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# KARKONOSZE COLLEGE IN JELENIA GÓRA

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Erasmus+

Physiotherapy course content

Course Year 1,2,3,4,	Subject, descriptive title of subject, session, theme or module name.	Content of the courses
1	Normal Anatomy	Lecture – 30h, examination; Practical Classes – 60h, graded test. The bones and their joints structure. Bones as supporting, motion and protecting element. The bone, the joint and the muscular system in statistics and dynamics - bone elements, ligaments and muscles as stabilizers and restrictors of movement, the joint motion, functional units and dynamic combinations. The nervous system - structure and function, the major centers and levels of motion control, the peripheral innervation, the segmental innervation. The circulatory and respiratory systems, the bronchial tree topography, the mechanics of breathing. The general structure and function of the abdominal cavity organs. Selected issues in X-ray and other imaging methods.
1	Biochemistry	Lecture – 30h, examination; Practical Classes – 15h, graded test. The acid-base balance, the blood buffers. The amino acids, proteins and enzymes. The carbohydrate and lipid metabolism. The respiratory chain - the energy balance. The anabolism and catabolism - generating and using energy. The energy balance. The role of phosphocreatine in working muscles - glycogenolysis, glycolysis, beta oxidation, Krebs cycle, the mutual interaction between oxidative and non-oxidative transformations.
1,2	Psychology	Lecture – 60h, graded test; Practical Classes – 15h, graded test. Introduction to general and developmental psychology. Introduction to psychological diagnostics. Child and youth mental development stages, psychomotor development and the basic means of its assessment. The human and the disease, basic reactions to disease - acceptance, frustration, the attitude of the diseased and the people surrounding them. The relationship between the medical personnel and the patient. The psychological aspects and the consequences of certain diseases and disabilities. The causes of mental disorders. The ways of looking at mental illnesses from the basic psychological perspectives. Cognitive processes disorders. Thought disorders. Emotional disorders. Childhood and adolescence disorders. Specific learning disabilities in school-age children. Personality disorders. Addictions. Neurological disorders. Psychotic disorders. Significant decline in cognitive capacities. The influence of somatic symptoms on the patient's health. Disease and hospitalization as a troublesome situation. Adjustment to a new situation. Introduction to psychotherapy.
1	First Aid Training	Lecture – 15h, graded test; Practical Classes – 30h, graded test. The curriculum content. Health and life threatening conditions - the procedures in life threatening conditions. Premedical care. The prevention of physical and kinesiotherapy lab related hazards. First aid kit stock list. Basic health and safety rules for the physical and kinesiotherapy lab.
1	History of Medicine	Lecture – 15h, examination; Practical Classes – 15h, graded test. The introduction to medicine. Medical sciences as a subject of studies and as a profession. Propedeutics as an encyclopedic introduction to medicine. The most important terms and definitions in medicine with particular attention to the



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		terminology of the most common disease entities. Polish and Latin terminology in exceptional situations plus terminology in different foreign languages. Lectures on medicine used in the most ancient civilizations and the Greco-Roman medicine, lectures on the major aspects of the medieval medicine, medicine of the Renaissance, the Baroque, the Age of Enlightenment and the modern era medicine of the 19 <sup>th</sup> and 20 <sup>th</sup> centuries. The foundations of the modern morphology, physiology, biochemistry and bacteriology sciences; the Polish medicine. Selected philosophical issues in medicine.
1	Introduction to Applied Computer Science and Computer-Aided Medicine	Practical Classes – 60h, graded test. The Microsoft Word editor - planning, creating and modification of tables. The use of table editing for gathering and processing medical data. The use of the Microsoft Graph and the equation editor. The computer-assisted medical data analysis illustrated with an example of the Excel spread sheet: bringing the spreadsheet into general use for making calculations. Initiating the need for creating one's own databases in various circumstances. The recording of medical data in the organized form; the correction of the incorrectly recorded data. The operations on the data being recorded with the use of formulae and the selected functions; creating and modification of graphs in order to obtain legible data presentation. Creating presentation graphics of diagrams and setting slide animations. Making a PowerPoint presentation on the selected medicine-related subject. The use of network for gathering materials on the assigned subject. The computer software for health services: computer system for medical offices.
