

# Courses taught in foreign languages in academic year 2019/20

## Content

- E-learning courses for Midwife, General Nurse, Physiotherapy and Occupational Therapy..... 4
  - Nursing Care in Obstetrics I..... 4
  - Nursing Care in Neonatology ..... 4
  - Biomechanics of the movement – practical use of instruments..... 4
  - Selected chapters from biophysics and biomechanics – part 1 ..... 4
  - Selected chapters from biophysics and biomechanics – part 2 ..... 4
  - Myofascial syndrome – triggerpoints therapy ..... 5
  - The examination and therapy of the pelvis and spine according to Prof. Lewit..... 5
- MIDWIFE** ..... 6
- Winter Term 2019-2020..... 6
  - Professional Conversation in English..... 6
  - Professional Conversation in German..... 6
  - Nursing Care in Gynaecology I..... 7
  - General and Developmental Psychology ..... 8
  - Public Health Care and Health Protection..... 9
  - Practical bio-statistics..... 10
  - Principles of bio-research..... 11
- Summer Term 2019-2020 ..... 12
  - Nursing care in gynaecology II..... 12
  - Psychology in Health Care ..... 13
  - Practical bio-statistics..... 14
  - Principles of bio-research..... 15
- GENERAL NURSE** ..... 16
- Winter Term 2019-2020..... 16
  - English language ..... 16
  - German language ..... 17
  - Psychology ..... 17
  - Public Health Care and Health Education ..... 18
  - Practical bio-statistics..... 19
  - Principles of bio-research..... 20

Information Systems in Health Care .....	21
Summer Term 2019-2020 .....	22
English language - professional terminology .....	22
German language - professional terminology.....	22
Practical bio-statistics.....	23
Principles of bio-research.....	24
Psychology in Health Care .....	25
<b>OCCUPATIONAL THERAPY .....</b>	<b>26</b>
Winter Term 2019-2020.....	26
English language I .....	26
German language I .....	26
Therapeutic Techniques and Activities I .....	27
Introduction to Occupational Therapy.....	28
Winter Skiing Course .....	29
Art Therapy I.....	29
Psychology.....	30
Practical bio-statistics.....	31
Principles of bio-research.....	32
Summer Term 2019-2020 .....	33
English language II .....	33
German language II .....	34
Therapeutic Techniques and Activities II .....	35
The Theory of Occupational therapy.....	36
Information Systems .....	37
Art Therapy II.....	38
Yoga.....	38
Medical psychology .....	39
Summer Cycling Course.....	40
Practical bio-statistics.....	40
Principles of bio-research.....	41
<b>PHYSIOTHERAPY .....</b>	<b>42</b>
Winter Term 2019-2020.....	42
English language I .....	42

German language I .....	43
Physiotherapy I.....	44
Physiotherapy III.....	45
Winter Skiing Course .....	46
Yoga .....	46
Physical Education and Didactics I .....	47

### E-learning courses for Midwife, General Nurse, Physiotherapy and Occupational Therapy

Faculty:	Faculty of Health Studies
Course title:	<b>Nursing Care in Obstetrics I.</b>
Course code:	<b>KOPA/POR15</b>
Level of course:	bachelor
ECTS:	3
Teacher:	Mgr. Eva Šalanská
Term:	winter
Language of instruction:	English

Faculty:	Faculty of Health Studies
Course title:	<b>Nursing Care in Neonatology</b>
Course code:	<b>KOPA/PNEP5</b>
Level of course:	bachelor
ECTS:	2
Teacher:	Mgr. Jana Chrásková, Ph.D.
Term:	summer
Language of instruction:	English

Faculty:	Faculty of Health Studies
Course title:	<b>Biomechanics of the movement – practical use of instruments</b>
Course code:	<b>KF/BMER</b>
Level of course:	bachelor
ECTS:	5
Teacher:	Mgr. Marek Jelínek, Ph.D.
Term:	winter, summer
Language of instruction:	English

Faculty:	Faculty of Health Studies
Course title:	<b>Selected chapters from biophysics and biomechanics – part 1</b>
Course code:	<b>KFE/BI1ER</b>
Level of course:	bachelor
ECTS:	5
Teacher:	Ing. Martin Svoboda, Ph.D.
Term:	winter, summer
Language of instruction:	English

Faculty:	Faculty of Health Studies
Course title:	<b>Selected chapters from biophysics and biomechanics – part 2</b>
Course code:	<b>KFE/BI2ER</b>
Level of course:	bachelor
ECTS:	5
Teacher:	Ing. Martin Svoboda, Ph.D.
Term:	winter, summer
Language of instruction:	English

Faculty:	Faculty of Health Studies
Course title:	<b>Myofascial syndrome – triggerpoints therapy</b>
Course code:	<b>KF/MYOFS</b>
Level of course:	bachelor
ECTS:	5
Teacher:	Mgr. Marek Jelínek, Ph.D.
Term:	winter, summer
Language of instruction:	English

Faculty:	Faculty of Health Studies
Course title:	<b>The examination and therapy of the pelvis and spine according to Prof. Lewit</b>
Course code:	<b>KE/EXTL</b>
Level of course:	bachelor
ECTS:	5
Teacher:	Mgr. Marek Jelínek, Ph.D.
Term:	winter, summer
Language of instruction:	English

**MIDWIFE****Winter Term 2019-2020**

Faculty:	Faculty of Health Studies
Course title:	<b>Professional Conversation in English</b>
Course code:	<b>KOPA/ AJP5</b>
Level of course:	bachelor
ECTS:	2
Teacher:	Mgr. Olga Filatová
Term:	winter
Language of instruction:	English
Lectures/exercises:	0/2
Requirements on student:	written test and oral exam
Course goal:	The course includes all important parts of language training: oral and written language manifestation, text understanding, reading and pronunciation training, special vocabulary training covering the following topics:
Content:	Seminar Topics: 1. week: Nursing as a Profession 2. week: The Types of Nursing Positions 3. week: Midwifery 4. week: Reproductive System 5. week: Pregnancy 6. week: Normal Human Childbirth 7. week: Childbirth Complications 8. week: Nurse-Patient Communication

Faculty:	Faculty of Health Studies
Course title:	<b>Professional Conversation in German</b>
Course code:	<b>KOPA/ NJP5</b>
Level of course:	bachelor
ECTS:	2
Teacher:	Mgr. Vratislava Postlová
Term:	winter
Language of instruction:	German
Lectures/exercises:	0/2
Requirements on student:	written test and oral exam
Course goal:	The course includes studying of a foreign language for intermediate students with the focus on professional language in health care. The aim is skill development enabling professional communication, reading and understanding of foreign special tests. Students will work with Czech and international professional publications and they will be able to communicate in a foreign language environment.
Content:	Seminar Topics: 1. week: Schwangerschaftsvorsorge I. 2. week: Schwangerschaftsvorsorge II. 3. week: Geburt I. 4. week: Geburt II. 5. week: Wochenbett 6. week: Stillen 7. week: Deutschland vs. Tschechien 8. week: Praktisches Vokabular

Faculty:	Faculty of Health Studies
Course title:	<b>Nursing Care in Gynaecology I</b>
Course code:	<b>KOPA/ PG1P5</b>
Level of course:	bachelor
ECTS:	3
Teacher:	doc. MUDr. Tomáš Binder, CSc.
Term:	winter
Language of instruction:	English
Lectures/exercises:	2/0
Requirements on student:	Obligatory presence at the seminars, passing controlling tests, a project assignment on a given nursing topic, an oral exam.
Course goal:	The subject is designed as a theoretical and practical unit for the birth assistants who are taking care of a woman throughout her life. The subject is a part of a complex set of basic specialized subjects for the field of midwifery which provides the students with the latest knowledge and information from the clinical field of gynaecology. The focus is put on the primary prevention which is an important part of the work of a birth assistant to care after the health of women of all ages being healthy and ill. The subject covers those pathophysiological states which are the most important for the quality of a female life. Nursing care is being taught in a form of a nursing process regarding the individuality of each woman. It follows the knowledge of clinical gynaecology, urogynaecology, oncogynaecology, gynaecology in childhood. The aim of the subject is to develop the skill to apply the knowledge in a real contact with women.
Content:	<b>Lecture Topics:</b> 1. week: The life periods of a woman, the development of female genitals and their defects 2. week: Vulva, vagina, pelvic bottom, cervix, uterus 3. week: Oviducts, ovaries, breast 4. week: Menstruation and ovulation cycle, neurohumoral regulation of the menstruation and ovulation cycle 5. week: The disorders of the menstruation cycle 6. week: Examination methods in gynaecology 7. week: Urogynaecology 8. week: Nonvirulent tumors of female genitals 9. week: Malignant tumours of female genitals (cervix, the body of the uterus, oviduct) 10. week: Malignant tumours of female genitals (vulva, vagina, ovarium, breasts) 11. week: Inflammation disorders of the reproductive organs, endometriosis 12. week: Climacterium 13. week: Anticonception, a planned parenthood 14. week: Irregular positions of female genitals 15. week: Basic operation techniques in gynaecology

Faculty:	Faculty of Health Studies
Course title:	<b>General and Developmental Psychology</b>
Course code:	<b>KOPA/ PSP5</b>
Level of course:	bachelor
ECTS:	2
Teacher:	PhDr. Otakar Fleischmann, Ph.D.
Term:	winter
Language of instruction:	English
Lectures/exercises:	1/1
Requirements on student:	written test
Course goal:	Subject creates the basis for other psychological disciplines. It introduces the students with psychology application in the field of nursing and care, the rules of spiritual life, the behaviour and the discourse of an individual with the dynamics and structure of a character. The aim is also to teach basic terminology and problems of general psychology and methodological approaches.
Content:	<b>Lecture Topics:</b> 1. week: The subject and tasks of general psychology. Determination of a human psyche 2. week: Reception, imagination, fantasy 3. week: Thinking and speech 4. week: Intelligence, mental retardation 5. week: Memory, attention 6. week: Emotions 7. week: Motivational processes, needs and their satisfaction 8. week: Stances, character 9. week: Personality typology 10. week: Psychological methods and their application in nursing training 11. week: Prenatal period, a new-born, a baby, a toddler 12. week: Pre-school and younger school age 13. week: Adolescence period 14. week: Adulthood period 15. week: The issues of the elderly

