|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1. Course title: Prevention, Physical Therapy, Rehabilitation | | | | | |
|  | | | | |
| 2. Code: | | 3. Type (lecture, practice etc.): practice | | | |
|  | | | | |
| 4. Contact hours: 2 hoursper week | | 5. Number of credits (ECTS): 4 | | | |
|  | | | | |
| 6. Preliminary conditions (max. 3): | | | | | |
|  | | | | |
| 7. Announced:fall semester, spring semester, both | | | | | |
|  | | | | |
| 8. Limit for participants: | | | | | |
|  | | | | |
| 10. Responsible teacher (faculty, institute and department):  Dr. Dóra Ureczky  (Faculty of Sport Sciences, Institute of Sport Science and Physical Education) | | | | | |
|  | | | | |
| 11. Teacher(s) and percentage: | | Dr. Dóra Ureczky | | 100 % | |
|  | |  | |
|  | |  | |
|  | |  | |
|  | |  | |
|  | | | | |
| 12. Language:English | | | | | |
|  | | | | |
| 13. Course objectives and/or learning outcomes:  1. Students should be familiar with the theoretical and practical material of the physiotherapy course, with their specific tools, with particular regard to the training aspects of disease prevention and health rehabilitation. 2. Acquire the approach of prevention and rehabilitation. They should be able to use adaptive tasks during their work to avoid the use of contraindicated exercises. 3. They should be able to use physiotherapy practice to promote rehabilitation and promote health preservation. 4. Have an adaptive approach. | | | | | |
|  | | | | |
| 14. Course outline  1. The conceptual interpretation, place and role of the prevention in physical education and training. The importance and general structure of warm-up. Gymnastic movement material in preventive exercises. 2. Prevention in everyday life, correct position, lift, sitting. Creating a biomechanically correct posture.  3. Prevention from birth, good development, prevention of orthopedic and internal diseases in early childhood 4. Most commonly occurring orthopedic disorders 5. Most commonly occurring internal diseases 6. Test I. 7. Contraindicated exercises, strength and extensibility tests 8. Water as a special medium. Function and purpose of coorrective swimming. The criterion, preparation and the realization of corrective swimming. 9. Importance of proper breathing, relaxation techniques Relaxation procedures, autogenous training, yoga. 10. Prevention of static problem of the leg. Balance exercises, playful exercises. Leg exercises in physical education classes. 11. Joint protection, mobilization exercises. Back strengthening, stretching. Creation of muscle lace, backbone protection. 12. The role of stretching in sport. 13. Test II. | | | | | |
|  | | | | |
| 15. Mid-semester works   1. Test 1. 2. Dissertation. Showing selective deformity in your own sport. Contraindicated exercises. 3. Test II. | | | | | |
|  | | | | |
| 16. Course requirements and grading  The avarage of Test 1., Test 2., Dissertation and the work in the practice is the final grade.  70% of the lessons are required to be attended (all the time signature confirms the presence of the Student).  Grades:  0–60% fail  61-70% acceptable  71-80% average  81-90% good  91–100% excellent | | | | | |
|  | | | | |
| 17. List of readings   1. Gárdos Magda - Mónus András: *Gyógytestnevelés.* Tankönyvkiadó, Bp. 1992 2. Huszár Ilona - Kullmann Lajos - Tringer László: *A rehabilitáció gyakorlata.* Medicina Könyvkiadó Rt., 2000 3. Oettinger, Barbara – Oettinger, Thomas: Funkcionális gimnasztika. Dialóg Campus Kiadó, 2011 <http://tamop412a.ttk.pte.hu/TSI/Barbara%20-%20Thomas%20-%20Oettinger%20-%20Funkcianalis%20gimnasztika/funkcionalis.html> 4. Dr. Somhegyi A., Gardi Zs., Dr. Feszthammer A.-né, Dr. Darabosné TI, Tóthné SV: *Tartáskorrekció.* Magyar Gerincgyógyászati Társaság, Bp. 1999. | | | | | |
|  | | | | |
| 18. Recommended texts, further readings   1. Mezei József: *Általános testtartásjavító gyakorlatok gyűjteménye.* Flaccus Kiadó, Bp. 2008 2. Donáthné Forgács Boglárka: *Gerincbetegségek gyógytestnevelése iskoláskorban.* Bp. 2004 3. Gardi Zsuzsa: *Alapozó gyógytorna elmélet és gyakorlat.* Jegyzet, Bp. 2003 4. Gál Lászlóné: *Gyógytorna gyakorlatok gyűjteménye.* Jegyzet, Bp. 2001 5. Hilde Sabine Reichel - Regina Groza-Nolte: *Fizioterápia.* Medicina Könyvkiadó Rt, Bp. 2001 | | | | | |
|  | | | | |
| **Date** | 20. May, 2017 | **Prepared by** |  | | |
| Dr. Dóra Ureczky  responsible teacher | | |
|  | | | | |
| **Endorsed by** | | | Dr. Márk Váczi | | |
| program supervisor | | |