

Prevention through Physiotherapy

ECTS Credits: 4 ECTS

Degree Programme:	<u>Physiotherapy, BSc</u>
Semester:	1 st semester
Teaching Units:	3-9 teaching units
Description:	<p>Graduates of this course</p> <ul style="list-style-type: none"> • are familiar with the theoretical basics of disease prevention, health promotion, and medical wellness and can describe where they overlap or differ. • can describe the salutogenesis model according to Antonovsky and integrate it into their therapeutic actions. • explain the positive effects of sports and exercise. • know national and international exercise initiatives for the prevention and treatment of lifestyle diseases and can name implementation possibilities in Austria. • know risk factors for sports injuries and analyse the reasons of the most common ones of these injuries. • are familiar with possibilities to reduce risk factors for sports injuries and develop evidence-based prevention programmes. • instruct groups according to methodological/didactic perspectives. • know the basics of psychomotor activity and integrate psychomotor components into the physiotherapeutic treatment process. • describe, based on personal experience, the connection between perception, movement, and emotion from their own perspective and in group dynamics.
Assessment:	assessment by work assignment including peer feedback
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