Faculty:	Faculty of Health Studies
Course title:	<b>Public Health Care and Health Protection</b>
Course code:	<b>KOPA/ VZP5</b>
Level of course:	bachelor
ECTS:	3
Teacher:	prof. MUDr. Margareta Šulcová, CSc.
Term:	summer
Language of instruction:	English
Lectures/exercises:	2/2
Requirements on student:	Obligatory attendance of the lectures, a test with a minimum of 75% passing level, submitting and presentation of a seminar project: the intervention program.
Course goal:	The subject is a topical unit providing the students with the basic knowledge from the fields of epidemiology, hygiene, health education, which is an important part of public health care. It is the knowledge which is necessary for the protection and support of public health; it helps the understanding of the connections between clinical and preventive medicine and midwifery. It also covers the prevention of professional injuries of the medical staff and nosocomial infections.
Content:	<p><b>Lecture Topics:</b> 1. week: Health, the aspects of health, the determinants of health, health protection and support, the prevention of disorders/diseases/disorders 2. week: International documents about health protection and support. Health 21 3. week: Public health care: the focus, content, segments, realization in training 4. week: The epidemiology of infectious diseases: general facts; epidemiological measures 5. week: The groups of transmissible infections; the examples of infections 6. week: Environment and health; health preventive and protecting measures 7. week: Work environment and health; health protection 8. week: The epidemiology of chronic diseases and their prevention 9. week: Hygiene in medical facilities. Nosocomial infections and their prevention 10. week: Health education: sims, methods and forms 11. week: The activities of a birth assistant in the area of health education</p> <p><b>Seminar Topics:</b> 1. week: Questionnaire 2. week: Intervention program 3. week: Group work 4. week: Information: medical education flyer on the topic 5. week: Personal hygiene and hand washing of a medical staff 6. week: Laundry operations in a medical facility 7. week: Trash and garbage operations in a medical facility 8. week: The evaluation of health risks, work and protection of health categorization for a medical staff 9. week: Disinfection and sterilization 10. week: The presentation of seminar projects 11. week: The presentation of seminar project</p>

Faculty:	Faculty of Health Studies
----------	---------------------------

Course title:	<b>Practical bio-statistics</b>
Course code:	<b>KFE / 1PBS</b>
ECTS:	5
Level of course:	bachelor
Teacher:	RNDr. Karel Hrach, Ph.D.
Term:	winter, summer
Language of instruction:	English
Lectures/exercises:	0/2
Requirements on student:	exam
Course goal:	Analysis of bio-statistical data using specialized SW.
Content:	<p>Statistical analysis can be provided by more or less specialized SW. The free product "R" is used in this course. Students first learn how to manage the data. Then the basic descriptive characteristics are performed and the classical analytical statistical tools employed to test and to model dependencies among variables. The course is taught in English. Preliminary theoretical knowledge of statistics is not required. The course ends with the practical analysis of bio-statistical data.</p> <ol style="list-style-type: none"> <li>1. FW R-project. Downloading, basic principles, menus, help.</li> <li>2. R-project. Inserting, re-calculating and saving the data.</li> <li>3. Types of variables. Categorical variable – frequencies.</li> <li>4. Continuous variable – quantile and moment characteristics.</li> <li>5. Computer testing with the use of p-values.</li> <li>6. Categorical variables – bivariate contingency tables, chi2-test of independency.</li> <li>7. Continuous variables – t-tests.</li> <li>8. Analysis of variance (ANOVA) – models and tests.</li> <li>9. Regression models (1) – simple regression and correlation.</li> <li>10. Regression models (2) – multiple regression.</li> <li>11. Time series – description, models and forecasting.</li> <li>12. Cluster analysis (distance measures, k-means clustering).</li> <li>13. Survival analysis (survival function, tests, Cox regression).</li> </ol>

Faculty:	Faculty of Health Studies
----------	---------------------------

Course title:	<b>Principles of bio-research</b>
Course code:	<b>KFE / 1PBR</b>
ECTS:	5
Level of course:	bachelor
Teacher:	RNDr. Karel Hrach, Ph.D.
Term:	winter, summer
Language of instruction:	English
Lectures/exercises:	1/0
Requirements on student:	exam
Course goal:	Basic principles of scientific research with an emphasis on healthcare science
Content:	<p>The aim of the course is to introduce the basic principles of scientific research to students to enable them to carry out independently all the essential steps at the level required for their thesis as well as other future scientific activities, mainly in the field of healthcare sciences. The course is taught in English. The course ends with an oral exam.</p> <ol style="list-style-type: none"> <li>1. Basic and applied research. Steps of the research project.</li> <li>2. Research and search. Ethical aspects of bio-research (informed consent).</li> <li>3. Clinical trials – types and examples (database ClinicalTrials.gov, EudraCT).</li> <li>4. Clinical studies – types and examples (case report, case-control, cohort study).</li> <li>5. Statistical survey – types and examples.</li> <li>6. Statistical units, population parameters, statistical sample, representativeness.</li> <li>7. Construction of questionnaire – types of variables (qualitative, quantitative, scales).</li> <li>8. Interpretation of descriptive characteristics (frequencies, moments, quantiles).</li> <li>9. Visualization of statistical results (tables, graphs).</li> <li>10. Principles of statistical testing (research and statistical hypothesis, p-value).</li> <li>11. Citations versus plagiarism.</li> <li>12. Scientific journal database on internet (SCOPUS).</li> <li>13. Impact factor. Database Web of Science.</li> </ol>

**Summer Term 2019-2020**

Faculty:	Faculty of Health Studies
Course title:	<b>Nursing care in gynaecology II.</b>
Course code:	<b>KOPA/ PG2P5</b>
Level of course:	bachelor
ECTS:	3
Teacher:	doc. MUDr. Tomáš Binder, CSc.
Term:	summer
Language of instruction:	English
Lectures/exercises:	2/0
Requirements on student:	Obligatory seminar attendance, passing controlling tests, a project assignment on a given medical topic, an oral exam.
Course goal:	The subject is designed as a theoretical and practical unit for the birth assistants, who are caring after a woman during her life. The subject is a part of the complex set of basic specialized subjects in the field of midwifery, which introduces the students with the newest facts from the clinical gynaecology. The attention is put on the primary prevention, which is an important role of the birth assistant when caring after a woman during all age periods while being healthy and ill. Regarding the pathophysiological states the subject is focused on those, which are the key for the quality of a female life. The facts from the clinical gynaecology, urogynaecology, oncogynaecology, gynaecology of children are then followed by the nursing care, which is provided by means of a nursing process taking into consideration the individuality of each specific woman. The aim of the subject is to develop the skill to be used in a real contact with women
Content:	1. week: Care after a woman after epidural analgesia 2. week: Care after a woman after laparoscopic operation 3. week: Care after a woman after sectio cesarea 4. week: Care after a woman after a breast operation. 5. week: Care after a woman with endometriosis 6. week: Care after a woman with prolapse of the uterus 7. week: Care after a woman with climacteric syndrome 8. week: Care after a woman with incontinence 9. week: Care after a woman in terminal stadium 10. week: Care after a woman with bleeding state 11. week: Care after a woman with sudden gynaecological accident

Faculty:	Faculty of Health Studies
Course title:	<b>Psychology in Health Care</b>
Course code:	<b>KOPA/ ZPP5</b>
Level of course:	bachelor
ECTS:	2
Teacher:	PhDr. Otakar Fleischmann, Ph.D.
Term:	summer
Language of instruction:	English
Lectures/exercises:	1/2
Requirements on student:	Student will get the credit for at least 80% active seminar attendance and for the demonstration of the knowledge covering the issues offered in a written test, the exam will be oral.
Course goal:	The subject is theoretically - practical. It is focused on the issues of psychology of the clients and their families while being healthy and sick. The knowledge of medical psychology will help better understanding of the patients/clients healthy and sick states and better understanding of their needs and problems.
Content:	<p><b>Lecture Topics:</b> 1. week: Psychological issues of diseases 2. week: Psychosomatic and psychosomatic relations, the auto-plastic view of the disease 3. week: Experiencing disease with time, the patient's attitude to the disease 4. week: The Categories of the disease from the psychological point of view 5. week: Psychological issues of hospitalization, iatropatogenic, sororigeny and egrotogeny 6. week: Professional deformation, the danger of the burn-out syndrome development 7. week: Stress 8. week: The psychology of pain, anxiety, fear and inferiority 9. week: The types of disorders and psychological approaches towards the clients 10. week: Dying and death from the psychological point of view 11. week: The rules of professional behaviour</p> <p><b>Seminar Topics:</b> 1. week: Productive and non-productive behaviour, medical staff as a client 2. week: Psychotherapy in medical work 3. week: Disease as a difficult life situation 4. week: Communication with the patient 5. week: Communication within social network of the client 6. week: Maladaptive character symptoms 7. week: Non-productive behaviour 8. week: Productive behaviour and its symptoms 9. week: The issues of the approach towards the clients at the departments: internal, surgery 10. week: The issues of the approach towards the clients at the departments: gynaecology, six -week period, etc . 11. week: Informing about unpleasant news</p>

