

## Educational outcomes of the 1st degree

### **Theoretical knowledge**

- student knows the morphology and physiology of individual systems of the human body, with an emphasis on the musculoskeletal and support apparatus, and understands the human body as a dynamic and adaptable entity,
- has a basic knowledge of anatomy, physiology and pathophysiological manifestations, disease processes, and conditions in the human body,
- has a basic knowledge of hygiene, prevention and health statistics,
- through the acquired knowledge, understands the unity of the organism and the environment in health and disease, the importance of preventive measures in terms of health protection and promotion,
- has a basic knowledge of pharmacology about the effect of drugs,
- mastered knowledge of theoretical principles of nursing techniques with the subsequent ability to apply theoretical knowledge in physiotherapy, master the theoretical principles and guidelines of first aid in case of injuries, life-threatening conditions, and mass events
- has a basic knowledge of facts, concepts, relationships, contexts and principles of pedagogy, psychology and sociology,
- has knowledge of the theoretical foundations and methods of effective communication in professional activities,
- has knowledge of the basic principles of medical ethics,
- has theoretical foundations in kinesiology and pathokinesiology,
- has knowledge of the diagnosis and therapy of functional disorders of the musculoskeletal system,
- has a basic range of knowledge in data and methods of diagnostics of the locomotor system, which are a prerequisite for prevention, correction diagnosis, purposeful therapy and evaluation of the process in physiotherapy and medical rehabilitation,
- has a basic range of knowledge of kinesiotherapy in general and according to the specific condition, nature of the disease, disabilities in individual clinical disciplines and in different age categories,
- has a basic range of knowledge about the physical nature of balneological and electrotherapeutic procedures, their physiological effects and processes taking place in the body with a focus on prevention, diagnosis and therapy,

- has a basic range of theoretical knowledge from reconditioning and relaxation exercises, their use and physiological effects with the subsequent ability to use them in kinesiotherapy
- knows the indications and contraindications of physiotherapeutic procedures, methodologies, physical therapy, electrotherapy, balneology, hydrokinesiotherapy, hydrotherapy and massages,
- has theoretical knowledge of fitness training,
- has knowledge of proper nutritional diet,
- has a basic knowledge of computer science focused mainly on professional activity, physiotherapist and the basics of research in physiotherapy,
- has mastered medical terminology at a level that will enable him/her to orient himself and master professional terminology,
- knows a foreign language at a level that allows him to navigate through foreign professional literature and engage in professional communication.
- has knowledge and insights from biomedical and humanities (preclinical and clinical) subjects.

### **Practical skills and skills**

- has a comprehensive understanding of the descriptions, analysis and evaluation of kinesiological conclusions and can use them in kinesiotherapy,
- has a basic knowledge of methods, techniques and procedures of functional diagnostics of the musculoskeletal and locomotor systems as well as internal systems, with the subsequent ability to evaluate them and create conclusions for the creation of physiotherapeutic procedures,
- has a basic knowledge of methods, techniques and procedures used in kinesiotherapy in individual clinical disciplines according to the state and nature of the disease, disability and health disadvantage in individual age categories,
- has practical knowledge of the basic indications, contraindications and application of physical therapy procedures,
- practically knows the indications, contraindications and application of individual types of mechanotherapy and manual techniques,
- has practical knowledge of indications, contraindications and application of movement therapy and physiotherapeutic methodologies in physiotherapeutic procedures,

- has practical knowledge of counselling activities in the field of physiotherapy, the basics of methods, forms and means of education in health education and appropriate postural lifestyle,
- has a practical command of consulting activities in the field of ergonomics,
- knows professional effective communication and behaviour, is capable of empathy and assertive behaviour in relation to patients/clients,
- has a basic knowledge of nursing techniques, patient safety related to patient care, their use in physiotherapy,
- knows qualified first aid in the event of injuries, life-threatening conditions and mass events,
- knows the basics of working with information technology in professional activities,
- has practical skills and methodological knowledge in the key field of physiotherapy at the level of analysis and synthesis, which serve as a basis for practice and research,
- is physically fit and knows fitness training,
- mastered knowledge in kinesiotherapy procedures and methods such as: soft and mobilization techniques, techniques of post-isometric relaxation, reciprocal inhibition, facilitation-inhibition techniques, basic physiotherapeutic methodologies, methodologies and programs affecting the control mechanisms of movement at all levels,
- is ready to join multidisciplinary teams in all medical disciplines
- great emphasis is placed on practical training, semester clinical practice and continuous summer practice in contracted health care facilities.