

**COURSE DATA****DATA SUBJECT**

**Code:** 33011  
**Name:** Knowledge and history of physiotherapy  
**Cycle:** Undergraduate Studies  
**ECTS Credits:** 6  
**Academic year:** 2025-26

**STUDY (S)**

| Degree                         | Center                   | Acad. year | Period        |
|--------------------------------|--------------------------|------------|---------------|
| 1202 - Degree in Physiotherapy | Facultat de Fisioteràpia | 1          | First quarter |

**SUBJECT-MATTER**

| Degree                         | Subject-matter               | Character  |
|--------------------------------|------------------------------|------------|
| 1202 - Degree in Physiotherapy | Foundations of Physiotherapy | COMPULSORY |

**COORDINATION**

SUCH MIQUEL LUIS

VILLAPLANA TORRES LUIS ANTONIO

**SUMMARY**

The purpose of this subject is knowing the historical background that have led directly or indirectly in the present of Physiotherapy.

**PREVIOUS KNOWLEDGE****RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE**

There are no specified enrollment restrictions with other subjects of the curriculum.

**OTHER REQUIREMENTS**

No academic prerequisites are necessary

**COMPETENCES / LEARNING OUTCOMES**



## 1202 - Degree in Physiotherapy

Have the ability to organise and plan work.

Keep updated one's professional knowledge, competences and skills.

Know about Physiotherapy in the field of health and its relationship with other health professions.

Know the background and foundations of current physiotherapy techniques.

Know the diverse physiotherapy actions according to the healthcare level.

Know the evolution over time of the use of physical means with therapeutic purposes.

Know the professional skills of Physiotherapy.

Students must be able to apply their knowledge to their work or vocation in a professional manner and have acquired the competences required for the preparation and defence of arguments and for problem solving in their field of study.

Students must be able to communicate information, ideas, problems and solutions to both expert and lay audiences.

Students must have acquired knowledge and understanding in a specific field of study, on the basis of general secondary education and at a level that includes mainly knowledge drawn from advanced textbooks, but also some cutting-edge knowledge in their field of study.

Students must have developed the learning skills needed to undertake further study with a high degree of autonomy.

Students must have the ability to gather and interpret relevant data (usually in their field of study) to make judgements that take relevant social, scientific or ethical issues into consideration.

Understand the concepts of health, disease, functionality and disability.

Understand the international classification of health.

Work in teams.

## DESCRIPTION OF CONTENTS

### 1. The term Physiotherapy

Item 1. Concept of physiotherapy. Definition

Etymological origin. The Royal Spanish Academy of Language. Encyclopedias. The World Health Organization (WHO). The Spanish Association of Physiotherapists (AEF). The Official College of Physiotherapists. New definitions.



Item 2. Physical means

Physical aspects of the physical media as used: Electrotherapy, Kinesitherapy, Massotherapy., Thermotherapy, Cryotherapy and Hydrotherapy.

Item 3. Occupations in social structure

Physical Therapist. The area of competence. Role of the physiotherapist. Code of Ethics. Representative bodies. The intrusion into the professions. (The Healers).

Item 4. Concept of health, illness, incapacity, disability, impairment, disability and handicap. Physiotherapy in the context of rehabilitation.

Health. Disease. Disabilities: Disability, Disability, Impairment, Disability. Physiotherapy in the context of Rehabilitation: Rehabilitation and concept of the multidisciplinary team.

Item 5. Intervention Models

Physiotherapy hospital. Home care. Primary Care. Filling in forms. Teaching and Research. Administration and Management.

## 2. Historical

Item 6. Prehistory

Item 7. It was pre-technical

Item 8. The old age classic

Item 9. The mean age

Item 10. The Modern Age

Item 11. The contemporary age I

Item 12. The contemporary age II

Item 13. The modern era III

Item 14. Physiotherapy in Spain

## 3. Practical Program

List of topics for the preparation of work:

1. Paleopathology and historical epidemiology. The paleomedicine
2. Medicine was in pre-technical. Primitive peoples
3. Medicine in ancient Rome
4. Hippocrates of Cos
5. Medieval Medicine in the Arab world
6. Avicenna (Ibn Sena)
7. Medieval Medicine in Europe
8. Arnaldo de Vilanova
9. Medicine in the Renaissance
10. Hieronymus Mercurialis
11. Medicine in the Baroque: Borelli
12. Medicine in the Enlightenment
13. Nicolas Andry
14. J.C. Tissot
15. Educational Gymnastics
16. History of electrotherapy
17. Per Henrik Ling
18. The mechano. Gustav Zander



19. Florence Nightingale

20. Berta Bobath

These issues will be modified in each academic year.

## WORKLOAD

### PRESENCIAL ACTIVITIES

| Activity            | Hours        |
|---------------------|--------------|
| Theory              | 40,00        |
| Classroom practices | 20,00        |
| <b>Total hours</b>  | <b>60,00</b> |

### NON PRESENCIAL ACTIVITIES

| Activity                              | Hours        |
|---------------------------------------|--------------|
| Attendance at other activities        | 0,00         |
| Individual or group project           | 20,00        |
| Independent study and work            | 25,00        |
| Preparation of lessons                | 13,00        |
| Preparation for assessment activities | 30,00        |
| Resolution of case studies            | 2,00         |
| <b>Total hours</b>                    | <b>90,00</b> |

## TEACHING METHODOLOGY

The contents of the lectures will be worked through lectures, participatory activities and encouraging cooperative learning.

The characteristics of the course itself will raise History-related activities, and the resolution process will allow students to acquire fluency in their use and critical ability to select resources.

The different activities in the practical proposals are aimed at the development and presentation of a work group, of one of the themes provided by the teacher.

Events will take place in groups of 2 to 6 students to work cooperation and understanding.

The teaching program may be modified during the development of the course if the teacher under teacher quality criteria and assimilation of knowledge by the student it deems appropriate.

## EVALUATION



**Theoretical program:**

**Multiple choice objective test:**

- 40 questions

- 4 options, 1 right

-  $GRADE = [right\ guess - (errors/number\ of\ options - 1)] * 0,25$

**70% FINAL MARK**

**Practical program:**

**Preparation of a work group and exposure: the criteria for evaluation of written work and oral presentation will be provided by the teacher at the right time.**

**30% FINAL MARK**

**All written tests will penalize the incorrect spelling.**

**Each test set will be valued over 10, and then get the percentage of each one.**

**The final grade for the course will be averaged, provided the student has obtained at least 5 of 10 in each of the sections: theoretical and practical.**

## REFERENCES

- Historia de la Fisioterapia. José Francisco Meliá Olivas. 2ª Edición (ICOF CV). 2012.

Likewise, each topic will specify the books, scientific articles, and readings of interest recommended for preparing for the content covered.

