

Programme Specification

Bachelor's Degree in Physiotherapy



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PROFESSIONAL COMPETENCES

1.1. General competences

- G1: Ability to analyse and summarise information from several sources with the aim of providing effective physiotherapy care based on the primary treatment of the patients/users.
- G2: Solve problems that arise day-to-day both creatively and efficiently, in order to ensure the highest levels of quality of professional work.
- G3: Ability to organise and plan physiotherapy duties.
- G4: Use of information and communication technologies to meet the needs of patients/clients and for the design, application and evaluation of treatments
- G5: Ability to work effectively in interdisciplinary teams, integrating and participating in scientific and professional teamwork, contributing ideas and respecting and valuing the diversity of views of other team members.
- G6: Ability to incorporate ethical principles into the professional culture, giving priority to ethical commitment to patients/users and their families.
- G7: Ability to work in an international context and innovate and adopt new approaches used in other national contexts.
- G8: Ability to apply acquired knowledge.
- G9: Ability to come up with new ideas (creativity).
- G10: Ability to incorporate scientific research and evidence-based practice as a professional culture in physiotherapy, updating knowledge and skills continuously.
- G11: Ability to develop learning strategies throughout life to be able to acquire new knowledge, by developing their own academic and professional career path.
- G12: Oral and written communication in native language, according to the needs of their field of study and the demands of their academic and professional environment.
- G13: Oral and written communication in English, according to the needs of their field of study and the demands of their academic and professional environment.
- G14: Ability to establish and meet the the most appropriate quality criteria and apply methodologies and work strategies geared towards continuous improvement.
- G15: Ability to assimilate concepts of a social and humanistic nature into a comprehensive university education to enable the development of ethical values such as solidarity, multiculturalism, equality, commitment, respect, diversity, integrity, etc.
- G16: Ability to create, from a critical and constructive point of view, proposals for social transformation based on democracy and fundamental rights of individuals.
- G17: Ability to develop a professional career respecting the environment and encouraging sustainable development.

1.2. Specific competences

- E1: Understand the principles and theories of physical agents and their applications in physiotherapy.
- E2: Understand the principles of biomechanics and electrophysiology, and their main applications in the field of physiotherapy.
- E3: Identify the psychological and social factors that influence the state of health or illness of individuals, families and community.
- E4: Know and develop the theory of communication and interpersonal skills.
- E5: Understand the theories of learning to apply in health education and in the learning process itself throughout life.
- E6: Understand the psychological aspects in the physiotherapist-patient relationship.
- E7: Identify the factors that intervene in teamwork and leadership situations.
- E8: Identify the anatomical structures as a knowledge base to establish relationships dynamically with the functional organisation
- E9: Determine the physiological and structural changes that can occur as a result of the application of physiotherapy.
- E10: Recognise life-threatening situations and know how to execute basic and advanced support manoeuvres.
- E11: Understand the pathophysiology of diseases by identifying the manifestations that appear throughout the process, as well as medical-surgical treatments, mainly in their physiotherapy and orthopedic aspects.
- E12: Identify the changes produced as a consequence of the intervention of physiotherapy.
- E13: Encourage the participation of the user and family in their recovery process.
- E14: Know and identify psychological and physical problems derived from gender violence to train students in the prevention, early detection, assistance, and rehabilitation of victims of this form of violence.
- E15: Identify the concept, evolution and fundamentals of physiotherapy in its scientific and professional aspects.
- E16: Understand the general theory of functioning, disability and health and its international classification, as well as intervention models in physiotherapy and its care practice.
- E17: Know and apply the theoretical bases and the development of physiotherapy methods and procedures.
- E18: Have the ability to assess from the perspective of physiotherapy, the functional status of the patient/user, considering their physical, psychological and social aspects.
- E19: Understand and apply the manual and instrumental assessment methods and procedures in Physiotherapy and Physical Rehabilitation, as well as the scientific evaluation of its usefulness and effectiveness.

- E20: Know, design and apply the different modalities and general procedures of intervention in Physiotherapy: Massage therapy, Electrotherapy, Magnetotherapy, Hydrotherapy, Balneotherapy, Climatotherapy, Thalassotherapy, Thermotherapy, Cryotherapy, Vibrotherapy, Phototherapy, Pressotherapy, and those therapies derived from other physical agents, as well as fundamental aspects of Ergotherapy and other therapies related to the field of physiotherapy.
- E21: Encourage collaboration between users, families and physicians in the recovery process.
- E22: Identify the most appropriate physiotherapy treatment in the different processes of alteration, prevention and promotion of health as well as in the processes of growth and development.
- E23: Identify the situation of the patient/user through a diagnosis of physiotherapy care, planning the interventions, and evaluating their effectiveness in a cooperative work environment with other professionals in health sciences.
- E24: Know and apply the guidelines of good clinical practice.
- E25: Understand and perform specific methods and techniques related to the locomotor system, neurological processes, the respiratory system, the cardiocirculatory system and the alterations of the statics and dynamics. Specific methods and techniques that take into account the implications of orthopaedics in physiotherapy, reflex therapeutic techniques, as well as other methods and alternative and/or complementary techniques.
- E26: Understand ergonomic and anthropometric principles.
- E27: Analyse, programme and apply movement as a therapeutic measure, promoting the participation of the patient/user in its process.
- E28: Understand the fundamental concepts of health and the function performed by the physiotherapist in the health system.
- E29: Promote healthy life habits through health education.
- E30: Understand the factors related to health and problems related to physiotherapy in the fields of Primary Care, Specialised and Occupational Health.
- E31: Understand the Spanish Health System and the aspects related to the management of health services, in which physiotherapy is required.
- E32: Know and analyse the management processes of a physiotherapy unit or service.
- E33: Understand and apply the quality mechanisms in the practice of physiotherapy, adjusting to the criteria, indicators and quality standards recognised and validated for the appropriate professional practice.
- E34: Know the ethical and legal bases of the profession in a changing social context.
- E35: Know the professional ethical code of conduct.

