

Subject	PHYSITHERAPY FOR ATHLETS
Study program	Three years of professional studies for graduated physiotherapist
Code	SF-323
Academic year	third
Semester	Sixth
Total classes	55
Credits	2
Type of subject	Obligatory
Preconditions	Filled to enrol in the third year
Executed by	Chair of Physical Medicine and Rehabilitation Chair of Surgery
Responsible teachers	prof. Erieta Nikolikj -Dimitrova,M.D., Ph.D. associate prof. Igor Kaftandziev, M.D., Ph.D.
Address	Institute of Physical Medicine and Rehabilitation, Elisie Popovski no.28 1000 Skopje Tel. +389 2 3176 584, 1.223 e-mail: enikolic@medf.ukim.edu.mk University Clinic for Traumatology
Key words	Study of physiotherapists, professional subject, physiotherapy, sport, professional musician, dancers
Goals of study	The student acquires a basic knowledge of physiotherapy treatments applicable to athletes with injuries, professional tensions
Classes description (brief content)	<p>Theoretical instruction (15 lessons)</p> <p>Fundamentals of physiotherapy and physiotherapy programs in sports and occupational injuries</p> <p>The role of the physiotherapist as part of a multidisciplinary sports medical team</p> <p>Stages in the rehabilitation of sports and occupational injuries (inflammation and pain control, establishing nevro-muscular control, movement, flexibility, muscular strength and resistance, postural stability, balance and cardiovascular capacity)</p> <p>Rehabilitation techniques in sports and occupational injuries</p> <p>Rehabilitation specific techniques (most common) for injuries</p> <p>Evaluation of the rehabilitation program</p> <p>Injury prevention in sports</p> <p>Application of orthopedic devices in the rehabilitation of athletes after injury</p> <p>Sports and recreational activities for people with disabilities</p> <p>Practice-practical training (40 classes)</p> <p>The practice is obligatory and is performed at different departments under guidance of a mentor-professor and physiotherapist responsible for that department. The student is obligated to be included in all the activities during the whole working time, and writes a diary for his activities.</p>

Organization	Theoretical instruction: 15 lessons Practice: 40 classes												
Learning methods	Lectures, practical training												
Provided results of study	<p>Knowledge and understanding: The student will acquire basic knowledge of the principles of physical medicine and methods of physiotherapy in the treatment of various injuries and illnesses.</p> <p>Key skills: The student will be able to apply the acquired theoretical knowledge in practice.</p>												
Specific recommendations for instruction	<p>The student is responsible to actively monitor all the anticipated activities, including participation in continuous checks of knowledge to get a signature.</p> <p>Ranking student's activities:</p> <table border="1"> <thead> <tr> <th>Type of Activity</th><th>Points</th></tr> </thead> <tbody> <tr> <td>Theoretical instruction *</td><td>6-10</td></tr> <tr> <td>Practice **</td><td>12-20</td></tr> <tr> <td>Continuous checks-1</td><td>28-45</td></tr> <tr> <td>Practical Exam</td><td>14-25</td></tr> <tr> <td>Total:</td><td>60-100</td></tr> </tbody> </table> <p>* Presence on theoretical instruction: 51% - 60% - 6 points; 61% - 70% - 7 points; 71% - 80% - 8 points; 81% - 90% - 9 points; 91% -100% - 10 points.</p> <p>**Practical training (practice)- 40 classes Every practical training class brings 0.5 points (total 20 points):</p> <ul style="list-style-type: none"> • presence - 0.25 points • activity on practical training class - 0.25 points <p>Conditional criteria: The student is required to attend theoretical and practical lectures regularly and to approach continuous checking. Verification of knowledge is written. Assessment of overall exam is obtained according to the table estimates, based on the sum of points from all activities including continuous checks.</p> <p>The student is obliged to win a minimum score (60%) of continuous checking, otherwise, there is a complete final exam.</p>	Type of Activity	Points	Theoretical instruction *	6-10	Practice **	12-20	Continuous checks-1	28-45	Practical Exam	14-25	Total:	60-100
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	Complete the Final Exam: The exam is written and practical. Consists of continuous checking that the student does not win minimum points.
Learning materials	Basic: Authorized lectures from the Chair