



**Karolinska
Institutet**

Course syllabus for

Physiotherapy 3 - Exercise, 7.5 credits

Fysioterapi 3 - Tema träning, 7.5 hp

This course has been cancelled, for further information see Transitional provisions in the last version of the syllabus.

Course code	1SY048
Course name	Physiotherapy 3 - Exercise
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Physiotherapy
Level	G1 - First cycle 1
Grading scale	Pass, Fail
Department	Department of Neurobiology, Care Sciences and Society
Decided by	Programme Committee 3
Decision date	2014-05-13
Course syllabus valid from	Autumn 2014

Objectives

The aim of the course is for the students to acquire theoretical knowledge and practical skills in physical training for the healthy human, in order to, later during the education and in future working life, be able to apply this knowledge to prevent and treat various diseases.

Learning outcomes

On completion of the course, the student should : independently be able to apply and instruct appropriate exercises for mobility, stability, coordination, strength, fitness training both with and without tools, have reflected on own body and motion awareness, independently be able to plan, carry out and evaluate various forms of physical activity/training for individuals in different ages with varying preconditions and exercise history, be able to carry out various testing methods for strength and fitness, and assess physical limitations and resources, based on the testing methods be able to analyse the human body during motion, and calculate and evaluate load on joints and muscles in various physical strain situations

Content

Practical and theoretical parts during the course will be integrated with parallel courses in physiology and psychology included in Theme training. Theoretical and practical knowledge of mobility, stability, coordination, strength and fitness training

Theoretical and practical knowledge of tests for strength and condition. Physical training in the form of various group exercise sessions and strength training

Analysis of basic motor and functional movements

Theoretical overview and practical laboratory sessions on fundamentals of the science of motion and biomechanical calculations of different load situations

Teaching methods

The teaching take place in the form of lectures, seminars, literature studies and practical exercises lectures, seminars, literature studies and practical exercises, individually and in groups. Some part of the teaching will take place through interactive teaching tools.

Examination

The course is examined according to the following:

The examination consists in that the students reflect and documents their own learning in portfolios. Theoretical knowledge and practical skills are also examined orally/practically.

Compulsory participation for a pass grade on a course is:

Compulsory participation at seminars. Seminars are replaced by a written assignment if attendance is not possible.

In case of failure in the regular examination, the student is given the opportunity to return to a make-up examination during the same semester. After that, the student has the possibility to be examined on two occasions each semester in the following semesters. The student has a possibility of, all in all, six examinations.

Transitional provisions

Examination will be provided during one year after a close-down of the course or a new syllabus.

Other directives

Course evaluation

Course evaluation is conducted according to the guidelines established by the Board of Education at KI, and based on established evaluation routines within the programme. The course will be evaluated in writing at the end of Theme training.

Literature and other teaching aids

ACSM's Resource manual for guidelines for exercise testing and prescriptions

5th ed. : Lippincott : William & Wilkins, 2006

ISBN:0-787-4591-8

[Library search](#)

Trew, Marion; Everett, Tony

Human movement: an introductory text

5. ed. : Edinburgh : Elsevier Churchill Livingstone, 2005 - ix, 297 s.

ISBN:0-443-07446-1 LIBRIS-ID:10058242

[Library search](#)