1.3. Professional Competences

- P1: Recognise and understand the morphology, physiology, pathology and behaviour of people, both healthy and sick, in the natural and social environment.
- P2: Know and understand the sciences, models, techniques and instruments on which physiotherapy is based, articulated and developed.
- P3: Know and understand the methods, procedures and physiotherapy actions, directed both to the actual therapy to be applied in the clinic for re-education or functional recovery, as well as to carry out activities aimed at the promotion and maintenance of health.
- P4: Acquire appropriate clinical experience that provides intellectual skills and technical and manual skills; that facilitates the incorporation of ethical and professional values; and that develops the capacity of integration of the acquired knowledge; so that, when students have completed their studies, they know how to apply them both to specific clinical cases in the hospital and outpatient environment, as well as to actions in primary and community care.
- P5: Assess the patient's functional status, considering the physical, psychological and social aspects.
- P6: Assess diagnostically physiotherapy care according to internationally recognised standards and validation instruments.
- P7: Design the physiotherapy intervention plan according to criteria of adequacy, validity and efficiency.
- P8: Execute, direct and coordinate the physiotherapy intervention plan, using suitable therapeutic tools and attending to the individuality of the user.
- P9: Evaluate the evolution of the results obtained with the treatment in relation to the established objectives.
- P10: Prepare the discharge report of physiotherapy care once the proposed objectives have been met.
- P11: Provide effective physiotherapy care, providing comprehensive assistance to patients.
- P12: Intervene in the areas of promotion, prevention, protection and recovery of health.
- P13: Know how to work in professional teams as a basic unit in which the professionals and other personnel of the healthcare organisations are structured individually or in a multidisciplinary and interdisciplinary way.
- P14: Incorporate the ethical and legal principles of the profession into professional practice as well as integrating social and community aspects into decision making.
- P15: Participate in the development of physiotherapy care protocols based on scientific evidence, encouraging professional activities that stimulate physiotherapy research.
- P16: Carry out physiotherapy interventions based on comprehensive health care that involves multiprofessional cooperation, integration of processes and continuity of care.

- P17: Understand the importance of updating the knowledge, skills, abilities and attitudes that make up the professional competencies of the physiotherapist.
- P18: Acquire clinical management skills that include the efficient use of health resources and develop planning, management and control activities in the care units where physiotherapy care is provided and its relationship with other health services.
- P19: Communicate effectively and clearly, both orally and in writing, with users of the healthcare system as well as other professionals.

2. PROGRAMME STRUCTURE

	TYPE	SEMESTER	ECTS CREDITS
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First Year

Human anatomy	MB	I	6
Health sciences database	MB	I	6
Introduction to physiotherapy	OB	I	6
General physiology	MB	Annual	12
Scientific English	MB	Annual	6
Biostatistics	MB	Annual	6
Human anatomy II	MB	II	6
Human biomechanics	MB	II	6
Kinesitherapy	OB	II	6
			60

Second year

Specific methods of intervention in physiotherapy I (respiratory system)	OB	III	6
Pharmacology applied to physiotherapy	MB	III	6
Medical conditions I	OB	III	6
Assessment in physiotherapy	OB	III	6
General physiotherapy procedures I	OB	III	6
Medical conditions II	OB	IV	6
General physiotherapy procedures II	OB	IV	6
Applied psychosocial sciences	MB	IV	6
Clinical interview workshop	OB	IV	6
Specific methods of intervention in physiotherapy II (locomotion system)	OB	IV	6
			60

Third year

Physiotherapy in clinical specialties I	OB	V	12
Specific intervention methods in physiotherapy III (neurological processes)	OB	V	6
Ethics and deontology	OB	V	6
Paediatric physiotherapy	OB	V	6
Specific intervention methods in physiotherapy IV (cardiovascular system)	OB	VI	6
Physiotherapy in clinical specialties II	OB	VI	6
Clinical experience I	OB	VI	18
			60

Fourth year

Sports physiotherapy	OB	VII	6
Clinical experience II	OB	VII	24
Social Christian doctrine	OB	VIII	6
Public and community health	OB	VIII	6
Health research	OB	VIII	6
Optional Subject I *	OP	VIII	3
Optional Subject II *	OP	VIII	3
Final project	OB	VIII	6
			60

Elective Modules:

SUBJECT	TYPE	SEMESTER	ECTS
Diagnostic imaging	OP	VIII	3
Alternative and complementary therapies	OP	VIII	3
Physiotherapy for aesthetics and fitness	OP	VIII	3
Orthopedic prosthesis	OP	VIII	3
Skills to educate in health	OP	VIII	3
Attention to dependence	OP	VIII	3

* The student only has to choose two subjects.

3. MODULE DESCRIPTORS

Year One

3.1. Human anatomy

Credits : 6

Type : Basic

Contact Hours : 63

Study Hours : 87

Summary:

Physiotherapy is a profession that acts directly on the human being whether the individual is healthy, ill or limited in their psychic or physical possibilities. Thus, students must have in-depth knowledge of the human anatomy in children, adults and the elderly. Students will acquire thorough knowledge of the structures placed under their hands. Initially, this requires structural training on the number and disposition of anatomical elements that can be found in the different planes, as well as functional training, which creates relationships between and sets in motion all of these structures.

Learning outcomes:

After completing this subject, students will be able to:

Describe the required anatomical structures (Descriptive Anatomy).

Understand the function of each of the musculoskeletal structures.

Know the muscles of the body through the neuromuscular systems.

Recognise the structures of the musculoskeletal system.

Identify with the appropriate anatomical terminology all the structural elements located in the limbs and the trunk.

3.2. Health sciences database

Credits : 6

Type : Basic

Contact Hours : 65

Study Hours : 84

Summary:

Theoretical and practical knowledge about the bibliography and information sources. Information search techniques. Bibliographic description: Methodology in the preparation of bibliographic repertoires. Identification, analysis and evaluation of information sources. Sources and computer resources through the Internet. Information sources in the Health Sciences. Main databases in the Health Sciences and Physiotherapy. Critical reading. Principles of research methodology to understand the evidence provided by the scientific literature.

Learning outcomes:

After completing this subject, students will be able to:

Critically understand scientific literature in the field of physiotherapy.

Know the state of the question in relation to scientific production.

Suggest research hypotheses appropriate to the different levels of knowledge of physiotherapy.

Differentiate the main methodologies and research designs in physiotherapy.

Incorporate scientific research and evidence-based practice as a professional culture of the physiotherapist.