1	Medical Equipment Education	Practical Classes – 30h, graded test. Sterilizing equipment. Methodological bases for sterilization. Sterilization objectives in medicine. The goals of sterilization and the stages of its implementation. The sterilization forms. The introduction to sterilizing equipment. The bio-electronic devices: the technique and the methodology of monitoring the heart. The skills of reading the signal from a cardiac monitoring device. The basic types of ECG and EEG machines. The devices for the respiratory support: methodological bases for the causes of using respiratory supporting devices. The basic working principle of oxygen concentrator. The use of the ventilator for general anesthesia and the respiratory function support. The optical devices. The physiotherapy equipment: the use of selected devices for particular electro-stimulation, magnet, laser, light, and water therapy procedures. X-ray apparatus.
1	Health Promotion Education	Lecture – 15h, graded test; Practical Classes – 30h, graded test. The theoretical bases of health promotion: health promotion as a new scientific discipline. The strategies and the objectives. The priorities and the health promotion objectives on an international level. Health determinants: the basic determinants of health. The social determinants of health. Health promoting environments. Health behavior. Determinants of healthy behavior. The influence of healthy behavior on health and the development of disease. The assumption of health promotion recommended by WHO and the National Health Program in Poland. The promotion of health as a health care objective. The role of families in the promotion of healthy habits. Health promotion as an objective for the health care system for workers. The role of families in the promotion of healthy habits. Health promotion aimed at the chronically ill and the disabled. The individual and social dimensions of health promotion for the chronically ill and the disabled. The accomplishment of the objectives at various stages of a disease or disability.
2, 3	English Language	Practical Classes – 120h, graded test. Lexical issues and grammar issues aimed at the development of skills of the active use of the subject-related, English medical vocabulary referring to the depiction of the hospital reality and the functioning of particular wards (including the vocabulary related to body parts, internal organs and human body systems,



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		as well as the basic types of medical examination and procedures). The development of language competence allowing for the proper communication in everyday life situations. Practical English language skills, such as reading, writing, speaking or listening. The presentation of the specialist documentation used during the patient's treatment - recording data, preparing medical history, writing history of disease. The use of the English professional literature in physiotherapy thanks to the acquired grammar structures and terminology.
1	Introduction to Sign Language	Practical Classes – 45h, graded test. The selected issues in the rehabilitation of the deaf. The finger spelling rules. The use and the reception of numbers in sign language. The signs and the complementary rules of dactylography. The acquisition of signs used for personal information. The acquisition of signs defining health care institutions and their use on a sentence level. The acquisition of signs defining illnesses and related to hospitalization and their use on a sentence level. The acquisition of signs defining ways of treatment. The acquisition of signs related to basic needs. The acquisition of signs defining work places, places of accommodation and other terms needed for communication. The use of the basic and the medical vocabulary in conversation, and the reading of the sign language graphic illustrations.
1, 3	Physical Education	Practical Classes – 90h, graded test. Occupational Health and Safety in physical education classes. Sport gymnastics: equipment-free exercises. The development and the manipulation ball exercises, the exercises in pairs, the wall bars exercises, the agility and acrobatic exercises, the equipment-free exercises, the balance exercises. The exercises with the use of the equipment : straddle jump over the vaulting horse, vaulting box reversed jump, returning jump and tuck jump. Forward roll on the vaulting box. Antigravity exercises on gymnastics benches. Forward and backward flip on the gymnastics bar. The modern forms of fitness: medical yoga for pair-work, aerobics, pilates, callanetics. The artistic gymnastics. The exercises involving music and dance. Track and field athletics. Volleyball. Basketball.
