenborn.	5
Presentation and practice of manual mobilization of joints according to Kaltenborn.	5
Presentation and practice of manual mobilization of joints according to Kaltenborn.	5
Presentation and practice of MWM techniques according to Mulligan	5
Presentation and practice of MWM techniques according to Mulligan	5
Presentation and practice of HR techniques	5
23.4. Self-education	12
24. Readings	
1)Kalenborn F.Manual Mobilization of the Joints, Vol. 1: The Extremities, Orthopedic Physical Therapy Products; 8 edition (December 1, 2014) 2)Kenneth A. Olson Manual Physical Therapy of the Spine Saunders; 2 edition (March 13, 2015) 3)Mobilisation with Movement: The Art and the Science 1st Edition Bill Vicenzino, Wayne Hing; Elsevier Australia;08 Nov 2019	
25. Detail evaluation criteria	
In accordance with the recommendations of the inspection bodies Completion of the course – student has achieved the assumed learning outcomes Detail criteria for completion and evaluation of the course are specified in the course regulations	