3.3. Introduction to physiotherapy

Credits : 6 **Type : Compulsory**
Contact Hours : 63 **Study Hours : 87**

Summary:

Concept, evolution and principles of physiotherapy in its scientific and professional aspects. General theory of functioning, disability and health and its international classification, as well as intervention models in physiotherapy and its care practice. Theoretical basis and basic development of physiotherapy methods and procedures.

Learning outcomes:

After completing this subject, students will be able to:

Understand and situate physiotherapy within the field of healthcare, its history and the different trends and techniques that it offers.

Know the main techniques of classic massage, its indications and contraindications and its application.

Locate, feel and differentiate precisely the different bone, joint, musculotendinous and vasculonerveous structures, respecting the correct ergonomics of the patient and the therapist.

Explain and develop a palpation methodology with its corresponding oral and demonstrative exposition respecting all the basic rules of palpation and ergonomics of both the patient and the physiotherapist.

Become familiar with anatomical and palpatory terminology in Spanish and English.

3.4. General physiology

Credits : 12

Type : Basic

Contact Hours : 126

Study Hours : 174

Summary:

Introduction to general physiology. Renal physiology and body fluids, blood and cardiovascular physiology, respiratory physiology, digestive physiology, endocrine physiology and neurophysiology. Risk factors in health and disease states in the stages of the life cycle. Life-threatening situations and basic and advanced life support manoeuvres.

Learning outcomes:

After completing this subject, students will be able to:

Describe the functions of the systems of a healthy organism at different levels of organisation and the integration processes that lead to homeostasis.

Explain the global nature of how the human organism works and the interaction between the different organs and systems, to further understand the overall impact on health that each of them have.

Analyse and order the contents of the subject.

Use basic vocabulary that will enable students to understand complex physiological phenomena.

Analyse health texts related to the subject.

3.5. Scientific English

Credits : 6

Type : Basic

Contact Hours : 67

Study Hours : 83

Summary:

The plurilingual competence of European citizens is a challenge of the EHEA. Physiotherapy students will study English with a specific nature which aims to contribute to the comprehensive training of the individual.

This specific nature of the subject allows us to provide students with tools that they can be useful in the future when they face work situations that require the use of the English language. Similarly, and as research has demonstrated, English (or other languages) for specific purposes positively influences the view that students have of the subject, which, from this perspective, stands out for its usefulness in the future incorporation into the labour market.

Learning outcomes:

After completing this subject, students will be able to:

Understand the main ideas of the discourse related to the field of physiotherapy, health and study, whenever expressed clearly and simply (Listening).

Identify and understand the main ideas of academic and educational texts related to physiotherapy and health (Reading comprehension).

Participate in simple conversations about personal, professional and academic issues (Oral interaction).

Simply connect phrases to describe, explain processes and projects, review and give instructions (Speaking).

Write structured texts related to physiotherapy and health Take notes from original sources (Writing).

3.6. Biostatistics

Credits : 6

Type : Basic

Contact Hours : 66

Study Hours : 84

Summary:

Techniques and basic descriptive measures for the analysis of a data set. Application and interpretation. Use of linear regression techniques for two variables. Elementary notions of probability. Distribution models. Basic applications for Health Sciences. Relationship between descriptive techniques and probability models. Introduction to Statistical Inference techniques. Statistical methods in Health Sciences. Descriptive analysis of a data set. Basic characteristics associated with a frequency distribution. Statistical series of two characters. Regression and linear correlation. Basic notions of probability. Random variables. Discreet case. Continuous case. Distribution models. Introduction to Statistical Inference techniques. Approach of the problems of point estimates and confidence intervals. Contrasts of statistical hypotheses.

Learning outcomes:

After completing this subject, students will be able to:

Identify and describe the basic elements of the descriptive and inferential statistics.

Use basic statistical techniques for data analysis.

Write and present scientific communications following a certain basic structure.

Assess and interpret the statistical information that is transmitted in scientific documents.

Develop data analysis using statistical software.

3.7. Human anatomy II

Credits : 6

Type : Basic

Contact Hours : 100

Study Hours : 50

Summary:

This subject further examines knowledge acquired in Human Anatomy I and broadens the knowledge and understanding of the structure and function of the human body in a comprehensive way. The different Anatomical Systems (Nervous System, Respiratory System, Renal and Genitourinary System, Cardiovascular System, Endocrine System and Digestive System) are studied in order to provide students with a comprehensive anatomical and functional knowledge of the different systems and organs that can be addressed from Physiotherapy.

Learning outcomes:

After completing this subject, students will be able to:

Recognise the structures of the musculoskeletal system, as well as know how to describe these structures both in the skull and in other organs and systems.

Identify all the structural elements located in the skull with the appropriate anatomical terminology.

Know the function of each of the organs belonging to each of the organs and systems.

Recognise the structures, organs and viscera belonging to the different organs and systems.

Identify all the structural elements located in each of the organs and systems with the appropriate anatomical terminology.

3.8. Human biomechanics

Credits : 6

Type : Basic

Contact Hours : 68

Study Hours : 82

Summary:

The aim of this subject is to learn the mechanical concepts and how they are applied to physiotherapy treatments and the analysis of the movement of the human body. Knowledge of the mechanical behaviour of the structures that make up the musculoskeletal system and the peripheral nerves, as well as the biomechanical characteristics of the different joints of the human body, is fundamental for the professional practice of the physiotherapist. In addition, students will acquire knowledge of the applications of movement analysis and the most current techniques used for this purpose. The main concepts for the biomechanical analysis of the main motor skills as well as the maintenance of posture in standing and walking are studied.

Learning outcomes:

After completing this subject, students will be able to:

Understand the principles and theories of physical agents and their applications in physiotherapy.

Analyse the joint, muscular and external forces that act on the body.

Integrate the laws of mechanics and know their impact on the human body.

Know the physical and instrumental bases of diagnosis and therapy.

Learn the techniques of body motion.

3.9. Kinesitherapy

Credits : 6 **Type : Compulsory**
Contact Hours : 64 **Study Hours : 86**

Summary:

This subject enables students to acquire the knowledge, skills and attitudes of the application the different techniques of kinesitherapy, as well as their integration into physiotherapy as a whole. The healing or improvement of physical problems through exercises or series of simple movements, as part of any physiotherapy treatment, which basically works on joint limitations, the physiological restoration of muscle and the improvement of coordination capacity.