Faculty:	Faculty of Health Studies
Course title:	<b>Practical bio-statistics</b>
Course code:	<b>KFE / 1PBS</b>
ECTS:	5
Level of course:	bachelor
Teacher:	RNDr. Karel Hrach, Ph.D.
Term:	winter, summer
Language of instruction:	English
Lectures/exercises:	0/2
Requirements on student:	exam
Course goal:	Analysis of bio-statistical data using specialized SW.
Content:	<p>Statistical analysis can be provided by more or less specialized SW. The free product "R" is used in this course. Students first learn how to manage the data. Then the basic descriptive characteristics are performed and the classical analytical statistical tools employed to test and to model dependencies among variables. The course is taught in English. Preliminary theoretical knowledge of statistics is not required. The course ends with the practical analysis of bio-statistical data.</p> <ol style="list-style-type: none"> <li>1. FW R-project. Downloading, basic principles, menus, help.</li> <li>2. R-project. Inserting, re-calculating and saving the data.</li> <li>3. Types of variables. Categorical variable – frequencies.</li> <li>4. Continuous variable – quantile and moment characteristics.</li> <li>5. Computer testing with the use of p-values.</li> <li>6. Categorical variables – bivariate contingency tables, chi2-test of independency.</li> <li>7. Continuous variables – t-tests.</li> <li>8. Analysis of variance (ANOVA) – models and tests.</li> <li>9. Regression models (1) – simple regression and correlation.</li> <li>10. Regression models (2) – multiple regression.</li> <li>11. Time series – description, models and forecasting.</li> <li>12. Cluster analysis (distance measures, k-means clustering).</li> <li>13. Survival analysis (survival function, tests, Cox regression).</li> </ol>

Faculty:	Faculty of Health Studies
Course title:	<b>Principles of bio-research</b>
Course code:	<b>KFE / 1PBR</b>
ECTS:	5
Level of course:	bachelor
Teacher:	RNDr. Karel Hrach, Ph.D.
Term:	winter, summer
Language of instruction:	English
Lectures/exercises:	1/0
Requirements on student:	exam
Course goal:	Basic principles of scientific research with an emphasis on healthcare science
Content:	<p>The aim of the course is to introduce the basic principles of scientific research to students to enable them to carry out independently all the essential steps at the level required for their thesis as well as other future scientific activities, mainly in the field of healthcare sciences. The course is taught in English. The course ends with an oral exam.</p> <ol style="list-style-type: none"> <li>1. Basic and applied research. Steps of the research project.</li> <li>2. Research and search. Ethical aspects of bio-research (informed consent).</li> <li>3. Clinical trials – types and examples (database ClinicalTrials.gov, EudraCT).</li> <li>4. Clinical studies – types and examples (case report, case-control, cohort study).</li> <li>5. Statistical survey – types and examples.</li> <li>6. Statistical units, population parameters, statistical sample, representativeness.</li> <li>7. Construction of questionnaire – types of variables (qualitative, quantitative, scales).</li> <li>8. Interpretation of descriptive characteristics (frequencies, moments, quantiles).</li> <li>9. Visualization of statistical results (tables, graphs).</li> <li>10. Principles of statistical testing (research and statistical hypothesis, p-value).</li> <li>11. Citations versus plagiarism.</li> <li>12. Scientific journal database on internet (SCOPUS).</li> <li>13. Impact factor. Database Web of Science.</li> </ol>

**GENERAL NURSE****Winter Term 2019-2020**

Faculty:	Faculty of Health Studies
Course title:	<b>English language</b>
Course code:	<b>KOPA/ AJV5</b>
Level of course:	bachelor
ECTS:	1
Teacher:	Mgr. Olga Filatová
Term:	winter
Language of instruction:	English
Lectures/exercises:	0/1
Requirements on student:	the subject requires high school level of language to enrol; final oral testing based on the set of the topics
Course goal:	Summary: Subject includes all important parts of language education: oral and written language manifestation, text understanding, pronunciation and reading practice, general vocabulary covering the following topics:
Content:	Seminar Topics: 1. week: Describing Yourself 2. week: Professional Life and Career 3. week: Job Interview 4. week: Future Plans 5. week: Making Phone Calls 6. week: Formal Letters 7. week: Social English 8. week: Free Time 9. week: University Studies

Faculty:	Faculty of Health Studies
Course title:	<b>German language</b>
Course code:	<b>KOPA/ NJV5</b>
Level of course:	bachelor
ECTS:	1
Teacher:	Mgr. Vratislava Postlová
Term:	winter
Language of instruction:	German
Lectures/exercises:	0/1
Requirements on student:	active class participation, passing a written test with 80% success rate
Course goal:	Subject includes studying foreign language for intermediate students with the focus on professional language in health care. The aim is handling with professional activities, reading and understanding a professional text in a foreign language, knowledge of domestic and foreign professional media. Students will be able to communicate in a foreign professional environment.
Content:	Seminar Topics: 1. week: Geschichte 2. week: Berufsbild 3. week: Kompetenzen 4. week: Ausbildung 5. week: Inhalt 6. week: Schwangerschaftsanzeichen 7. week: Wo entbinden? 8. week: Hausgeburt 9. week: Hausgeburt

Faculty:	Faculty of Health Studies
Course title:	<b>Psychology</b>
Course code:	<b>KOPA/ PSYV5</b>
Level of course:	bachelor
ECTS:	2
Teacher:	PhDr. Otakar Fleischmann, Ph.D.
Term:	winter
Language of instruction:	English
Lectures/exercises:	2/0
Requirements on student:	written test
Course goal:	The subject consists of the knowledge covering psychological disciplines: general psychology, personality psychology, development psychology and broaden student's understanding of issues of health psychology and social psychology. The special focus is put on mental health of women and children, including prevention of negative states in the society.
Content:	<b>Lecture Topics:</b> 1. week: Individual socialization. 2. week: Socialization mechanisms. 3. week: Socialization agents. 4. week: Social pathological phenomena in the society. 5. week: Prevention of social pathological phenomena. 6. week: Social group, definition, classification. 7. week: Group structure and dynamics. 8. week: Social role and position, professional deformation and prevention. 9. week: Family and its development. 10. week: Family pathology. 11. week: Addiction issues

Faculty:	Faculty of Health Studies
Course title:	<b>Public Health Care and Health Education</b>
Course code:	<b>KOPA/ VZV5</b>
Level of course:	bachelor
ECTS:	5
Teacher:	prof. MUDr. Margareta Šulcová, CSc.
Term:	winter
Language of instruction:	English
Lectures/exercises:	2/2
Requirements on student:	Obligatory attendance of the lectures, a test with a minimum of 75% passing level, submitting and presentation of a seminar project: the intervention program.
Course goal:	The subject is a topical unit providing the students with the basic knowledge from the fields of epidemiology, hygiene, health education, which is an important part of public health care. It is the knowledge which is necessary for the protection and support of public health; it helps the understanding of the connections between clinical and preventive medicine and midwifery. It also covers the prevention of professional injuries of the medical staff and nosocomial infections.
Content:	<p><b>Lecture Topics:</b> 1. week: Health, aspects of health, determinants of health, protection and support of health, prevention of diseases 2. week: International documents about protection and support of health, health 21 3. week: Public health care: the focus, content, segments, realization in training 4. week: Epidemiology of infectious diseases: general issues; epidemiological measures 5. week: Groups of infections based on transmission and the examples of infections 6. week: Environment and health; preventive health protecting measures 7. week: Work environment and health; health protection 8. week: Epidemiology of chronic diseases and their prevention 9. week: Hygiene in medical facilities; nosocomial infections and their prevention 10. week: Health education: goals, methods and forms 11. week: The activities of a nurse in health education sector</p> <p><b>Seminar Topics:</b> 1. week: Questionnaire 2. week: Intervention program 3. week: Team work 4. week: Information: a medical-education flyer/leaflet on the topic 5. week: Personal hygiene and hand washing of a medical staff 6. week: Laundry operations in a medical facility 7. week: Dealing with garbage/trash in a medical facility 8. week: Health risks evaluation, categorization of work and health protection of a medical staff 9. week: Disinfection and sterilization 10. week: Presentation of seminar projects 11. week: Presentation of seminar projects</p>

Faculty:	Faculty of Health Studies
Course title:	<b>Practical bio-statistics</b>
Course code:	<b>KFE / 1PBS</b>
ECTS:	5
Level of course:	bachelor
Teacher:	RNDr. Karel Hrach, Ph.D.
Term:	winter, summer
Language of instruction:	English
Lectures/exercises:	0/2
Requirements on student:	exam
Course goal:	Analysis of bio-statistical data using specialized SW.
Content:	<p>Statistical analysis can be provided by more or less specialized SW. The free product "R" is used in this course. Students first learn how to manage the data. Then the basic descriptive characteristics are performed and the classical analytical statistical tools employed to test and to model dependencies among variables. The course is taught in English. Preliminary theoretical knowledge of statistics is not required. The course ends with the practical analysis of bio-statistical data.</p> <ol style="list-style-type: none"> <li>1. FW R-project. Downloading, basic principles, menus, help.</li> <li>2. R-project. Inserting, re-calculating and saving the data.</li> <li>3. Types of variables. Categorical variable – frequencies.</li> <li>4. Continuous variable – quantile and moment characteristics.</li> <li>5. Computer testing with the use of p-values.</li> <li>6. Categorical variables – bivariate contingency tables, chi2-test of independency.</li> <li>7. Continuous variables – t-tests.</li> <li>8. Analysis of variance (ANOVA) – models and tests.</li> <li>9. Regression models (1) – simple regression and correlation.</li> <li>10. Regression models (2) – multiple regression.</li> <li>11. Time series – description, models and forecasting.</li> <li>12. Cluster analysis (distance measures, k-means clustering).</li> <li>13. Survival analysis (survival function, tests, Cox regression).</li> </ol>