1	Biophysics Education	Lecture – 30h, examination; Practical Classes – 15h, graded test. Biophysics - the subject and the range of interests, the history. The study of the structural dynamics, mathematical modeling. Stretching and constriction of tissues; stresses, deformation, the Hooke's law. Twisting and bending, bone fractures. Measuring of bone stress during endurance testing. The adjustment of the passive motion system to the transfer of the mechanical load. The elements of the fluid mechanics - the biophysics of the circulatory and respiratory systems. Kinematics, kinetics, fluid mechanics. The calculation of the aero and hydrodynamic resistance and the flow parameters. The effect of the mechanical factors on the human body - the ultrasound and the infrasound. The impact of the electric current and electromagnetic fields on the human body. The electrical characteristics of the cell - conduction and the electric potential of the nervous system. The measurement of the resistance of the human body. The direct current circuits. The work and the power of the electric current. The working principle of lasers, the characteristics of the laser radiation. The calculation of the laser radiation dosage. The fundamentals of cybernetics - the regulation of physiological processes. The biophysics of vision and hearing processes. The selected problems in geometrical optics - the measurement of hearing in the selected frequencies. The fundamentals of bioenergetics and thermo-kinetics.
2	Physiology Education	Lecture – 30h, examination; Practical Classes – 60h, graded test. Blood and the blood circulation - the blood components and characteristics. The function, regulation and automaticity of the heart. The transport of oxygen. The



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		<p>peripheral circulation, the regulation of the lumen of the vessels. The lymph and the tissue fluid. Blood clotting. The respiratory system - functional respiratory indicators. The hypoxia and its types. Metabolism - resting and exercise metabolism. Thermoregulation and its mechanisms. Physical strain - physiological classification. The reactions to physical strain of different age groups. Physical endurance - its determinants and the methods of marking. Physical training as a process of physiological adaptations, post-workout changes. Fatigue - types, location and symptoms. The fundamentals of neurophysiology. The central nervous system - function regulation of the organs and systems. The peripheral and the autonomic nervous systems. Muscles - types of muscle fiber, the nerve-muscle junction. The essential feature of the muscle contraction, the motor unit recruitment. The motor innervation of the skeletal muscles. The conduction and excitability of the nerve fibers. The electrical activity of the muscles. Reflexes. The process of movement control. The plasticity of the peripheral nervous system and the muscle tissue. Re-innervation. The neurophysiology of pain.</p>
2	Medical Biology Education	<p>Practical Classes – 30h, graded test, examination. Education content framework: the structure of the cell and the functions of the cell organelles. The life cycle of the cell. The necrosis and apoptosis phenomena. The expression and the regulation of the gene expression. The protein biosynthesis. The variation and the mutations. The chromosomal aberration. The fundamentals of the human genetics. The composition and function of tissues and selected systems, and organs. The endocrine glands composition. Hormones, the hormonal regulation. The basic characteristics of the stages of the human embryogenesis. The fetal membranes and the placenta. The teratogenic agents. The developmental defects. The description of the microscopic composition of the basic human tissues and their development.</p>
2	General Pathophysiology	<p>Lecture – 15h, examination; Practical Classes – 30h, graded test. The basic terms - health, disease. The classification of disease, symptoms, course of disease, prognosis, and death. The disease causative agents and their functioning. Etiology and pathogenesis. System reactivity. Specific and non-specific immunity. AIDS - acquired immunodeficiency. Inflammation. Autoimmune disease. Allergy. Progressive and regressive lesions. Neoplastic disease. Avitaminosis. Shock. Thermoregulatory disorders. The fundamentals of the pathophysiology of the nervous system. Pain and sensory disorders. General principles of the blood, circulatory and respiratory pathology. The description and the interpretation of the basic terms referring to general pathology and major pathophysiological changes on the simplistic level which facilitate understanding the problematic aspects of pathological changes occurring in various diseases; making use of the general pathology knowledge for the implementation of various physiotherapeutic modalities.</p>
