

## Course description

### Part 1

General information about the course		
1. Major of study: medicine	2. Study level: unified MSc	
	3. Form of study: intramural	
4. Year: 2022-2027	5. Semester: VI	
6. Course name: Manual Therapy		
7. Course status: required		
8. Course contents nad 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		
In reference to knowledge: The student knows selected elements of the history of manual therapy and knows the theoretical, methodological and practical basics of manual therapy within selected methods. He knows the indications and contraindications to treatment in manual therapy. C.W7 C.W8		
In reference to skills: The student is able to plan, select and perform treatments in the field of manual therapy within selected methods. The student is able to use therapeutic aids in the field of manual therapy and can present the appropriate techniques in the field of manual therapy within the known methods. 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		38
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

**Un satisfactory (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: <a href="mailto:pmichalik@sum.edu.pl">pmichalik@sum.edu.pl</a> <a href="mailto:tmichalski@sum.edu.pl">tmichalski@sum.edu.pl</a> <a href="mailto:mdabrowska-galas@sum.edu.pl">mdabrowska-galas@sum.edu.pl</a>		
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	The student knows selected elements of the history of manual therapy and knows the theoretical, methodical and practical basics of using manual therapy from selected methods.	C.W7.
P_W02	The student knows indications and contraindications to treatments used in manual therapy	C.W8.
P_U01	The student is able to plan, select and perform manual therapy treatments with selected methods.	C.U8.
P_U02	The student is able to use and use therapeutic aids in the field of manual therapy	C.U9.
P_U03	The student is able to present the appropriate techniques in the field of manual therapy within the known methods.	C.U10.
20. Forms and topics of classes		Number of hours
21.1. Lectures		
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		

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
<b>23.4. Self-education</b>	12
<b>24. Readings</b>	
1)Kaltenborn 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	
<b>25. Detail evaluation criteria</b>	
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	