

Training Theory and Exercise Therapy

ECTS Credits: 4.5 ECTS

Degree Programme:	<u>Physiotherapy, BSc</u>
Semester:	1 st semester
Teaching Units:	3-6 teaching units
Description:	<p>After completing this course, the students</p> <ul style="list-style-type: none"> • know and understand fundamental principles and underlying mechanisms of physical training. • derive training-therapeutic measures based on performance-diagnostic results. • are able to derive and systematically apply measures of strength, endurance, flexibility, coordination, and speed training. • select, design, and adapt strengthening exercises and functional therapeutic exercises according to the exercising persons' individual needs. • assess the quality of exercise performance (especially in strength training and functional therapeutic exercises) and make corrections if needed. • know measures and application areas of body awareness and perception training.
Assessment:	assessment by final exam
Academic Contact:	<u>Philipp Greimel</u> , Lecturer & Departmental International Coordinator, Department of Health Sciences
Administrative Contact:	<u>Claudia Grötzl</u> , Staff Mobility Coordinator, International Office