Faculty:	Faculty of Health Studies
Course title:	<b>Principles of bio-research</b>
Course code:	<b>KFE / 1PBR</b>
ECTS:	5
Level of course:	bachelor
Teacher:	RNDr. Karel Hrach, Ph.D.
Term:	winter, summer
Language of instruction:	English
Lectures/exercises:	1/0
Requirements on student:	exam
Course goal:	Basic principles of scientific research with an emphasis on healthcare science
Content:	<p>The aim of the course is to introduce the basic principles of scientific research to students to enable them to carry out independently all the essential steps at the level required for their thesis as well as other future scientific activities, mainly in the field of healthcare sciences. The course is taught in English. The course ends with an oral exam.</p> <ol style="list-style-type: none"> <li>1. Basic and applied research. Steps of the research project.</li> <li>2. Research and search. Ethical aspects of bio-research (informed consent).</li> <li>3. Clinical trials – types and examples (database ClinicalTrials.gov, EudraCT).</li> <li>4. Clinical studies – types and examples (case report, case-control, cohort study).</li> <li>5. Statistical survey – types and examples.</li> <li>6. Statistical units, population parameters, statistical sample, representativeness.</li> <li>7. Construction of questionnaire – types of variables (qualitative, quantitative, scales).</li> <li>8. Interpretation of descriptive characteristics (frequencies, moments, quantiles).</li> <li>9. Visualization of statistical results (tables, graphs).</li> <li>10. Principles of statistical testing (research and statistical hypothesis, p-value).</li> <li>11. Citations versus plagiarism.</li> <li>12. Scientific journal database on internet (SCOPUS).</li> <li>13. Impact factor. Database Web of Science.</li> </ol>

Faculty:	Faculty of Health Studies
Course title:	<b>Information Systems in Health Care</b>
Course code:	<b>KOPA/ ISV5</b>
Level of course:	bachelor
ECTS:	2
Teacher:	RNDr. Hrach Karel, Ph.D.
Term:	winter
Language of instruction:	English
Lectures/exercises:	0/1
Requirements on student:	Minimum 80% class participation. The credit requirement is also practical testing (the knowledge and skills of computer work )
Course goal:	The subject teaches the user's and professional approach towards informatics, information technology and the possibilities of its application in health care. It provides basis for using software, text and data processing.
Content:	<b>Seminar Topics:</b> 1. week: Basic IT knowledge: information and its units, HW and SW 2. week: Working rules with the internet, browsers, DNS, viruses and anti-viruses, e-mail. 3. week: E-learning: function and types of e-learning system, approach towards e-learning at the faculty (Moodle) and other faculties with similar focus (MEFANET). 4. week: MS-Office advanced: format copying, Ctrl+H for substituting, PowerPoint (transitions between slides, animation application). 5. week: Word: dividing the document into sections and types of page numbering in sections, titles and generating summary, citations and generation of bibliography. 6. week: Excel: Automatic filling of sequences, anchoring of dividers , copying using the lock symbol, sorting the data using several criteria. 7. week: Excel: function =sum, selected text and logical functions, a bar chart, a pie chart, connection chart, point chart and their editing: change of the scale or of naming the axes. 8. week: General principles and trends in E-health, EHR (EPR): electronic health (patient) record, standards (HL7). 9. week: IS in health care and in hospitals (functions, examples), the principles and examples of using telemedicine.

**Summer Term 2019-2020**

Faculty:	Faculty of Health Studies
Course title:	<b>English language - professional terminology</b>
Course code:	<b>KOPA/ AJTV5</b>
Level of course:	bachelor
ECTS:	2
Teacher:	Mgr. Olga Filatová
Term:	summer
Language of instruction:	English
Lectures/exercises:	0/1
Requirements on student:	Successful passing of the course FOREIGN LANGUAGE (English)
Course goal:	The course includes all important parts of language education: oral and written manifestation, text understanding, reading and pronunciation training, professional vocabulary training covering the following topics:
Content:	Seminar Topics: 1. week: Nursing as a Profession 2. week: General Nursing 3. week: Human Body 4. week: Common Diseases in General Practice 5. week: Health Examination Procedure 6. week: Medical Treatment 7. week: Nurse-Patient Communication

Faculty:	Faculty of Health Studies
Course title:	<b>German language - professional terminology</b>
Course code:	<b>KOPA/ NJTV5</b>
Level of course:	bachelor
ECTS:	2
Teacher:	Mgr. Vratislava Postlová
Term:	summer
Language of instruction:	German
Lectures/exercises:	0/1
Requirements on student:	Active class participation, passing a written test with 80% success rate.
Course goal:	The subject includes studying of a foreign language for intermediate students with the focus on professional language in health care. It aims at reading and understanding foreign professional texts to stimulate informing about local and international professional publications. The course will help a student to communicate in foreign language environment.
Content:	Seminar Topics: 1. week: Wiederholung des letzten Semesters 2. week: Vokabular II. 3. week: Unterschiede Deutschland und Tschechien 4. week: Praktische Sprachverwendung I. 5. week: Praktische Sprachverwendung II. 6. week: Vokabular III. 7. week: Praktische Sprachverwendung II

Faculty:	Faculty of Health Studies
Course title:	<b>Practical bio-statistics</b>
Course code:	<b>KFE / 1PBS</b>
ECTS:	5
Level of course:	bachelor
Teacher:	RNDr. Karel Hrach, Ph.D.
Term:	winter, summer
Language of instruction:	English
Lectures/exercises:	0/2
Requirements on student:	exam
Course goal:	Analysis of bio-statistical data using specialized SW.
Content:	<p>Statistical analysis can be provided by more or less specialized SW. The free product "R" is used in this course. Students first learn how to manage the data. Then the basic descriptive characteristics are performed and the classical analytical statistical tools employed to test and to model dependencies among variables. The course is taught in English. Preliminary theoretical knowledge of statistics is not required. The course ends with the practical analysis of bio-statistical data.</p> <ol style="list-style-type: none"> <li>1. FW R-project. Downloading, basic principles, menus, help.</li> <li>2. R-project. Inserting, re-calculating and saving the data.</li> <li>3. Types of variables. Categorical variable – frequencies.</li> <li>4. Continuous variable – quantile and moment characteristics.</li> <li>5. Computer testing with the use of p-values.</li> <li>6. Categorical variables – bivariate contingency tables, chi2-test of independency.</li> <li>7. Continuous variables – t-tests.</li> <li>8. Analysis of variance (ANOVA) – models and tests.</li> <li>9. Regression models (1) – simple regression and correlation.</li> <li>10. Regression models (2) – multiple regression.</li> <li>11. Time series – description, models and forecasting.</li> <li>12. Cluster analysis (distance measures, k-means clustering).</li> <li>13. Survival analysis (survival function, tests, Cox regression).</li> </ol>

Faculty:	Faculty of Health Studies
Course title:	<b>Principles of bio-research</b>
Course code:	<b>KFE / 1PBR</b>
ECTS:	5
Level of course:	bachelor
Teacher:	RNDr. Karel Hrach, Ph.D.
Term:	winter, summer
Language of instruction:	English
Lectures/exercises:	1/0
Requirements on student:	exam
Course goal:	Basic principles of scientific research with an emphasis on healthcare science
Content:	<p>The aim of the course is to introduce the basic principles of scientific research to students to enable them to carry out independently all the essential steps at the level required for their thesis as well as other future scientific activities, mainly in the field of healthcare sciences. The course is taught in English. The course ends with an oral exam.</p> <ol style="list-style-type: none"> <li>1. Basic and applied research. Steps of the research project.</li> <li>2. Research and search. Ethical aspects of bio-research (informed consent).</li> <li>3. Clinical trials – types and examples (database ClinicalTrials.gov, EudraCT).</li> <li>4. Clinical studies – types and examples (case report, case-control, cohort study).</li> <li>5. Statistical survey – types and examples.</li> <li>6. Statistical units, population parameters, statistical sample, representativeness.</li> <li>7. Construction of questionnaire – types of variables (qualitative, quantitative, scales).</li> <li>8. Interpretation of descriptive characteristics (frequencies, moments, quantiles).</li> <li>9. Visualization of statistical results (tables, graphs).</li> <li>10. Principles of statistical testing (research and statistical hypothesis, p-value).</li> <li>11. Citations versus plagiarism.</li> <li>12. Scientific journal database on internet (SCOPUS).</li> <li>13. Impact factor. Database Web of Science.</li> </ol>

Faculty:	Faculty of Health Studies
Course title:	<b>Psychology in Health Care</b>
Course code:	<b>KOPA/ ZPV5</b>
Level of course:	bachelor
ECTS:	3
Teacher:	PhDr. Otakar Fleischmann, Ph.D.
Term:	summer
Language of instruction:	English
Lectures/exercises:	1/2
Requirements on student:	Credit requirement is 80% active seminar attendance, demonstrating the knowledge of the issues covered in a written test; an oral exam.
Course goal:	The subject is the part of psychology and introduces the issues of medical psychology. It deepens the knowledge which is important for professional dealing with difficult situations in care after patients with individual needs, with handicaps and dying patients, as well as it helps with keeping the mental balance of the care provider himself.
Content:	<p><b>Lecture Topics:</b> 1. week: Psychological issues of illness 2. week: Relations of psychosomatic and psychosomatic, auto-plastic view of the illness 3. week: Experiencing illness in time, relation of the ill to the illness 4. week: Categories of the ill from the psychological point of view 5. week: Psychological issues of hospitalization, iatropatogenic, sororigeny and egrotogeny 6. week: Professional deformation, danger of appearance of the burn-out syndrome 7. week: Psychology of pain, anxiety, fear and inferiority 8. week: Type of disorders and psychological approach towards the clients 9. week: Dying and death from the psychological point of view, the rules of professional behaviour</p> <p><b>Seminar Topics:</b> 1. week: Productive and unproductive behaviour, medical staff as a client 2. week: Psychotherapy in medical work 3. week: Illness/disease/disorder as a difficult life situation 4. week: Communication with an ill client 5. week: Communication within the client's social network 6. week: Inadaptive character symptoms 7. week: Unproductive behaviour 8. week: Productive behaviour and its signs 9. week: The peculiarities of the approach towards the clients at the departments: internal, surgery, gynaecology, neurology. Brining sad news</p>

## OCCUPATIONAL THERAPY

### Winter Term 2019-2020

Faculty:	Faculty of Health Studies
Course title:	<b>English language I</b>
Course code:	<b>KE/AJE15</b>
Level of course:	bachelor
ECTS:	1
Teacher:	PhDr. Hana Suchánková Ph.D.
Term:	winter
Language of instruction:	English
Lectures/exercises:	0/1
Requirements on student:	Active class participation, passing a written test
Course goal:	The subject includes teaching English for intermediate students focused on professional language regarding health care area. The aim is reading and understanding foreign professional texts and communication with patients.
Content:	<b>Seminar Topics:</b> 1. The human body and its systems. 2. Positional and directional terms, body systems 3. The musculoskeletal system. 4. Medical Professions 5. Examination questions. 6. Diseases and disorders. 7. The hospital and wards. 8. At the doctor's. 9. Orthopaedics. 10. Revision.

