

## **Кафедра медицинской реабилитации и адаптивной физической культуры**

Для 4 курса лечебного факультета  
дисциплина **Медицинская реабилитация и спортивная медицина**  
для специальности **31.05.01 Лечебное дело (уровень специалиста)**

<b>Academic Course Working Program</b>	
<b>Course</b>	<b>Rehabilitation and Sports Medicine</b>
	(name of course)
<b>for the</b>	<b>31.05.01 General Medicine (Specialist Degree)</b>
<b>specialty</b>	(name and code of specialty)
<b>Faculty</b>	<b>General Medicine</b>
	(name of faculty)
<b>Department</b>	<b>Rehabilitation and Adapted Physical Education</b>
	(name of department)

### **Rehabilitation and Sports Medicine Course Annotation**

#### **Goals and Objectives of the Course**

**Goals:** to develop the required level of basic knowledge of rehabilitation and sports medicine in students

**Objectives:**

- to learn basics of organizing patient rehabilitation process and medical maintenance in people practicing physical culture and sport;
- to learn basics of preventive medicine and measures taken for health promotion and most common diseases prevention as well as ways of formation of healthy lifestyle;
- to learn basic methods of rehabilitation by applying physical therapy and its indications and contraindications;
- to teach students basic rehabilitation technologies and their practical application;
- to learn mechanisms of therapeutic effects and different methods of physiotherapy (exercise therapy and physiotherapy, their indications, contraindications and aspects of application);
- to learn means, methods and forms of rehabilitation, health resumption and vocational rehabilitation implemented in medical treatment complex.

## Course Program

Type of Academic Work	Total Hours	Semester
		7
<b>Classroom Learning (total)</b>	66	66
including		
Lectures	24	24
Clinical Practice	42	42
<b>Self-Study</b>	42	42
<b>Type of Midterm Assessment</b>	Pass/Fail	Pass/Fail
<b>General Student Workload (hours)</b>	108	108

## Course units (course scheduling)

Name of Unit	Type of Academic Work			Total hours
	Lectures (hours)	Clinical Practice (hours)	Self-Study (hours)	
Unit 1. Fundamentals of medical rehabilitation and a healthy lifestyle (HLS). Fundamentals of Sports Medicine.	4	7	13	24
Unit 2. Fundamentals of physiotherapy (physical modalities) and balneology.	10	15	17	42
Unit 3. Основы лечебной физкультуры (ЛФК) Basics of physical therapy (physical exercise therapy)	10	20	12	42
<b>TOTAL</b>	24	42	42	108

## **KEY TERMS**

*Rehabilitation, physical medicine, physical therapist, evidence-based practice, evidence-based rehabilitation, guidelines, decision-making, shared evidence-based decision-making, patient-centered approach, teamwork.*

## **STUDY QUESTIONS**

1. Give definition of: rehabilitation, physical medicine, evidence-based practice.
2. Specify goals of rehabilitation.
3. Specify different types of rehabilitation therapists.
4. Specify physio- and occupational therapist's responsibilities.
5. Specify the basic concept in EBP.
6. Define levels of evidence and classes of recommendations.

7. *Define evidence-based decision-making process.*
8. *Specify EBP resources.*
9. *Define evidence-based practice as a priority for the rehabilitation professions.*
10. *Specify physiatrists/rehabilitation professional competences in implementation of EBP in clinical practice.*
11. *What is your opinion on EBP's domination in physical rehabilitation?*
12. *Define decision-making process in clinical practice.*
13. *Define the difference between shared evidence-based decision-making and evidence-based decision-making.*
14. *What is "Rehabilitation Cycle"? Recount fundamental principles of decision-making strategy.*
15. *Person-centered approach: what is it?*
16. *Define person-centered decision-making process in rehabilitation.*
17. *Specify the components of client/patients-centered rehabilitation.*
18. *Why teamwork is one of the most fundamental factors in rehabilitation medicine?*
19. *What are the main principles of teamwork in rehabilitation practice?*
20. *Who are the members of inter- and multi-disciplinary teams?*
21. *How to admit patients for rehabilitation?*
22. *How to motivate patients to participate in rehab process?*