Learning outcomes:

After completing this subject, students will be able to:

Students will be able to understand the biomechanics of joints applied to manual therapy.

Students will be able to transmit all the techniques of manual therapy applied to the different body segments on multiple supports and formats.

Students will be able to perform the different basic manual therapy techniques of the main body segments.

Students will know the habitual procedures and the presentation formats in congresses of manual therapy.

Students will know the different basic concepts applied to muscle strengthening, stretching and basic articular assessment.

Second year

3.10. Specific methods of intervention in physiotherapy I (respiratory system)

Credits : 6 **Type : Compulsory**
Contact Hours : 65 **Study Hours : 85**

Summary:

The subject Respiratory Physiotherapy aims to respond, from evidence-based physiotherapy, to the high and increasing number of respiratory function disorders from which the population currently suffers. To do this, it presents the theoretical and practical concepts of respiratory physiotherapy, with the aim that students understand the functioning of the respiratory system in the different types of population and depending on the pathological process in progress. Likewise, the different assessment and treatment tools available are taught and an attempt is made to encourage students to interrelate the theoretical and practical contents in order to be able to propose solutions adapted to specific clinical problems.

Learning outcomes:

After completing this subject, students will be able to:

Understand the anatomical and physiological differences between the respiratory system of the child and the adult, as well as to know how to identify the signs of the main respiratory pathological processes.

Perform and interpret the examination and assessment of the patient.

Understand and apply each of the different techniques of respiratory physiotherapy, being able to select the most appropriate to provide the patient with the best clinical conditions and quality of life.

Commit to an ongoing attitude of learning and improvement. Work responsibly and maintain a critical and scientific attitude.

Work effectively in a team, participating, integrating, contributing ideas, respecting and valuing the diversity of criteria of team members.

3.11. Pharmacology applied to physiotherapy

Credits : 6

Type : Basic

Contact Hours : 59

Study Hours : 91

Summary:

Basic pharmacology. Groups of drugs. General laws of pharmacokinetics. Action mechanisms of drugs. Drug toxicity. Medications: use, effects and consequences. Application modes. Positive and negative interactions with physiotherapy treatments.

Learning outcomes:

After completing this subject, students will be able to:

Understand the principles and general concepts of current pharmacology.

Understand the mechanisms of action of drugs.

Identify the main pharmacological groups of interest in physiotherapy.

Detect frequent medication errors.

Recognise the indications of the main groups of drugs that the physiotherapist may come across.

3.12. Medical conditions I

Credits : 6 **Type : Compulsory**
Contact Hours : 62 **Study Hours : 88**

Summary:

General aspects of the pathology of internal and external origin of all systems (excluding locomotor and neurological), and medical, surgical and psychotherapeutic treatments. Introduction to pharmacology.

Prepare the future professional from a generalist perspective so that they obtain sufficient training that allows them to describe, identify, treat and compare health problems that can be answered by physiotherapy. Considering the individual in a threefold dimension: biological, psychological and social; and recognising that the actions of the physiotherapist have to be adjusted exclusively to the territory of their professional competences.

Direct the patient to other professionals when necessary, relating and establishing a level of cooperation with the other members of the health team or patient/client care.

Learning outcomes:

After completing this subject, students will be able to:

Understand the etiology, pathophysiology, clinical and main diagnostic means of the studied pathologies. This ability will be assessed through written tests.

Analyse clinical case studies proposed from previous training and theoretical teaching.

Acquire the necessary skill to make an optimal presentation of the proposed project

Develop the ability to relate the objective and subjective data of the clinical history, with the theoretical knowledge acquired, in order to guide the diagnosis.

Acquire the necessary skill for text analysis.

3.13. Assessment in physiotherapy

Credits : 6 **Type : Compulsory**
Contact Hours : 65 **Study Hours : 85**

Summary:

Theoretical bases of the assessments, tests and functional tests. Modalities and basic assessment techniques and their application. Evaluation of assessment modalities and techniques. Basic elements for diagnosis in Physiotherapy

The purpose of the subject is for students to acquire the basic knowledge, skills and attitudes for the assessment of the function by means of movement and for its subsequent examination. Assessment is the first phase in the Method of Intervention in Physiotherapy. In this phase, all the necessary data is gathered and recorded to obtain a clear idea of the health of an individual, or group, with the aim of understanding the physical causes of the patient's problems susceptible to physiotherapy treatment, to later try to correct them, and the relevant factors.

Learning outcomes:

After completing this subject, students will be able to:

Apply observational, manual and instrumental assessment methods in the exploration of the patient's locomotor system.

Recognise the incorrect or altered functioning of the locomotor system through the findings found in the assessment process.

Distinguish the serious health problems that affect the patient and that are not susceptible to be treated with physiotherapy to refer them to other medical specialists.

Identify physical, psychic and social aspects that can affect the health status of the patient, understanding it from a holistic and global perspective.

Understand the scientific validity of the assessment procedures used in physiotherapy.

3.14. General physiotherapy procedures I

Credits : 6 **Type : Compulsory**
Contact Hours : 65 **Study Hours : 85**

Summary:

Know, design and apply the different forms and general procedures of intervention in Physiotherapy: Massage therapy, electrotherapy, hydrotherapy and related therapies.

Learning outcomes:

After completing this subject, students will be able to:

Understand the foundation and the theoretical concepts of clinical applications with electrotherapy and hydrotherapy techniques.

Know how to perform an electrotherapy or hydrotherapy protocol according to the desired clinical application.

Design a treatment plan with electrotherapy or hydrotherapy according to the patient pathology in the different phases of evolution of their pathology and according to their special circumstances.

Understand the precautions and contraindications of electrotherapy and hydrotherapy.

Learn about basic massage techniques and know how to perform a classic massage.

3.15. Medical conditions II

Credits : 6 **Type : Compulsory**
Contact Hours : 64 **Study Hours : 86**

Summary:

Prepare the future professional from a generalist perspective so that they obtain sufficient training that allows them to describe, identify, treat and compare health problems that can be answered by physiotherapy. Considering the individual in a threefold dimension: biological, psychological and social; and recognising that the actions of the physiotherapist have to be adjusted exclusively to the territory of their professional competences.