Faculty:	Faculty of Health Studies
Course title:	<b>German language I</b>
Course code:	<b>KE/NJE15</b>
Level of course:	bachelor
ECTS:	1
Teacher:	Mgr. Vratislava Postlová
Term:	winter
Language of instruction:	German
Lectures/exercises:	0/1
Requirements on student:	Active 80% seminar attendance, passing a written test with 80% passing level
Course goal:	A foreign language for intermediate level students focused on professional language.
Content:	<b>Seminar Topics:</b> 1. Human body: complete description. 2. Bones and joints I. 3. Bones and joints II. 4. Bone fractures and disorders. 5. Muscles. 6. Circulatory system. 7. Nerve system. 8. General health care service I. 9. General health care service II. 10. Revision.

Faculty:	Faculty of Health Studies
Course title:	<b>Therapeutic Techniques and Activities I</b>
Course code:	<b>KE/TT1E5</b>
Level of course:	bachelor
ECTS:	2
Teacher:	Mgr. Petra Pecharová
Term:	winter
Language of instruction:	English
Lectures/exercises:	0/2
Requirements on student:	80% seminar attendance, continuous demonstration of practical skills
Course goal:	The subject provides students with basic knowledge of different types of human activities including materials and tools. It provides an insight into different spheres of work activities and their realization when dealing with different types of illnesses. The subject is structured as practical. The analysis of individual activities will help the students to select and apply appropriate techniques for treatment rehabilitation regarding the goals of occupational therapy.
Content:	<p><b>Seminar Topics:</b></p> <ol style="list-style-type: none"> <li>1. Work with paper. Kinesiological analysis. OHS (Occupational Health and Safety)</li> <li>2. Drawing, graphics. Kinesiological analysis. OHS.</li> <li>3. Painting. Kinesiological analysis. OHS.</li> <li>4. Osier work. Kinesiological analysis. OHS.</li> <li>5. Osier work. Kinesiological analysis. OHS.</li> <li>6. Wire work. Kinesiological analysis. OHS.</li> <li>7. Decoupage. Kinesiological analysis. OHS.</li> <li>8. Embroidery. Kinesiological analysis. OHS.</li> <li>9. Sewing with a sewing machine. Kinesiological analysis. OHS.</li> <li>10. Crocheting. Kinesiological analysis. OHS</li> </ol>

Faculty:	Faculty of Health Studies
Course title:	<b>Introduction to Occupational Therapy</b>
Course code:	<b>KE/UERE5</b>
Level of course:	bachelor
ECTS:	4
Teacher:	doc. MUDr. Jiří Votava, CSc. Mgr. Petra Pecharová, PhDr. Michal Vostrý, PhDr. Hana Kynštová, Ph.D.
Term:	winter
Language of instruction:	English
Lectures/exercises:	2/2
Requirements on student:	Active 80% participation in seminars, participation in a trip to a selected institution, creation and presentation of the seminar assignment: "The analysis of the internet address dealing with the issues of the disabled", "The analysis of the piece of art considering the issue of health disability", "The analysis of life roles of a particular person".
Course goal:	The goal of this subject is to familiarize the students with occupational therapy specialization, its history and knowledge, skills as well as skills abilities an occupational therapist should develop. Furthermore, it shows the student the areas and institutions where an occupational therapist can be employed.
Content:	<p><b>Lecture Topics:</b></p> <ol style="list-style-type: none"> <li>1.The history of occupational therapy in the Czech Republic and around the world.</li> <li>2. Current status situation of occupational therapy, the system of education.</li> <li>3. Medical and comprehensive rehabilitation.</li> <li>4. Status and organization of people with health disability.</li> <li>5. Understanding of occupational therapy, expertise areas for an occupational therapist.</li> <li>6. Team work, activities training.</li> <li>7. Examination in occupational therapy. Aid /Assisting technique.</li> <li>8. Pre-occupational rehabilitation.</li> <li>9. Client's living environment.</li> <li>10. Occupational therapy and its application for common diagnoses and disabilities.</li> <li>11. The types of institutions where occupational therapists work.</li> </ol> <p><b>Seminar Topics:</b></p> <ol style="list-style-type: none"> <li>1. The history of occupational therapy in the world</li> <li>2. The history of occupational therapy in the Czech republic</li> <li>3. Relationship between Occupational therapy and rehabilitation</li> <li>4. The conception of Occupational therapy</li> <li>5. Modern definitions</li> <li>6. Occupational therapy goals</li> <li>7. The areas of occupational therapy in terms of activity types</li> <li>8. Activities of daily living (ADL): assessment</li> <li>9. Activities of daily living (ADL): practice</li> <li>10. Compensation and technical A-IDS</li> <li>11. Fine motor skills</li> <li>12. Hand kinesiology</li> <li>13. Grip types</li> <li>14. Recommended resources</li> </ol>

Faculty:	Faculty of Health Studies
Course title:	<b>Winter Skiing Course</b>
Course code:	<b>KE/ZTVE5</b>
Level of course:	bachelor
ECTS:	1
Teacher:	PhDr. Hana Kynštová, Ph.D., Mgr. Petra Pecharová, PhDr. Michal Vostrý
Term:	winter
Language of instruction:	English
Lectures/exercises:	5 days
Requirements on student:	Active participation in ski training course for the impaired.
Course goal:	The idea of the course is to familiarize the students both theoretically and practically, within the skiing course, with the basics of downhill and cross-country skiing. The emphasis will be put on teaching of Czech school of skiing: downhill and slalom technique for alpine skiing and classic and skate skiing style when teaching cross-country skiing. The goal of the training is to have the ability to apply individual skiing skills when teaching skiing to disabled people.
Content:	Content Focus: The didactics and assistance of skiing on the monoski. The didactics of skiing for people with visual impairment. The didactics of skiing for people with hearing impairment. Supporting activities.

Faculty:	Faculty of Health Studies
Course title:	<b>Art Therapy I</b>
Course code:	<b>KE/ART15</b>
Level of course:	bachelor
ECTS:	1
Teacher:	PhDr. Hana Kynštová, Ph.D.
Term:	winter
Language of instruction:	English
Lectures/exercises:	0/1
Requirements on student:	80% seminar attendance, result presentation regarding practical classes
Course goal:	The subject provides basic information about art therapy application among children and adults with mental, movement and sense disability. It also deals with art therapy in psychiatry and helps students to understand some techniques applied in occupational therapy intervention.
Content:	Seminar topics 1. Introduction to the subject of art therapy, basic terms and definitions. 2. The Goals of art therapy. The meaning of colours. The structure of therapy. 3. Art therapy among children with mental, sense and physical disability. 4. Art therapy among adult individuals with mental, sense and physical disability. 5. Individual art therapy for blind people: haptic communication. 6. Individual art therapy of deaf people: hand gesticulation. 7. Art therapy for psychiatric diagnosis. 8. Art therapy application while dealing with an individual. 9. Group art therapy application. 10. Group discussion regarding results presentation gained during practical classes

Faculty:	Faculty of Health Studies
Course title:	<b>Psychology</b>
Course code:	<b>KE/ PSYE5</b>
Level of course:	bachelor
ECTS:	2
Teacher:	PhDr. Otakar Fleischmann, Ph.D.
Term:	winter
Language of instruction:	English
Lectures/exercises:	1/1
Requirements on student:	progress test, oral exam
Course goal:	The subject includes the areas of psychological scientific disciplines: general psychology, personality psychology, developmental psychology; it develops the student's knowledge regarding health psychology and social psychology. Special emphasis is put on mental health of women and children including prevention of negative states in the society.
Content:	<p><b>Lecture Topics:</b> 1.Socialization of an individual. 2. Mechanism of socialization. 3. Agents of socialization. 4. Socio-pathological phenomena in the society. 5. Prevention of socio-pathological phenomena. 6. Social group, delimitation, classification. 7. Structure and dynamics of a group. 8. Social role and position, professional deformation and its prevention. 9. Family and its development. 10. Pathology of the family. 11. Dependency issues.</p> <p><b>Seminar Topics:</b></p> <ol style="list-style-type: none"> <li>1.Social development of an individual.</li> <li>2. Problems connected with mechanisms of socialization.</li> <li>3. Relationships between agents of socialization.</li> <li>4. Socio-pathological phenomena in the society.</li> <li>5. Prevention of socio-pathological phenomena.</li> <li>6. Management of social groups.</li> <li>7. Goals, values, standards.</li> <li>8 .Social role and position, the process of identifying them.</li> <li>9. Predictable and unpredictable crises.</li> <li>10. Pathology of the family.</li> <li>11. Transactional analysis.</li> </ol>