2	Clinical Biomechanics Education	<p>Lecture – 15h, examination; Practical Classes – 15h, graded test. The biomechanical structure of the osteoarticular system. The biomechanical analysis of the composition and functions of major joints and the spine. The mechanical properties of the motor organs. The value description of the inner and outer forces affecting the human body. The mechanical properties of the skeletal muscle. The methodology of the study of the strength value for individual muscle units measured in both static and dynamic conditions. The Hill's muscle model. Determining the characteristics of the mechanical strength of selected muscle units in the external load function. The changes of lower extremity muscle functions following injury and operation in the knee joint area and following hip joint alloplasty. The assessment criteria for the mechanics of human movement. Postural stability. Kinematic and kinetic description of the locomotor movement mechanics relating to walking and running. The analysis of</p>



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		<p>the value of the reaction and distribution of pressure under the sole of the foot during walking. Selected issues in the advanced human gait analysis following stroke, lower limb amputation, or neuromuscular disorders. The concept and the measurement of the functional symmetry. The use of the electromyography for muscle work testing during the whole body movement (during walking) and the movement of the selected body parts. The biomechanical analysis of the falls. The biomechanical analysis of wheelchair riding. The elements of biomechanical modeling. New directions for the development of medical biomechanics and bioengineering. The sources of occupational stress. The ergonomics related to work, accommodation and products. The ergonomic basis for the research and planning of workstations in the selected professions. The ergonomic assessment and the selection of workstations for the disabled. The ergonomic assessment of stress caused by selected working postures and their effect on dysfunctions, injuries, or accidents. The ergonomics of the physiotherapist in the workplace. Ergonomics and prevention.</p>
2	Kinesitherapy Education	<p>Lecture – 60h, examination; Practical Classes – 120h, graded test.</p> <p>The place and the role of kinesitherapy in the rehabilitation process. The theoretical bases for kinesitherapy. The methodological bases for kinesitherapy - links, goals and objectives, fundamental principles, forms and means of kinesitherapy, methods. The patient assessment for kinesitherapy purposes - taking history from a patient, basic surveys and means of functional assessment, tests, the kinesitherapeutic procedures plan, documentation. The importance of the patient assessment for kinesitherapeutic procedures. The regularity of kinesitherapy. The technical base. Appliances and equipment. The technique of doing various individual therapeutic exercises. The management of group exercises. The selected issues in neuromuscular reeducation. The fundamentals of the implementation of kinesitherapeutic methods. The indications and the contraindications for the use of therapeutic exercise. Doing therapeutic exercise; the description and interpretation of theoretical bases for the technique and methodology of medical improvement.</p>
2	General Physiotherapy Theory with Occupational Ethics Education	<p>Lecture – 30h, graded test.</p> <p>The disability issues and the basic terms and definitions. The medical rehabilitation and its components, physiotherapy in the field of the medical rehabilitation. The interdisciplinarity of rehabilitation. The connection of rehabilitation to medical and humanistic sciences and physical culture studies. The functional loss levelling - regeneration, compensation, and adaptation. The effectiveness of rehabilitation, the plasticity of the central nervous system, the rehabilitative potential. The rehabilitated person as the subject - the physiotherapist's approach to the person in rehabilitation. The assessment of the functional state, the documentation of this state and the physiotherapeutic procedures. The general rehabilitation methodology and the approach to physiotherapeutic procedures - the hierarchy and rationalization of goals, general principles for the selection of media, forms and methods of physiotherapy, physiotherapy as an element of the comprehensive rehabilitation. The organization of rehabilitation and physiotherapy, the rehabilitation team. Hospital- based, outpatient and home-based rehabilitation as well as the rehabilitation in spas and rehab centers. The rehabilitation camps and vacations. The occupational ethics of the physiotherapist, competency, moral and legal responsibility. The diagnostic and functional examination as the basis for the creation, verification and modification of rehabilitation programs as well as the control of their outcome. Functional tests used in physiotherapy - the selection of the right test, the assessment accuracy, the usefulness and the importance of the arrangement of physiotherapy media and the rehabilitation outcome control. Tests specific for various physiotherapy methods. Tests specific for various ailments and dysfunctions. The use of diagnostic and measuring equipment in the functional diagnostics - the presentation and</p>



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		interpretation of results, the usefulness and the importance of various forms of examination carried out with the equipment used for the selection of a physiotherapy medium and for the control of the rehabilitation results.