Learning outcomes:

After completing this subject, students will be able to:

Understand the etiology, pathophysiology, clinical and main diagnostic means of the studied pathologies.

Analyse clinical case studies proposed from previous training and theoretical teaching.

Acquire the necessary skill to make an optimal presentation of the proposed project

Develop the ability to relate the objective and subjective data of the clinical history, with the theoretical knowledge acquired, in order to guide the diagnosis.

Acquire the necessary skill for text analysis.

3.16. General physiotherapy procedures II

Credits : 6

Type : Compulsory

Contact Hours : 65

Study Hours : 85

Summary:

Develop the student's clinical reasoning skills to apply general procedures of intervention in Physiotherapy in the prevention and treatment of the main pathologies and dysfunctions of the locomotor system: Therapeutic exercise (muscle strength work, motor control, proprioception exercises, eccentric exercise, etc.) and manual techniques of muscle stretching (myotendinous stretch, self-stretching and functional massage).

Learning outcomes:

After completing this subject, students will be able to:

Perform a specific physiotherapy diagnosis on the mechanical properties of the tendinous muscle tissue.

Treat dysfunctional muscle tissue by analytical techniques, due to shortening.

Perform a physiotherapy diagnosis of a movement disorder in a person.

Design and perform a physiotherapy treatment in a person with a movement disorder due to a disorder of the skeletal muscle system.

Partially evaluate individual workload and that of their peers.

3.17. Applied psychosocial sciences

Credits : 6

Type : Basic

Contact Hours : 73

Study Hours : 77

Summary:

This subject aims to complete the training of Physiotherapy students with the study of the individual-environment interaction processes from a humanistic approach, which integrate: the psychology of each person, their social behaviour and their behaviour in relation to health and disease. Strategies and skills for communication with the patient, family and social groups. Techniques of psychosocial intervention in the Health Sciences in the sanitary activity in general and in physiotherapy care in particular. Interpersonal communication. Prevention, detection, assistance and rehabilitation of victims of different types of violence.

Learning outcomes:

After completing this subject, students will be able to:

Analyse psychological functions and their disorders.

Identify and distinguish the main psychopathological disorders that may appear in consultation.

Relate the main personality patterns with the manifest characteristics of the patient.

Assess the dynamics of a group's functioning.

Apply psychological techniques that can facilitate the establishment of psychotherapeutic treatments.

3.18. Clinical interview workshop

Credits : 6 **Type : Compulsory**
Contact Hours : 67 **Study Hours : 83**

Summary:

Clinical interview concept. Focus. Potentialities. Methodology. The patient-professional relationship. Techniques and procedures. Role-playing in the application of techniques. Practical application of acquired learning. Forms of communication Verbal and non-verbal communication. Communicative skills. The doctor-patient relationship. Participation in multidisciplinary teams. Group work skills. Empathy. Counselling

Learning outcomes:

After completing this subject, students will be able to:

Demonstrate communication skills and active listening.

Apply the basic requirements to establish a therapeutic relationship with the patient.

Recognise the specific characteristics of users of physiotherapy services.

Adapt communication to the needs of the patient.

Comprehensively understand the patient.

3.19. Specific methods of intervention in physiotherapy II (locomotion system)

Credits : 6 **Type : Compulsory**
Contact Hours : 63 **Study Hours : 87**

Summary:

Understand the main problems that may arise from the locomotor system, and know the different methods and techniques that exist to solve them. In this sense, students will be trained to design the most appropriate Physiotherapy Intervention method for each alteration and to put it into practice.

Application of the different techniques learned depending on the different pathologies of the locomotor system, as well as the symptomatology and state of the process.

Learning outcomes:

After completing this subject, students will be able to:

Understand different physiotherapy techniques used for the treatment of the most frequent pathophysiological disorders of the locomotor system.

Know how to select and apply the most appropriate treatment techniques for the main disorders of the locomotor system, understanding the "why" of the therapeutic action and not so much the "what" has to be done at each moment of the physiopathological process.

Treat the patient from a global perspective and from a biopsychosocial approach, integrating all the factors that are involved in the pathophysiological alteration of the locomotor system into the physiotherapy treatment.

Work as a team with other professionals involved in the patient's healing process and know how to refer when necessary.

Manage the search for reliable and quality information related to disorders of the locomotor system and physiotherapy techniques that have been scientifically proven to be useful for their treatment.

Third year

3.20. Physiotherapy in clinical specialities I

Credits : 12 **Type : Compulsory**
Contact Hours : 125 **Study Hours : 175**

Summary:

Develop the technical skills and clinical reasoning characteristic of clinical specialities such as Physiotherapy in Urogynecology, Orofacial Physiotherapy or Advanced Musculoskeletal Physiotherapy of the spine, limbs and craniocervical region. In addition, know and understand the neurophysiology of pain from the perspective of modern neuroscience, which is necessary for the competent management of patients with complex musculoskeletal pain.

Learning outcomes:

After completing this subject, students will be able to:

Know how to correctly use clinical reasoning skills in different clinical specialities, which favours selecting the best physiotherapy treatment available based on scientific evidence.

Know how to integrate new specific knowledge with other basic knowledge and have the ability to continue with the self-learning process.

Know how to correctly use the knowledge and skills acquired in physiotherapy activity, as well as skilfully use the techniques learned.

Know how to perform specific assessment for each clinical speciality developed in the subject.

Understand and know how to apply the guidelines of good clinical practice based on the current evidence available for each of the fields of knowledge included in the subject.

3.21. Specific intervention methods in physiotherapy III (neurological processes)

Credits : 6

Type : Compulsory

Contact Hours : 65

Study Hours : 85

Summary:

The subject includes the physiotherapy approach of injuries to the Central and Peripheral Nervous System, from the clinical reasoning of the patient's symptoms and signs to the different approaches of neurological rehabilitation. Student learn how to perform an exploration and assessment, understanding the patient from a global point of view; and different therapeutic approaches (Bobath Concept, Perfetti Method, Halliwick and other approaches) that influence the structures, functions and activities of patients affected by a neurological pathology are studied.