Faculty:	Faculty of Health Studies
Course title:	<b>Practical bio-statistics</b>
Course code:	<b>KE / 1PBS</b>
ECTS:	5
Level of course:	bachelor
Teacher:	RNDr. Karel Hrach, Ph.D.
Term:	winter, summer
Language of instruction:	English
Lectures/exercises:	0/2
Requirements on student:	exam
Course goal:	Analysis of bio-statistical data using specialized SW.
Content:	<p>Statistical analysis can be provided by more or less specialized SW. The free product "R" is used in this course. Students first learn how to manage the data. Then the basic descriptive characteristics are performed and the classical analytical statistical tools employed to test and to model dependencies among variables. The course is taught in English. Preliminary theoretical knowledge of statistics is not required. The course ends with the practical analysis of bio-statistical data.</p> <ol style="list-style-type: none"> <li>1. FW R-project. Downloading, basic principles, menus, help.</li> <li>2. R-project. Inserting, re-calculating and saving the data.</li> <li>3. Types of variables. Categorical variable – frequencies.</li> <li>4. Continuous variable – quantile and moment characteristics.</li> <li>5. Computer testing with the use of p-values.</li> <li>6. Categorical variables – bivariate contingency tables, chi2-test of independency.</li> <li>7. Continuous variables – t-tests.</li> <li>8. Analysis of variance (ANOVA) – models and tests.</li> <li>9. Regression models (1) – simple regression and correlation.</li> <li>10. Regression models (2) – multiple regression.</li> <li>11. Time series – description, models and forecasting.</li> <li>12. Cluster analysis (distance measures, k-means clustering).</li> <li>13. Survival analysis (survival function, tests, Cox regression).</li> </ol>

Faculty:	Faculty of Health Studies
Course title:	<b>Principles of bio-research</b>
Course code:	<b>KE / 1PBR</b>
ECTS:	5
Level of course:	bachelor
Teacher:	RNDr. Karel Hrach, Ph.D.
Term:	winter, summer
Language of instruction:	English
Lectures/exercises:	1/0
Requirements on student:	exam
Course goal:	Basic principles of scientific research with an emphasis on healthcare science
Content:	<p>The aim of the course is to introduce the basic principles of scientific research to students to enable them to carry out independently all the essential steps at the level required for their thesis as well as other future scientific activities, mainly in the field of healthcare sciences. The course is taught in English. The course ends with an oral exam.</p> <ol style="list-style-type: none"> <li>1. Basic and applied research. Steps of the research project.</li> <li>2. Research and search. Ethical aspects of bio-research (informed consent).</li> <li>3. Clinical trials – types and examples (database ClinicalTrials.gov, EudraCT).</li> <li>4. Clinical studies – types and examples (case report, case-control, cohort study).</li> <li>5. Statistical survey – types and examples.</li> <li>6. Statistical units, population parameters, statistical sample, representativeness.</li> <li>7. Construction of questionnaire – types of variables (qualitative, quantitative, scales).</li> <li>8. Interpretation of descriptive characteristics (frequencies, moments, quantiles).</li> <li>9. Visualization of statistical results (tables, graphs).</li> <li>10. Principles of statistical testing (research and statistical hypothesis, p-value).</li> <li>11. Citations versus plagiarism.</li> <li>12. Scientific journal database on internet (SCOPUS).</li> <li>13. Impact factor. Database Web of Science.</li> </ol>

**Summer Term 2019-2020**

Faculty:	Faculty of Health Studies
Course title:	<b>English language II</b>
Course code:	<b>KE/AJE25</b>
Level of course:	bachelor
ECTS:	2
Teacher:	PhDr. Hana Suchánková, Ph. D.
Term:	summer
Language of instruction:	English
Lectures/exercises:	0/1
Requirements on student:	Active participation in classes, written test, oral exam – talking about research topic for thesis
Course goal:	The subject includes teaching English to intermediate students aiming at professional language for healthcare sector. After passing this course students will be able to read and understand professional texts and to communicate in English within professional environment.
Content:	<b>Seminar Topics:</b> 1. First aid 2. Branches of medicine. 3. Nursing career. 4. Care centres. 5. Taking a history. 6. OC profile. 7. Responsibilities. 8. Instructions to the patient. 9. Equipment. 10. Revision.

Faculty:	Faculty of Health Studies
Course title:	<b>German language II</b>
Course code:	<b>KE/NJE25</b>
Level of course:	bachelor
ECTS:	2
Teacher:	Mgr. Vratislava Postlová
Term:	summer
Language of instruction:	German
Lectures/exercises:	0/1
Requirements on student:	Written recherche elaborate of foreign professional resources. Active 80% attendance at seminary instructions.
Course goal:	The subject includes teaching of German to intermediate students aiming at professional language for healthcare sector. The goal is that a student is able to read, correctly pronounce and understand a professional text in German and he is able to follow the media offer either at home or abroad. Furthermore, the student will be able to communicate in German within professional environment.
Content:	<p><b>Seminar Topics:</b></p> <ol style="list-style-type: none"> <li>1. Health care: the fields of activities</li> <li>2. First aid I.</li> <li>3. First aid II.</li> <li>4. Medication: Side effects and addiction.</li> <li>5. Healthy lifestyle I.</li> <li>6. Healthy lifestyle II.</li> <li>7. Rehabilitation in hospital.</li> <li>8. Admittance and Discussion about anamnesis.</li> <li>9. Teplice Spa.</li> <li>10. Revision</li> </ol>

Faculty:	Faculty of Health Studies
Course title:	<b>Therapeutic Techniques and Activities II</b>
Course code:	<b>KE/TT2E5</b>
Level of course:	bachelor
ECTS:	3
Teacher:	Mgr. Petra Pecharová
Term:	summer
Language of instruction:	English
Lectures/exercises:	1/2
Requirements on student:	Creating compensation aids and teaching aids to use in occupational therapy, the presentation of the aids, a written test.
Course goal:	The subject provides students with basic knowledge of different types of human activities including materials and tools. Students get familiar with different types of work activities and their application for various types of disorders/illnesses. The subject is structured as practical. The analysis of individual activities makes it easier for students to decide how to use the aids in treatment rehabilitation regarding the goals of occupational therapy
Content:	<p><b>Lecture Topics:</b></p> <ol style="list-style-type: none"> <li>1. Weaving techniques. Kineziologic analysis. OHS.</li> <li>2. Modelling. Kineziologic analysis. OHS.</li> <li>3. Work with wood. Kineziologic analysis. OHS.</li> <li>4. Work with leather. Leather application. Kineziologic analysis. OHS.</li> <li>5. Work with metal. Kineziologic analysis. OHS.</li> <li>6. Making jewellery.</li> <li>7. Special ceramic techniques and their application in special work places and sheltered workshops. OHS</li> <li>8. Making use of natural materials.</li> <li>9. Teaching aids.</li> <li>10. Compensation aids.</li> <li>11. Presentation of a tool/aid produced.</li> </ol> <p><b>Seminar Topics:</b></p> <p>1. - 11: Selected therapeutic techniques with the focus on manual activities, social and dancing games, creating individual compensation and teaching aids. Kineziologic analysis of individual activities. Balancing the session of activities</p>

Faculty:	Faculty of Health Studies
Course title:	<b>The Theory of Occupational therapy</b>
Course code:	<b>KE/TERG5</b>
Level of course:	bachelor
ECTS:	5
Teacher:	doc. MUDr. Jiří Votava, CSc., Mgr. Petra Pecharová
Term:	summer
Language of instruction:	English
Lectures/exercises:	2/3
Requirements on student:	80% seminar attendance, continual demonstration of practical skills, creating and presenting seminar paper: "The evaluation of architectonic barriers in a public building and offering the project for removing them". "Monitoring the activities of Czech Association of Occupational Therapists and its events"
Course goal:	The aim of the subject is to familiarize the students with theoretical basis of occupational therapy and deepen their knowledge and skills which are necessary for modern occupational therapy as well as for comprehensive rehabilitation (where an occupational therapist is actively involved) for people with health disability.
Content:	<p><b>Lecture Topics:</b></p> <ol style="list-style-type: none"> <li>1. The parts of comprehensive occupational therapy, subsequent treatment rehabilitation, the role of an occupational therapist.</li> <li>2. The theoretical basis of occupational therapy.</li> <li>3. The example of a Canadian model and MOHO, basic values of occupational therapy.</li> <li>4. International organization of occupational therapists, cooperation with Czech Association of Occupational Therapists.</li> <li>5. Terminology in occupational therapy.</li> <li>6. International classification ICF.</li> <li>7. Classification of aids.</li> <li>8. Occupational diagnostics, life quality.</li> <li>9. The access for the disabled.</li> <li>10. The differences in attitude towards children and people with sensory impairment.</li> <li>11. Work with a family and a group.</li> </ol> <p><b>Seminar Topics:</b></p> <ol style="list-style-type: none"> <li>1. The basics of Bobath concept when developing client's independence.</li> <li>2. The basics of Bobath concept when developing client's independence.</li> <li>3. The analysis of activities focused on the extent of movements and muscular strength, the assessment of hand function.</li> <li>4. Analysis of activities focused on the extent of movements and muscular strength, assessment of hand function.</li> <li>5. The assessment of a flat, public buildings and means of transport regarding barriers.</li> <li>6. The introduction of basal stimulation elements.</li> <li>7. The introduction of basal stimulation elements.</li> <li>8. Practical independence training according to specified types of disability.</li> <li>9. Practical independence training according to specified types of disability.</li> <li>10. Occupational therapy plan. 11. Revision</li> </ol>

Faculty:	Faculty of Health Studies
Course title:	<b>Information Systems</b>
Course code:	<b>KE/ISE5</b>
Level of course:	bachelor
ECTS:	2
Teacher:	RNDr. Karel Hrach, Ph.D.
Term:	summer
Language of instruction:	English
Lectures/exercises:	0/1
Requirements on student:	The basic requirement is class attendance (at least 80% attendance of contact classes). Additional requirement is active work (checking of continuously assigned homework supported by e-learning environment Moodle).
Course goal:	The subject aims at two main goals. The first one is to ensure the students after attending the classes will be able to manage professionally all the tasks connected with preparation of bachelor's paper (thesis). The second goal is to make students familiar with possibilities of using information systems (IS) in health care.
Content:	Seminar Topics: 1. The revision of basic knowledge from IT area: Information and its units, HW and SW, basic principles when working with the Internet. 2. E-learning: Functions and types of e-learning systems, access to e-learning at the faculty (Moodle) or to other faculties with similar focus (MEFANET). 3. MS-Office for advanced users: Copying of formats, using Ctrl+H for replacing. 4. PowerPoint (slide transition, animation application). 5. Word: Splitting a document into parts and various types of page numbering in sections. 6. Word: Headings and content generation, citation and generation of an overview of literature. 7. Excel: Automatic filling of progression, freezing panes, copying assisted by using special symbols, multicriteria data classification. 8. Excel: Function = sum, selected text and logic functions. 9. Excel: Column chart, Pie chart, Line chart and their modifications: changes of scale, changes in describing axes. 10. Basic principles and trends: E-health, principles and examples of using telemedicine, EHR (EPR): electronic health (patient) record, its standards. 11. IS in health care and in hospitals (functions, demonstrations), The Institute of Medical Information and Statistics (ÚZIS National Health Register, DPS indicators).