2, 3	Physical Therapy Education	Lecture – 120h, examination; Practical Classes – 105h, graded test; Laboratory – 45h, graded test. The physical and physiological bases for the physical therapy - the equipment and appliances used and their operation and control. The methodology of administering treatments and the indications or contraindications to: heat therapy, cold therapy, hydrotherapy, light therapy and low-energy laser therapy, electrotherapy, magnetic therapy, ultrasounds and inhalation. The indications and contraindications to administering specific treatments. The electrodiagnosis - qualitative and quantitative methods. The basics of electromyography (EMG). The performance of the basic physical procedures; the description and interpretation of the theoretical bases - the techniques and methodologies of physical therapy.
2	Physical Education Methodology	Lecture – 15h, graded test; Practical Classes – 60h, graded test. Motor skills - their place and role in physical activities in health and disability. The motor patterns as developmental, kinesiological and ergonomic concepts. Learning and teaching motor skills. The possibilities and conditions with reference to the human motor skills learning process. The motor skills learning stages. The basic principles, methods and means of teaching motor skills. The types of motor skill activities. The static and dynamic exercises. The facilitating and impeding factors for doing exercises. The elimination of mistakes through learning. The methods and forms of the skills acquisition level control. The capabilities of teaching motor skills to people with disabilities. The development of the body balance. The development of the coordination skills and certain manual skills. Posture and locomotion from the developmental perspective. Postural education and reeducation. The needs and the possibilities for developing, improving and restoring human locomotor skills. General principles for using wheelchairs. The amusement, music and movement forms of developing motor skills as well as active and passive forms of exercise in the water, useful during the improvement process. The general characteristics of the physical education learning and teaching processes. The pedagogical diagnosis and prognosis during the motor skill teaching process. The goals and objectives, the principles, forms, means and methods of teaching motor skills. The planning of the motor skill teaching process for people with disabilities. The methods used in physical education with the emphasis on its usefulness for the improvement process. The control and assessment in motor skills teaching. Health and safety for activities.
2, 3	The Clinical Basis of Physiotherapy Education	Lecture – 60h, examination; Practical Classes – 30h, graded test; Laboratory – 30h, graded test. The curriculum content: the information on various disease entities necessary for the rehabilitation process programming and understanding the conditions needed for its effectiveness as well as 6 counter-indications to the use of physiotherapeutic treatments - in orthopedics and traumatology, rheumatology, neurology, pediatrics, cardiology, pulmonology, surgery, gynecology and obstetrics, geriatrics, psychiatry and intensive care medicine. The basic information on diseases including the mechanisms and dynamics of the developing changes, their reversibility, the compensation mechanisms and the cause-and-effect relation between symptoms. The prognosis, the end of illness and its effects, including the type and degree of disability. Gathering medical history records and carrying out functional tests. Keeping clinical records necessary for physiotherapy practice. The description and interpretation of the basic disease entities and complexes necessary for the rational implementation



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		of physiotherapy treatments and planning of the rehabilitation process.
2, 3	Massage, Medical Massage and Therapeutic Massage Education	Lecture – 30h, examination; Practical Classes – 30h, graded test; Laboratory – 60h, graded test. The massage - physiological reactions, conditions and hygiene when performing a massage, classical massage techniques, indications and contraindications. Massage with the use of equipment - apparatus and methods. Massage in the water environment. The performance of the basic forms of the medical massage; the description and interpretation of the theoretical basis of the technique and methods of the medical massage.