Learning outcomes:

After completing this subject, students will be able to:

Develop clinical reasoning in neurological physiotherapy.

Perform a neurological physiotherapy assessment.

Apply specific approaches of the neurological patient.

Integrate within the interdisciplinary team within the field of neurology.

Incorporate reading in English to their professional development as Physiotherapists.

3.22. Ethics and deontology

Credits : 6 **Type : Compulsory**
Contact Hours : 64 **Study Hours : 86**

Summary:

Ethical and critical reflection on the knowledge and the professional activity of the physiotherapist exceeds the fulfilment of the norm and requires a horizon of more complete, anthropological meaning. The anthropological conception of the professional determines the solutions adopted to respond to the daily situations of their daily practice. The study of ethics in general is complemented by the consideration of those differential features of the physiotherapy profession and the specific ethical problems that may arise.

Learning outcomes:

After completing this subject, students will be able to:

Understand the theoretical foundations of ethics, bioethics and professional ethics, as well as key aspects of legislation affecting professionals in Physiotherapy.

Learn to decide in a responsible way, according to the moral framework of the profession.

Learn to see the people with whom you work as what they are: people who have absolute value, which is the meaning of human dignity.

Recognise the seriousness of the ethical problems that arise both at the beginning and at the end of life, and know how to face them.

Know the human concepts of the professional relationship in Physiotherapy with the patient.

3.23. Paediatric physiotherapy

Credits : 6 **Type : Compulsory**
Contact Hours : 67 **Study Hours : 83**

Summary:

Acquire the basic skills that facilitate the understanding of the processes that affect an individual in paediatric age, expanding knowledge in the mechanisms of disease and the pathologies (with or without neurological involvement) typical of this age; For this it will be necessary that students acquire an adequate level of information about these processes, that they know and become familiar with the terminology and information sources of the discipline, as well as obtaining sufficient skill to make contact with actual patients. The specific characteristics acquired by Physiotherapy for this group will be addressed with the aim of encouraging students to apply the suitable clinical reasoning in the process covering the assessment right up to the correct choice of the most appropriate techniques for each particular case. Students will study the different intervention tools supported by scientific evidence in the physiotherapy treatment of infantile cerebral palsy and other syndromes or disorders in development. Likewise, students will be provided with tools for the design and elaboration of plaster moulds, as well as resources for the correct decision making of the different positioning systems for the child, taking into account their neuromusculoskeletal characteristics.

Learning outcomes:

After completing this subject, students will be able to:

Understand the normal motor development of the child, as well as the components of the movement and its stages.

Identify the main characteristics of neurological and musculoskeletal pathology, as well as the most appropriate assessment tool for each specific case.

Manage the different treatment tools and substantiate our intervention based on the *****

Evaluate the patient in the most efficient way (data collection), as well as the efficacy of the applied physiotherapy treatment.

Integrate new knowledge and have an ongoing attitude of improvement, being able to apply the practice within the multidisciplinary team.

3.24. Specific intervention methods in physiotherapy IV (cardiovascular system)

Credits : 6 **Type : Compulsory**
Contact Hours : 61 **Study Hours : 89**

Summary:

This subject provides students with the theoretical knowledge and the clinical skills that allow them to identify the main problems generated by cardiovascular pathology, guide their diagnosis, indicate the diagnostic methods that must be used to establish a logical order, and guide the treatment. The knowledge and practice of specific physiotherapy methods to treat problems derived from the cardiocirculatory system (cardiac pathology, amputated, ischemic arterial pathology, venous insufficiency, manual lymphatic drainage, etc.) will be expanded.

Learning outcomes:

After completing this subject, students will be able to:

Understand the physiological and anatomical changes that are derived from the pathologies of the cardiocirculatory system in order to correctly apply the necessary physiotherapy treatments.

Perform and interpret the examination and assessment of the patient. Manage and use correctly the different available means: tape measure, monitors, electrocardiograph, tensiometer, ergometers, pulsometers, etc.

Apply appropriately the physical activity guidelines developed during the different phases of Cardiac Rehabilitation.

Knowledge and ability to reproduce the various techniques used for the treatment of the amputee by identifying causes, pre and post-surgical process, orthosis and adaptation to their new life.

Understand the different treatment techniques that help us to treat the patient with a lymphatic problem.

3.25. Physiotherapy in clinical specialities II

Credits : 6 **Type : Compulsory**
Contact Hours : 71 **Study Hours : 79**

Summary:

Know and apply the different physiotherapy techniques in clinical specialities aimed at the treatment of muscle and myofascial pain, both conservative and invasive.

Learning outcomes:

After completing this subject, students will be able to:

Know the physiopathology of myofascial trigger points and the clinical characteristics of myofascial pain syndrome

Identify and properly assess myofascial pain

Properly prescribe and use the different conservative and invasive techniques for myofascial pain treatment.

Recognise and identify the different activating and perpetuating factors of myofascial pain syndrome as well as to carry out an adequate proposal to eliminate these factors.

Understand the indications and contraindications, therapeutic effects and existing evidence about new trends in dry needling.

3.26. Clinical experience I

Credits : 18 **Type : Compulsory**
Contact Hours : 370 **Study Hours : 80**

Summary:

The subject Clinical Experience I aims to bring students closer to the professional field, so that they can apply the theoretical-practical contents acquired in previous years. This pre-professional work experience will be carried out in the form of independent rotations in centres that allow the integration of knowledge, skills, attitudes and values acquired in all subjects. The work placements are supervised by a professional tutor in the placement centre and an academic tutor in the university.

Work Placements/Clinical experience is considered as an essential aspect of the teaching-learning process, as it is the best way to to acquire learning from direct experience of the profession, developing the knowledge from experience. The time spent on work placement provides the students with the necessary skills to develop their professional experience according to the contents established in Order CIN/2135/2008, of 3 July.

The curriculum includes a total of 42 ECTS credits organised in one semester. 25 hours student work) organised into two periods and organised as follows:

- 18 ECTS during the second semester of the third year.
- 24 ECTS during the second semester of the third year.

During the work placement, students will adapt to the schedule proposed by the placement centre and will do between 6 and 8 hours shift per day (having to complete the number of classroom hours required to pass the subject). Compliance with standards that guarantee the correct development of the work placement is compulsory, as well as the acquisition of the established competences.