Faculty:	Faculty of Health Studies
Course title:	<b>Art Therapy II</b>
Course code:	<b>KE/ART25</b>
Level of course:	bachelor
ECTS:	1
Teacher:	PhDr. Hana Kynštová, Ph.D.
Term:	summer
Language of instruction:	English
Lectures/exercises:	0/1
Requirements on student:	80% of seminar attendance. Artwork analysis dealing with issues of person with health disabilities
Course goal:	The subject follows the subject course Art Therapy I and provides extended information about possibilities of applying art therapy techniques to children and adults with mental, movement and sensory disability. Students are trained to lead a selected art therapeutic program.
Content:	<p><b>Seminar Topics:</b></p> <ol style="list-style-type: none"> <li>1. Art therapy in the Czech Republic and in the world.</li> <li>2. Group art therapy application in occupational therapy.</li> <li>3. Group art therapy application in psychotherapy.</li> <li>4. – 7. Art therapy program led by students and subsequent analysis of the intervention.</li> </ol>

Faculty:	Faculty of Health Studies
Course title:	<b>Yoga</b>
Course code:	<b>KE/JOGE5</b>
Level of course:	bachelor
ECTS:	1
Teacher:	Mgr. Jitka Vaněčková
Term:	summer
Language of instruction:	English
Lectures/exercises:	0/1
Requirements on student:	Classes attendance
Course goal:	The subject provides basic information about yoga methods and their application for healthy people and possibilities of applying them for patients with the disability of movement apparatus, with nerve diseases, cardiovascular and respiratory disorders and others. The goal is to understand the meaning of basic exercises in order to use them in occupational therapy and learn individual yoga methods and discover moral principles in yoga.
Content:	<p><b>Seminar Topics:</b></p> <ol style="list-style-type: none"> <li>1. Preparatory exercises.</li> <li>2. Exercise sets and exercises.</li> <li>3. Exercise sets and exercises.</li> <li>4. Basic asanas I. and II.</li> <li>5. Hatha, gymnastics of yoga. 6. Basics of cleansing techniques.</li> <li>7. Basics of Bandha and Mudra.</li> <li>8. Basics of relaxation.</li> <li>9. Basics of concentration.</li> <li>10. Diet and yoga.</li> </ol>

Faculty:	Faculty of Health Studies
Course title:	<b>Medical psychology</b>
Course code:	<b>KE/ ZPSE5</b>
Level of course:	bachelor
ECTS:	3
Teacher:	PhDr. Otakar Fleischmann, Ph.D.
Term:	summer
Language of instruction:	English
Lectures/exercises:	1/2
Requirements on student:	Student gains credit for at least 80% of active attendance in seminars. Further students demonstrate familiarization with given issues in written form. Spoken form of the exam.
Course goal:	The subject is the part of psychology and introduces the issues of medical psychology. It deepens the knowledge which is important for professional dealing with difficult situations in care after patients with individual needs, with handicaps and dying patients, as well as it helps with keeping the mental balance of the care provider himself.
Content:	<p><b>Lecture Topics:</b></p> <p>1. Psychological issues of an illness/disorder. 2. Psychosomatic and somatopsychic relations, autoplatic illness image. 3. Experiencing the illness in time, relation of an ill person to the illness. 4. The category of ill people from the psychological point of view. 5. Psychological issues of hospitalization, iatropatogeny, sororigeny a egrotogeny. 6. Professional deformation, the danger of burn-out syndrome development. 7. Stress, the psychology of pain. 8. The types of disability and psychological attitude towards clients. 9. Anxiety, fear. 10. The principles of professional behaviour.</p> <p><b>Seminar Topics:</b></p> <p>1. Productive and non-productive behaviour, a health care provider as a client. 2. Psychotherapy in health care work. 3. Illness as a difficult life situation. 4. Communication with an ill client. 5. Communication within a social network of a client. 6. Non-adaptive personality demonstrations, non-productive behaviour. 7. Productive behaviour and its manifestations. 8. The attitude percularities towards the clients in some departments: internal, surgical. 9. The attitude percularities towards the clients in some departments: gynaecological and neurological. 10. Sharing sad news</p>

Faculty:	Faculty of Health Studies
Course title:	<b>Summer Cycling Course</b>
Course code:	<b>KE/LTVE5</b>
Level of course:	bachelor
ECTS:	1
Teacher:	PhDr. Alena Charvátová, Ph.D.
Term:	summer
Language of instruction:	English
Lectures/exercises:	5 days
Requirements on student:	Active course participation. Active participation in cycling training for people with disability.
Course goal:	The content of the course is to familiarize the students both practically and theoretically with the basics of hiking and cycling by means of the course organized in nature.
Content:	Content specialization: Didactics and assistance of hand bike ride. Didactics of sports in nature of visually impaired people. Didactics of sports in nature of people with hearing impairments. Accompanying/additional activities.

Faculty:	Faculty of Health Studies
Course title:	<b>Practical bio-statistics</b>
Course code:	<b>KE / 1PBS</b>
ECTS:	5
Level of course:	bachelor
Teacher:	RNDr. Karel Hrach, Ph.D.
Term:	winter, summer
Language of instruction:	English
Lectures/exercises:	0/2
Requirements on student:	exam
Course goal:	Analysis of bio-statistical data using specialized SW.
Content:	<p>Statistical analysis can be provided by more or less specialized SW. The free product "R" is used in this course. Students first learn how to manage the data. Then the basic descriptive characteristics are performed and the classical analytical statistical tools employed to test and to model dependencies among variables. The course is taught in English. Preliminary theoretical knowledge of statistics is not required. The course ends with the practical analysis of bio-statistical data.</p> <ol style="list-style-type: none"> <li>1. FW R-project. Downloading, basic principles, menus, help.</li> <li>2. R-project. Inserting, re-calculating and saving the data.</li> <li>3. Types of variables. Categorical variable – frequencies.</li> <li>4. Continuous variable – quantile and moment characteristics.</li> <li>5. Computer testing with the use of p-values.</li> <li>6. Categorical variables – bivariate contingency tables, chi2-test of independency.</li> <li>7. Continuous variables – t-tests.</li> <li>8. Analysis of variance (ANOVA) – models and tests.</li> <li>9. Regression models (1) – simple regression and correlation.</li> <li>10. Regression models (2) – multiple regression.</li> <li>11. Time series – description, models and forecasting.</li> <li>12. Cluster analysis (distance measures, k-means clustering).</li> <li>13. Survival analysis (survival function, tests, Cox regression).</li> </ol>

Faculty:	Faculty of Health Studies
Course title:	<b>Principles of bio-research</b>
Course code:	<b>KE / 1PBR</b>
ECTS:	5
Level of course:	bachelor
Teacher:	RNDr. Karel Hrach, Ph.D.
Term:	winter, summer
Language of instruction:	English
Lectures/exercises:	1/0
Requirements on student:	exam
Course goal:	Basic principles of scientific research with an emphasis on healthcare science
Content:	<p>The aim of the course is to introduce the basic principles of scientific research to students to enable them to carry out independently all the essential steps at the level required for their thesis as well as other future scientific activities, mainly in the field of healthcare sciences. The course is taught in English. The course ends with an oral exam.</p> <ol style="list-style-type: none"> <li>1. Basic and applied research. Steps of the research project.</li> <li>2. Research and search. Ethical aspects of bio-research (informed consent).</li> <li>3. Clinical trials – types and examples (database ClinicalTrials.gov, EudraCT).</li> <li>4. Clinical studies – types and examples (case report, case-control, cohort study).</li> <li>5. Statistical survey – types and examples.</li> <li>6. Statistical units, population parameters, statistical sample, representativeness.</li> <li>7. Construction of questionnaire – types of variables (qualitative, quantitative, scales).</li> <li>8. Interpretation of descriptive characteristics (frequencies, moments, quantiles).</li> <li>9. Visualization of statistical results (tables, graphs).</li> <li>10. Principles of statistical testing (research and statistical hypothesis, p-value).</li> <li>11. Citations versus plagiarism.</li> <li>12. Scientific journal database on internet (SCOPUS).</li> <li>13. Impact factor. Database Web of Science.</li> </ol>

## PHYSIOTHERAPY

Winter Term 2019-2020

Faculty:	Faculty of Health Studies
Course title:	<b>English language I</b>
Course code:	<b>KF/AJF15</b>
Level of course:	bachelor
ECTS:	1
Teacher:	PhDr. Hana Suchánková, Ph.D.
Term:	winter
Language of instruction:	English
Lectures/exercises:	0/1
Requirements on student:	Active participation in classes, written test.
Course goal:	The subject includes teaching English for intermediate students focused on professional language regarding health care area. The aim is reading and understanding foreign professional texts and communication with patients.
Content:	<b>Seminar Topics:</b> <ol style="list-style-type: none"><li>1. The human body and its systems.</li><li>2. Positional and directional terms, body systems</li><li>3. The musculoskeletal system.</li><li>4. Medical professions</li><li>5. Examination questions.</li><li>6. Diseases and disorders.</li><li>7. The hospital and wards.</li><li>8. At the doctor's.</li><li>9. Orthopaedics.</li><li>10. Revision.</li></ol>

Faculty:	Faculty of Health Studies
Course title:	<b>German language I</b>
Course code:	<b>KF/NJF15</b>
Level of course:	bachelor
ECTS:	1
Teacher:	Mgr. Vratislava Postlová
Term:	winter
Language of instruction:	German
Lectures/exercises:	0/1
Requirements on student:	Active 80% seminar attendance, passing a written test with 80% passing level
Course goal:	The subject includes language teaching for intermediate students with the focus on professional language in health care system. The aim is reading and comprehension of foreign special texts, developing the ability to summarise and to reproduce the main ideas, and especially the ability to communicate with a patient or with other professionals of similar occupation.
Content:	Seminar topics: 1. Der menschliche Körper - Gesamtbeschreibung. 2. Die Knochen und Gelenke I. 3. Die Knochen und Gelenke II. 4. Knochenbrüche und Erkrankungen. 5. Die Muskeln. 6. Kreislaufsystem. 7. Nervensystem. 8. Allgemeine Krankenarbeit I. 9. Allgemeine Krankenarbeit II. 10. Wiederholung..

