Course Specifications
Valid as from the academic year 2018-2019

Musculoskeletal Rehabilitation: Sports Physiotherapy (D012116)

Course Specifications

Lecturers in academic year 2018-2019

Cools, Ann
GE24
lecturer-in-charge

Witvrouw, Erik
GE24
co-lecturer

Course offerings and teaching methods in academic year 2018-2019

A (semester 1)
Dutch
lecture 21.25 h
practicum 46.25 h

Offered in the following programmes in 2018-2019

Master of Science in Rehabilitation Sciences and Physiotherapy
(main subject Rehabilitation Sciences and Physiotherapy with Musculoskeletal Afflictions)

6
A

Course size
(nominal values; actual values may depend on programme)

Credits 6.0 Study time 180 h Contact hrs 60.0 h

Teaching languages
Dutch

Keywords
Sports rehabilitation – sports injuries – upper extremity – lower extremity – manual therapy

Position of the course

The course is a part of the line Physiotherapy and finalizes the competencies in the Rehabilitation Sciences & Physiotherapy education with respect to the area of sports rehabilitation and musculoskeletal physiotherapy of the upper and lower extremities.

This purpose of this course is to gain knowledge of the physiotherapy approach (clinical examination and treatment strategy) of sport specific musculoskeletal injuries, and to become skilled at specific treatment techniques in the rehabilitation and prevention of sports injuries. Hip, knee, ankle/foot, shoulder, elbow and wrist/hand pathology are topics of this course.

At the beginning, the student has already reached insight, knowledge and competencies with relation to the physiotherapy assessment and treatment in the general area of musculoskeletal disorders.

Contents

- sports rehabilitation of the shoulder (theory and practice)
- sports rehabilitation of the elbow (theory and practice)
- sports rehabilitation of the wrist/hand (theory and practice)
- sports rehabilitation of the hip (theory and practice)
- sports rehabilitation of the knee (theory and practice)
- sports rehabilitation of the foot/ankle (theory and practice)
- sports rehabilitation of the cartilage injuries (theory and practice)
- sports rehabilitation of the tendon pathology (theory and practice)
- sports rehabilitation of the muscle injury (theory and practice)
- myofascial therapy for the extremities (theory and practice)
- the use of aquatherapy in the sports rehabilitation (theory and practice)
- techniques from manual therapy in sports rehabilitation (theory and practice)

Initial competences

Holder of a Bachelor Degree in Rehabilitation Sciences & Physiotherapy or with approval of the lecturer.

Final competences

1 being able, based upon relevant information from history and clinical examination, to

(Approved)
formulate relevant treatment goals, taking into account the actual situation of the pathology, in the area of sports rehabilitation

2 being able to create an adequate treatment protocol for patients with sport-specific pathology.
3 being able to apply the physiotherapy techniques on the patient in an appropriate way, and to adjust the treatment if necessary.
4 being able to create and apply a treatment strategy in view of return to full sports activity after injury.
5 the student is able to apply the formal procedure of screening and intake respecting the guidelines/advise with respect to direct access physiotherapy.
6 written and oral reporting and communicating on complex clinical situations with patients and their significant persons from their environment, other health professionals, in an international context in the area of sports physiotherapy.

Conditions for credit contract
Access to this course unit via a credit contract is determined after successful competences assessment.

Conditions for exam contract
This course unit cannot be taken via an exam contract.

Teaching methods
Lecture, practicum.

Learning materials and price
Syllabus, spread by REVAKI Gent.
no additional costs, course material is spread electronically

References
Companies, Sydney, Australia

Course content-related study coaching
interactive through Minerva, or personal advice after electronic appointment with the lecturer.

Evaluation methods
end-of-term evaluation and continuous assessment.

Examination methods in case of periodic evaluation during the first examination period
Written examination with open questions, written examination with multiple choice questions, skills test

Examination methods in case of periodic evaluation during the second examination period
Written examination with open questions, written examination with multiple choice questions, skills test

Examination methods in case of permanent evaluation
Participation, assignment.

Possibilities of retake in case of permanent evaluation
examination during the second examination period is possible in modified form.

Calculation of the examination mark
The final mark is the weighted average of the theoretical part (40%) and the practical part (60%). if the student has a score of <9/20 for any of the 2 separate components the student can no longer pass the course. When the final mark is a value of 10 or more on 20, the final score will be reduced to 9/20.

(Approved)