These standards are related to the following :

- Obligated professional secret; strict confidentiality of the information received from users and their families.
- Appropriate attire (white scrubs or uniform established by the placement centre). Also, students must be identified with the University card, unless the entity where the student is carrying out the work placement states otherwise.

- Bring any basic supplies needed: block of paper and pen, watch with a second hand.
- Strict personal hygiene: hair up, nails short and unpainted. Change of uniform at least 2 times each week.
- No jewellery or accessories that may interfere with aseptic conditions required in patient care.
- Do not use the mobile phone during the work placement. The mobile phone must remain off in the locker room along with the rest of the students' belongings.
- Politely and respectfully treat patients, avoiding unfair familiarity and improper attitudes in interpersonal relationships with the patient/family.
- Politely and respectfully interact with the health team.
- Arrive at work placement on time, participating in shift changes.
- Inform the appropriate tutor (academic or professional) of any problem related to the work placement ASAP.

Learning outcomes:

After completing this subject, students will be able to:

Properly adapt to the rules and work method of the service, showing a responsible, proactive and integrative approach in a multidisciplinary team.

Show a good ability to work and interest in learning, observation and active listening.

Properly interact with patients and their environment, showing at all times discretion and prudence.

Apply techniques with adequate security and ability, being able to justify in a mature and consistent manner any action performed.

Perform an appropriate evaluation of the selected patient to carry out their Physiotherapy Background, as well as good data collection.

Develop a plan of good quality care plan, including the objectives to be achieved and the treatment to be used to try to achieve them.

Perform continuous monitoring of the patient's evolution, with the ability to adapt therapy to the needs of the patient and analysing whether the treatment period has produced changes.

Properly submit in writing an actual clinical case study in a coherent and structured manner.

Prepare a solid introduction on pathology based on current bibliography sources.

Write and adequately express the History of Physiotherapy.

Include solid and well referenced bibliography.

Reflect on the most important aspects of the work placement and describing the structure and operation of the centre proving to have full/a good knowledge of these aspects

Fourth year

3.27. Sports physiotherapy

Credits : 6 **Type : Compulsory**
Contact Hours : 70 **Study Hours : 80**

Summary:

This subject is intended to introduce students to the complex behaviour of the sports environment, discovering the nuances that differentiate this group from the rest. In this way, students are provided with a complete knowledge of the motivation of the athlete and the peculiarities that surround them so that the behaviour and response of the organism before the application of the therapeutic measures is understood. The most specific physiotherapy techniques for this group will be studied in depth, as well as in the pathomechanics derived from different sports disciplines.

Learning outcomes:

After completing this subject, students will be able to:

Treat and prevent pathologies related to the sports field

Relate the different characteristics of each sport with its injury mechanism

Use strategies that allow you to achieve a greater, faster and more effective recovery of the functional capacity of the injured athlete.

Work and contribute knowledge within a multidisciplinary team that involves the sports field (coach, doctor, physical trainer, athlete etc.)

Use strategies for prevention and treatment of pathologies in different levels of sporting demand, whether elite, amateur, recreational, children, individual sports, equipment, etc.

3.28. Clinical experience II

Credits : 24 **Type : Compulsory**
Contact Hours : 500 **Study Hours : 100**

Summary:

Second period of external work placement, so that students continue to apply the theoretical and practical contents acquired in previous years in a real professional environment. See description of the above subject.

Learning outcomes:

After completing this subject, students will be able to:

Properly adapt to the rules and work method of the service, showing a responsible, proactive and integrative approach in a multidisciplinary team.

Show an excellent work capacity and interest in learning, great capacity for observation and active listening.

Interact optimally with the patient and their environment, showing at all times maximum discretion and prudence.

Apply techniques with maximum safety and ability, being able to justify in a mature and consistent manner any actions performed.

Develop a professional activity that allows you to make a proper assessment of the patient, proper planning of goals and an excellent therapeutic intervention, being able to carry out a good follow-up of patient evolution.

Reflect on the most important aspects of the work placement and describing the structure and operation of the centre proving to have full knowledge of these aspects.

Properly submit in writing an actual clinical case study in a coherent and structured way, preparing a solid introduction to pathology and using suitable language and expression, as well as solid and well referenced bibliography.

Properly issue a patient report, so that it presents, in a structured way and with suitable language and expression, all information that may be relevant if the patient is referred to another health professional.

3.29. Social Christian doctrine

Credits : 6 **Type : Compulsory**
Contact Hours : 56 **Study Hours : 94**

Summary:

This subject places emphasis on education in the Humanities, in particular the defence of the dignity and respect for freedom, from an interdisciplinary perspective and from the Social Doctrine of the Church, contextualised in a pluralistic, democratic and multicultural society. It aims to promote moral intelligence, i.e. the ability to deal effectively and honestly to the challenges and commitments involved in contemporary life from commitment and active participation. This is in addition to laying the foundations for a better human being in a fairer society from the scientific rigour required by all reflection at a university level.

Learning outcomes:

After completing this subject, students will be able to:

Recognise the value of the humanities, in a world strikingly marked by the Technique.

Interpret the fundamental elements that make up the Social Doctrine of the Church.

Be aware that man is a being who asks questions, and that the major questions asked by humans represent the firm ground where the specificity and greatness of being a man rests.

Value human dignity above all else. Recognise in every human being a value of absolute character.

Be able to relate the issues studied to the reality of our world, and especially to our reality of law students and future professionals in the field of legal sciences.

Acquire an awareness of responsibility before people and events, to act accordingly.

Imagine that professional practice as an opportunity to serve the common good without forgoing personal aspirations.

3.30. Public and community health

Credits : 6 **Type : Compulsory**
Contact Hours :65 **Study Hours : 85**

Summary:

The aim of the subject is to encourage students to deepen the meaning of Public Health for the health professional. Become familiar with aspects of health and its determinants, the environment, human health, lifestyles and health education. Promote healthy life habits through health education. Understand the factors related to health and environmental problems, within the physiotherapy care process in the community and work environment.

Students must have a body of knowledge about the concept of Public Health, adjusted to the concepts of development, current affairs and performance, know and understand the methods of health promotion and disease prevention, acquire communication skills precise to act as an agent of education for health, as to relate in the workplace of the health team, and be able to have knowledge of the concept of Health and Disease from the humanistic perspective of Social Sciences.

