

Subject	FOUNDATIONS OF KINESITHERAPY
Study program	Three year professional studies for graduated physiotherapist
Code	SF-211
Year of study	Second
Semester	Third
Total classes	30
Credits	2
Type of subject	Obligatory
Preconditions	Requirement for second year admission fulfilled
Executed	Chair of Physical Medicine and Rehabilitation
Responsible teacher	Associate Prof. Erieta Nikolicj-Dimitrova, M.D., Ph.D.
Address	Institute of Physical Medicine and Rehabilitation Ul. Elisie Poposki No 28 Skopje tel: +389 2 3176 584 e-mail: enikolic@medf.ukim.edu.mk
Key words	Studies for professional physiotherapists, professional subjects, kinesitherapy (exercise therapy)
Goals of study	<ul style="list-style-type: none"> • to acquire the basic principles of kinesitherapy application in therapy and profilaxis within the process of medical rehabilitation • to acquire knowledge about positive action of kinesitherapy on patients' psychic and social condition • to introduce with methods of kinesitherapy • to become qualified for function testing in kinesitherapy • to understand kinesitherapy as therapeutic procedure with its own indications and contraindications • to connect efficacy of kinesitherapy in correlation with other physical agents
Class descriptions (brief content)	<p>Theoretical instruction (15 lessons)</p> <ul style="list-style-type: none"> • Place of kinesitherapy in physical medicine and rehabilitation • Biological acting of kinesitherapy on musculoskeletal, nervous, cardiovascular, respiratory and digestive system • Acting of kinesitherapy on the psychic and social condition and professional position of the patient. • Goals of kinesitherapy • Means of kinesitherapy (types of exercises) • Principles of kinesitherapy • Dosage in kinesitherapy • Starting position for exercise performance • Equipment for kinesitherapy • Methods for monitoring and evidence in kinesitherapy • Recreative gymnastics and kinesitherapy through sport activities • Coordination of movements, motor learning and

	<p>foundations of facilitation techniques</p> <p>Practical instruction (15 lessons)</p> <ul style="list-style-type: none"> • Training for practical application of the basic knowledge of kinesitherapy • Training for application of the means of kinesitherapy • Contraction and relaxation • Use of requisites in kinesitherapy • Contractures and their overcoming through exercises 										
Organization	<p>Theoretical instruction 15 lessons</p> <p>Practical instruction 15 lessons</p>										
Methods of study	Lectures, classes of practical instruction										
Provided results of study	<p>Knowledge and understanding: The student will acquire knowledge about means and principles in kinesitherapy and will learn applicable requisites needed in kinesitherapy</p> <p>Key skills: The student will be able to apply knowledge about foundations of kinesitherapy in further preparation of the plan for kinesitherapy in prevention and treatment of different diseases</p>										
Specific recommendation for instruction	<p>The student is obligated to follow all provided activities actively including participation in continuous knowledge examinations in order to get signature:</p> <p>Ranking student's activity:</p> <table border="1"> <thead> <tr> <th>Type of activity</th><th>Points</th></tr> </thead> <tbody> <tr> <td>Theoretical instruction*</td><td>7.5-15</td></tr> <tr> <td>Practical instruction**</td><td>7.5-15</td></tr> <tr> <td>Continuous examination-1</td><td>45-70</td></tr> <tr> <td>Total:</td><td>60-100</td></tr> </tbody> </table> <p>* Presence at theoretical instruction: 51% – 60% : 7.5 points 61% - 70% : 9.5 points 71% - 80% : 12 points 81% - 90% : 13 points 91% - 100% : 15 points</p> <p>** Practical instruction: every training class brings 1 point (15 lessons) presence: 0.5 point activity at class: 0.5 point</p> <p>A continuous examination (colloquium): The student need to attend theoretical and practical instruction regularly in order to access the continuous examination. The examination is written (multiple choice test). The student is obligated to access the colloquium, otherwise</p>	Type of activity	Points	Theoretical instruction*	7.5-15	Practical instruction**	7.5-15	Continuous examination-1	45-70	Total:	60-100
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	<p>he does not acquire the right for signature at the end of the semester.</p> <p>The student is obligated to win minimum points (60%) from continuous examination, otherwise, he is accessing the complete final exam.</p> <p>Final exam: There is no final exam. If the student passes the colloquium, complete grade will be formed.</p> <p>Complete final exam: The student takes complete final exam if he did not win minimum points (60%) at the colloquium. The exam represents the colloquium that was not passed. If the student does not pass the unpassed colloquium, he does not have the right for grade to be formed.</p> <p>Forming the complete grade: The grade of the complete exam is formed from the table of grades and on basis of the sum of points gained from all his activities, including the continuous examination.</p> <p>PART-TIME STUDY:</p> <p>Forty percent (40%) of the provided theoretical and practical instruction is performed. The exam is performed in EXAM SESSIONS and is consisted of:</p> <ul style="list-style-type: none"> • multiple choice test <p>The grade of the complete exam is formed according to the table of grades, and on basis of the sum of points gained from all the activities.</p>
Learning materials	<ul style="list-style-type: none"> • M. Stojanovska: Osnovi na kineziterapija (Foundations of kinesitherapy), Pergamon, Skopje, 2011 • Authorized lectures from the Chair • Fichorska D: Kineziterapija. Opsht del. Skopje, 1991. • Vulovic D: Osnovi kineziterapije. Klinika za rehabilitaciju. Beograd, 2001. • Jevtic M: Klinicka kineziterapija. Univerzitet u Kragujevcu. Medicinski fakultet, Kragujevac, 2001.