

## Incoming student mobility

UNIOS University Unit: Faculty of Dental Medicine and Health in Osijek

### COURSES OFFERED IN FOREIGN LANGUAGE FOR ERASMUS+ INDIVIDUAL INCOMING STUDENTS

Study program	University Undergraduate Study in Physiotherapy
Study level	Undergraduate
Course title	PHYSIOTHERAPEUTIC SKILLS I
Course code (if any)	PhyTh207
Language of instruction	English
Brief course description	<p>Principles and procedures of application of therapeutic exercise within the physiotherapeutic process: activities to increase strength, range of motion, endurance, coordination, motor control and motor learning, motor development and motor safety, improvement of posture and respiration.</p> <p>Conducting aerobic endurance activities using ergometers, steppers, weights, pulleys, hydraulics, elastic bands, robotics, mechanical or electromechanical aids; increasing strength through active movement, actively assisted movement, and resistance movement; Stretching exercises; therapy ball exercises; water exercises; breathing exercises and muscles involved in breathing; breathing strategies; gait, locomotion and balance training; balance and coordination training; ergonomic training.</p> <p>Principles and procedures for applying manual therapy techniques including mobilizations and manipulations to reduce pain, increase range of motion, and reduce or eliminate soft tissue swelling, inflammation, or limitation; achieving relaxation; improving the elasticity of contractile and noncontractable tissue; improving the function of the pulmonary system.</p> <p>Implementation of manual therapy techniques including therapeutic massage, connective tissue massage, manual lymphatic drainage, acupressure massage, manual traction, joint mobilization and manipulation, soft tissue mobilization and manipulation.</p> <p>Principles and procedures of application of respiratory therapy including breathing techniques, expectoration mechanism, mobilization and transport of secretions, drainage positions, relaxation methods, thorax mobilization, respiratory training and inhalations.</p> <p>Principles and procedures of application of functional training of self-care and household care within the physiotherapeutic process</p>

## ERASMUS+

EU programme for education, training, youth and sport

	including activities of everyday life and instrumental activities of everyday life. Principles and procedures of application of aids, orthoses, adaptive, protective, supporting means and equipment.
Form of assessment	Written exam, Oral exam
Number of ECTS	10
Class hours per week	33
Minimum number of students	30
Period of realization	Summer
Lecturer	Professor Savo Jovanović, MD Ivan Perić, MSc in Kinesiology Toni Josić, MSc in Kinesiology Nikolina Lazić, MSc in Physiotherapy