Understand the fundamental concepts of health and the role performed by the physiotherapist in a Primary Care team within the Spanish Health System. Analyse the aspects related to the management of health services. Know and analyse the management processes of a physiotherapy unit or service. Know and apply the quality mechanisms in the practice of Physiotherapy, adjusting to the criteria, indicators and quality standards recognized and validated for the appropriate professional practice.

Learning outcomes:

After completing this subject, students will be able to:

Understand the fundamental concepts of health and the function performed by the physiotherapist in the health system.

Know, understand and constructively criticise the physiotherapist's role in the field of public health and their role within the public and private health system.

Understand the impact of the determinants of health and lifestyle on the health of communities. Use and develop their own interpersonal skills and abilities for group work within the framework of prevention and promotion of community health.

Understand and know the different health models paying special attention to the Health model established in Spain.

3.31. Health research

Credits : 6 Type : Compulsory

Contact Hours : 64 Study Hours : 86

Summary:

Research in health sciences. Quantitative research: hypothesis contrast; design of epidemiological studies; accuracy and validity; sample size; interpretation of quantitative results. Qualitative research: phenomenology, grounded theory and ethnology, focus groups and discussion groups. Practical workshop of: i) peer review process using specific articles of the physiotherapy field; ii) preparation of a scientific abstract; ii) disclosure of preliminary results in poster format.

Learning outcomes:

After completing this subject, students will be able to:

Identify and interpret the main methodological concepts in research to enable the elaboration/generation of critical opinions, based on evidence, of the different areas of physiotherapy

Design a research project, develop a scientific article and write a scientific abstract. Providing students with the ability to disseminate information within the scientific field.

3.32. Final project

Credits : 6

Type : Compulsory

Summary:

The aim of the Final Degree Project in Physiotherapy is to develop and defend a piece of work of a scientific nature within the field of physiotherapy by integrating all the theoretical and practical knowledge acquired during the degree. For this, students will perform an autonomous and personal work, suitably tutored, for later defence before the tribunal. According to established contents, Order CIN / 2135/2008, of 3 July.

Learning outcomes:

After completing this subject, students will be able to:

Integrate and apply the knowledge acquired during the degree.

Design an intervention or research in Physiotherapy in an autonomous way.

Collaborate and participate in a multidisciplinary team.

Write and present to the rest of the scientific community an intervention or study in physiotherapy.

Acquire and carry out the advances that may occur in the field of physiotherapy.

Elective Subject

3.33. Diagnostic imaging

Credits : 3

Type : Elective

Contact Hours : 40

Study Hours : 35

Summary:

Understand the main diagnostic methods based on the image and to expand knowledge in those that are of special relevance in physiotherapy.

Learning outcomes:

After completing this subject, students will be able to:

Know when the different diagnostic tests are indicated by the image.

Interpret the diagnostic images distinguishing the normal from the pathological.

Interpret in the diagnostic images the most frequent injuries that a physiotherapist will encounter in their professional practice

See beyond the diagnosis and know how to obtain from the diagnostic images scientific data on the modifications that the applied therapies can produce in the human body.

Use at the elementary level the ultrasound as a diagnostic tool and to help different therapeutic activities.

3.34. Alternative and complementary therapies

Credits : 6

Type : Elective

Contact Hours : 29

Study Hours : 47

Summary:

Know the principles and methodology of different alternative therapies such as acupuncture, homoeopathy, herbal medicine, etc. as well as global techniques and philosophies such as yoga, tai-chi, chi-kun, etc.

Learning outcomes:

After completing this subject, students will be able to:

Know and apply basic aspects of some therapeutic tools within the framework of the so-called natural therapies.

Recognise and relate nutritional aspects that influence health and disease.

Differentiate techniques applicable by the physiotherapist within the Spanish legal framework.

Know the care offer within the so-called alternative and complementary therapies

Know neurophysiological aspects derived from certain non-conventional therapies

3.35. Physiotherapy for aesthetics and fitness

Credits : 3

Type : Elective

Contact Hours : 29

Study Hours : 47

Summary:

Know the role of physiotherapy in sports and aesthetic centres.

Learning outcomes:

After completing this subject, students will be able to:

Know and apply the concepts of physical conditioning in fitness.

Recognise and relate certain nutritional deficits derived from an inappropriate diet.

Distinguish common techniques and their application within the clinical practice in aesthetics.

Relate the influence of certain nutritional deficits with the deterioration of athletic performance and/or evolution of an injury.

Know fitness activities that can be applied to physiotherapy.

3.36. Orthopedic prosthesis

Credits : 3

Type : Elective

Contact Hours : 12

Study Hours : 63

Summary:

Know the main orthotic and prosthetic devices used in the treatment of different pathologies.

Learn the handling of thermoplastic material and the preparation of basic orthotic elements.

Know the main technical aids to increase or supplement certain functional activities.

Learning outcomes:

After completing this subject, students will be able to:

Know the most used orthotic and prosthetic devices in relation to physiotherapy.

Indicate and/or recommend the use of orthoses in coordination with the other health professionals involved in the process.

Include the orthotic valuation as another section of the physiotherapy assessment.

3.37. Skills to educate in health

Credits : 3

Type : Elective

Contact Hours : 34

Study Hours : 41

Summary:

Know how to transmit guidelines and principles of basic ergonomics in the activities of daily life, as well as guidelines for the prevention and promotion of health.

Learning outcomes:

After completing this subject, students will be able to:

Transmit adequately the essential aspects related to healthy life habits.

Recognise risk factors for health

Promote healthy habits in the user or collective.

3.38. Attention to dependence

Credits : 3

Type : Elective

Contact Hours : 38

Study Hours : 37

Summary:

Know the problem of the dependent patient (physical, psychological, social, etc.) and the impact on the family and social environment. Understand the different approaches both from the physiotherapy and from the multidisciplinary team.

Learning outcomes:

After completing this subject, students will be able to:

Understand "dependency" from its physical, psychological and social aspects.

Develop and be an active part within the multidisciplinary team in charge of the evaluations of the dependency.

Know the legal and administrative aspects during the application process of the dependency situation.