3	Clinical Physiotherapy for Locomotor Dysfunctions Education	Lecture – 90h, examination; Laboratory – 150h, graded test. The theory and practice of physiotherapy of adults, children and adolescents with various locomotor dysfunctions in orthopedics and traumatology, rheumatology, neurology and child neurology. Physiotherapy in the totality of treatment. Selecting physiotherapeutic treatments and physiotherapy methods based on the clinical diagnosis, the progression of disease and the functional state of the rehabilitated person. Physiotherapy in various stages and progression of disease. The prevention of recurrent events of the disease. The improvement, the compensation control and adaptation proceedings in various disease entities. The control of the rehabilitation results. Record keeping. The specificity of physiotherapy at the developmental age and in senior citizens. The performance of therapeutic exercise and physical procedures in people with locomotor dysfunctions - based on their clinical and functional state; the performance of the examination and testing necessary for the selection of physiotherapeutic media; the performance of procedures and the use of proper therapeutic methods.
3,4	Clinical Physiotherapy and Other Specialties Education	Lecture – 75h, examination; Laboratory – 195h, graded test. The physiotherapy of adults, children and adolescents with ailments other than those involving the locomotor organs - in cardiology and pulmonology, internal disease, geriatrics, rheumatology, psychiatry, surgery, gynecology and obstetrics, and pediatrics. Physiotherapy in the totality of treatment. Matching physiotherapeutic treatments and physiotherapy methods based on the clinical diagnosis, the progression of disease and the functional state of the rehabilitated person. Physiotherapy in various stages and progression of disease. The prevention of recurrent events of the disease. The improvement, the compensation control and adaptation proceedings in various disease entities. The control of the rehabilitation results. Proper record keeping. The performance of therapeutic exercise and physical procedures in people with the diseases and dysfunctions other than those involving the locomotor organs - based on their clinical and functional state; the performance of the functional examination of the internal organs and exercise stress test necessary for the selection of physiotherapeutic media; the performance of procedures and the use of proper therapeutic methods.
3	Pedagogy and Special Pedagogy Education	Lecture – 15h, graded test; Practical Classes – 30h, graded test. Learning, teaching, rearing. The principles and methods of teaching and their selection criteria. The assessment and its function. The pedagogical aspects of physiotherapy. The integrative education. The phenomenon of the inclusion and exclusion of people with disabilities. Kinesitherapy as the education and reeducation of motor skills. The physiotherapist and the patient in the teacher-student relations. Psycho-pedagogical conditions for the effectiveness of the physiotherapist work. The elements of the teaching process determining the effective improvement - objectives, principles, methods, organizational forms, control and assessment, causes of failure, pedagogical demeanor of the physiotherapist. Social and pedagogical mechanisms of shaping the patient's



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		attitude. The methods of interacting with the patient. The cooperation of the physiotherapist with the family.
3	Sociology Education	<p>Lecture – 15h, graded test;            Practical Classes – 15h, graded test.</p> <p>The rise of sociology as a science. Social life - its foundations. Social structure. The sociological analysis of the behavior of an individual. Health - disease - society. The social policy in the field of health care. The social security systems. The social health and disease patterns. The determinants of prevention. Disease and disability - the sociological concepts. The social role of being ill. The sociology of medicine. The subject and the objectives of medical and rehabilitation sociology. Health and its social determinants. The socio-medical models of health. Prevention and its determinants. Disease and disability - the social determinants. Treatment and rehabilitation - the social determinants. Disability. The general issues of occupational rehabilitation in people with disabilities. Social activity of people with disabilities - its state and needs. The role of the social environment in resuming daily living or occupational activities. The possibilities of taking up employment - the role of career support centers. The theoretical introduction to social communication processes.</p>
1	Interpersonal Communication	<p>Practical Classes – 15h, graded test.</p> <p>Communication as a social process: the structure and dynamics of interpersonal communication, the theories of communication, the features of communication, the process of communication. Nonverbal and verbal communication: the functions of communication, the styles of the interpersonal communication, personality determinants in the communication process, DISC personality profile, the rules of good listening. Assertiveness, self-perception, assertiveness techniques, the expression of emotions (irritation, anger). The art of dealing with conflicting situations, the strategy of negotiations, the negotiation process, the phases of the negotiation process, the negotiation tactics. The communication in physiotherapy, the communication as an integral part of physiotherapy, interpersonal relations, communication with the patient and his/her family. Communication within the therapeutic team - the team as a social group. Specific problems of communication with people in different states of disease.</p>