Faculty:	Faculty of Health Studies
Course title:	<b>Physiotherapy I</b>
Course code:	<b>KF/FZ15</b>
Level of course:	bachelor
ECTS:	3
Teacher:	Ing. Andrea Ježková, PhDr. Kateřina Tichá, Ph. D.
Term:	winter
Language of instruction:	English
Lectures/exercises:	2/3
Requirements on student:	Active participation in seminars - 80% Demonstration of acquired practical skills Written credit test, other oral terms  PREREQUISITES FOR THE KF/ ANF25 SUBJECT
Course goal:	The course is conceived as theoretically - practical, it is a basic branch subject. It introduces students to the pathogenesis of functional disorders of the musculoskeletal system, to the methods used in rehabilitation and to physiotherapeutic procedures in individual clinical subjects. Student will apply the knowledge in professional practice. The aim is to use the knowledge of individual processes and methods and to apply the correct choice according to clinical conditions.
Content:	<p><b>Lecture topics</b></p> <ol style="list-style-type: none"> <li>1.Introduction, basic terminology.</li> <li>2.Physiotherapeutic procedures at ARU and ICUs.</li> <li>3.Respiratory Physiotherapy (Drainage Techniques, Relief Locations, Breath Trainers)</li> <li>4. Functional examination of lungs - spirometry and static and dynamic pulmonary volumes, stress spiroergometry.</li> <li>5. Respiratory Physiotherapy - Procedures for Chronic Respiratory Deficiency (COPD).</li> <li>6. Physiotherapeutic procedures in the pediatric indication area - respiratory system diseases in childhood (asthma bronchiale, cystic fibrosis).</li> <li>7. Physiotherapeutic procedures in the indication area of ?? surgery.</li> <li>8. Physiotherapeutic procedures in gynecology.</li> <li>9. Physiotherapy for burns.</li> </ol> <p><b>Seminar topics:</b></p> <ol style="list-style-type: none"> <li>1.Kinesiological analysis.</li> <li>2.Cervical and thoracic spine automobilisation.</li> <li>3.Lumbar spine and pelvis automobilisation.</li> <li>4.Brugger's concept: theraband application.</li> <li>5.Respiratory physiotherapy: respiratory hygiene techniques, assisting tools and their application, expectoration support).</li> <li>6.Sensomotrics: basic principles.</li> <li>7.Sensomotrics: unstable surfaces and their application.</li> <li>8.The method of L. Mojžíšová (the principles of Mojžíšová method, indications and contraindications of Mojžíšová method, exercising unit according to Mojžíšová method, rib palpation: anterior, posterior and spasm palpation, abdomen, hip adductors, gluteal muscles, coccyx palpation).</li> </ol>

Faculty:	Faculty of Health Studies
Course title:	<b>Physiotherapy III</b>
Course code:	<b>KF/FZ35</b>
Level of course:	bachelor
ECTS:	4
Teacher:	PhDr. Eva Buchtelová, Ph. D., PhDr. Kateřina Tichá, Ph. D.
Term:	winter
Language of instruction:	English
Lectures/exercises:	2/3
Requirements on student:	Active participation in seminars - 80% Demonstration of practical skills Oral examination of credit
Course goal:	The course is conceived as theoretically - practical, it is a basic branch subject. It introduces the students to pathogenesis of functional disorders of the musculoskeletal system, to the methodologies and concepts used in physiotherapy in individual indicated areas. Student will apply the knowledge and the skills gained in professional practice. The aim is to use the knowledge of individual processes and methods in clinical fields.
Content:	<p>Lecture Topics:</p> <ol style="list-style-type: none"> <li>1. Physiotherapy - traumatology in the area of ??the upper limb (fractures in the region of the blade, collarbone and proximal end of the humerus).</li> <li>2. Physiotherapy - Traumatology in the area of ??the upper limb (fractures in the distal humerus, elbow, forearms, wrists and hands).</li> <li>3. Physiotherapy - traumatology in the pelvic circle and spine.</li> <li>4. Developmental defects of the hip joint - VDK, M. Perthes, coxa vara adolescentia</li> <li>5. Spinal defects - dorsum planum, M. Scheuermann, scoliosis.</li> <li>6. Congenital and acquired defects of legs and fingers.</li> <li>7. Painful shoulder syndrome (impingement sy tests, rotator cuff disorders, instability).</li> <li>8. Injury of the tendon apparatus of the hand (flexor and extensor apparatus).</li> <li>9. Entezopathy.</li> <li>10. Repetition.</li> </ol> <p>Seminar topics:</p> <ol style="list-style-type: none"> <li>1. PNF - lower limb -1. diagonal DK.</li> <li>2. PNF - Lower limb. -2. diagonal DK.</li> <li>3. PNF - Hull, pelvis and head.</li> <li>4. PNF - booster and relaxation techniques.</li> <li>5. The subject of physiotherapy in the lower limb area</li> <li>6. The subject of physiotherapy in the upper limb area</li> <li>7. Acral coactivation therapy - basic principles, ventral and dorsal chains, acer settings</li> <li>8. Acral Coactivation Therapy - Exercise based on developmental kinesiology</li> <li>9. Repeat</li> </ol>

Faculty	Faculty of Health Studies
Course title:	<b>Winter Skiing Course</b>
Course code:	<b>KF/ZTF5</b>
Level of course:	bachelor
ECTS:	1
Teacher:	Mgr. Petra Pecharová, PhDr. Hana Kynštová, Ph. D.
Term:	winter
Language of instruction:	English
Lectures/exercises:	5 days
Requirements on student:	Active participation in ski training course for the impaired.
Course goal:	The idea of the course is to familiarize the students both theoretically and practically, within the skiing course, with the basics of downhill and cross-country skiing. The emphasis will be put on teaching of Czech school of skiing: downhill and slalom technique for alpine skiing and classic and skate skiing style when teaching cross-country skiing. The goal of the training is to have the ability to apply individual skiing skills when teaching skiing to disabled people.
Content:	Content specialization: Didactics and assistance of monoski ride. Skiing didactics for visually impaired people. Skiing didactics for people with hearing impairments. Accompanying/additional activities.

Faculty:	Faculty of Health Studies
Course title:	<b>Yoga</b>
Course code:	<b>KF/JOGF5</b>
Level of course:	bachelor
ECTS:	1
Teacher:	Mgr. Jitka Vaněčková
Term:	winter
Language of instruction:	English
Lectures/exercises:	0/2
Requirements on student:	Classes attendance
Course goal:	The subject provides basic information about yoga methods and their application for healthy people and possibilities of applying them for patients with the disability of movement apparatus, with nerve diseases, cardiovascular and respiratory disorders and others. The goal is to understand the meaning of basic exercises in order to use them in occupational therapy and learn individual yoga methods and discover moral principles in yoga.
Content:	Seminar Topics: 1. Preparatory exercises. 2. Exercise sets and exercises. 3. Exercise sets and exercises. 4. Basic asanas I. and II. 5. Hatha, gymnastics of yoga. 6. Basics of cleansing techniques. 7. Basics of Bandha and Mudra. 8. Basics of relaxation. 9. Basics of concentration. 10. Diet and yoga.

Faculty:	Faculty of Health Studies
Course title:	<b>Physical Education and Didactics I</b>
Course code:	<b>KF/TVF15</b>
Level of course:	bachelor
ECTS:	1
Teacher:	PhDr. Štefan Balkó, Ph.D., PhDr. Hana Kabešová, Ph.D.
Term:	winter
Language of instruction:	English
Lectures/exercises:	1/2
Requirements on student:	Graphic presentation of an exercise unit. Active 80% participation in seminars.
Course goal:	The course is conceived as theoretical - practical. It is the basis for following physiotherapy subjects. The aim is to manage stated physical activities and to develop the skills in order to apply them in physiotherapy included graphic presentation of movement and terminology.
Content:	<p><b>Lecture topics:</b> 1. Importance, content and forms of physical education in physiotherapy. 2. Terminology and graphic presentation of movement. 3. Importance and way of stretching the most often shortened muscle groups. 4. Importance and way of strengthening the most often weakened muscle groups. 5. Correct and incorrect posture, the proportion of muscle groups. 6. Construction of a training unit. 7. Development and diagnosis of power abilities. 8. Development and diagnosis of speed abilities. 9. Development and diagnosis of coordination abilities 10. Development and diagnosis of mobility abilities 11. Revision</p> <p><b>Seminar Topics:</b> 1. The principles of stretching muscle groups. 2. Stretching. 3. Stretching exercises. 4. The principles of stretching. 5. Callanetics. 6. Back muscles strengthening exercises. 7. Abdominal strengthening exercises. 8. Arrangement of a training unit. 9. Presentation of a training unit. 10. Presentation of a training unit.</p>