



Non-profit educational institution
Educational-scientific-production complex
"International University of Kyrgyzstan"

Quality Management System
SYLLABUS «Oncology»
"General Medicine» ISM

**International School of Medicine
Department of " Special clinical disciplines "**

SYLLABUS

"Therapeutic exercise "


main educational program
in the specialty General Medicine (for foreign citizens)

graduate qualification: general practitioner

Full-time education

Well	3
Semester	6
Credit / Exam (semester)	1
Total Curriculum Credits	1
Total curriculum hours	30

Bishkek 2022

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1. The work program of the academic discipline

1.1. Explanatory note

Mission of ISM IUK - *training of competent specialists in the field of medicine, corresponding to international standards and traditions of medical ethics, ready for continuous professional growth using modern achievements of science and practice, to solve public health problems.*

Annotation of the academic discipline

Therapeutic exercise is a branch of medicine. Exercise affects the reactivity of the whole organism and involves the mechanisms that were involved in the pathological process in the general reaction.

The purpose and objectives of the discipline

The purpose of the discipline

The formation of students' system of special knowledge, skills and abilities to use the means, methods and forms of therapeutic exercise in order to restore sick and weakened people of different ages and with different diseases.

Discipline objectives:

- formation of students' knowledge, abilities and skills on the use of medical physical culture in patients with somatic pathology;
- formation of students' knowledge, abilities and skills on the use of medical physical culture in neurological pathology;
- formation of students' knowledge, abilities and skills on the use of medical physical culture in case of disorders, diseases and injuries of the musculoskeletal system

Place of discipline in the structure of OOP (prerequisites, postrequisites)

The discipline "Therapeutic exercise" is included in the basic part of the professional cycle of the EUP UPPK "MUK" MShM for the specialty "General Medicine" (code 560001). This discipline is studied by students of the specialty General Medicine (for foreign citizens) and is included in the mandatory scope of the studied disciplines of the State Educational Institution of Higher Professional Education.

For the successful development of this discipline, students must master the following disciplines:

1. Human anatomy and pathological anatomy
2. Biology
3. Pathological human physiology



4. Propedeutics of Internal Medicine

5. Hospital therapy

6. Outpatient therapy

Competencies of students, formed as a result of mastering the discipline, the planned results of mastering the discipline -

Graduate in the specialty "General Medicine" with the assignment of the qualification of a specialist "Doctor general practice" in accordance with the State Educational Institution of Higher Professional Education and PLO and the tasks of professional activity, must have the following professional competencies:

Code	Content of competence	
PC-19	is able and ready to apply rehabilitation measures (medical, social and professional) among the adult population and children with the most common pathological conditions and injuries of the body;	<p>Know: - organization and implementation of rehabilitation activities among adolescents and adults, indications and contraindications for their appointment in a FMC;</p> <p>Be able to: - to participate in the organization and provision of treatment-and-prophylactic and sanitary-anti-epidemic, preventive and rehabilitative assistance to adolescents and adults, taking into account the socio-professional and age-sex structure;</p> <p>Own: - an algorithm for the implementation of the main medical diagnostic and therapeutic measures for the provision of first medical aid to the population in urgent and life-threatening conditions.</p>
PC-20	is able to give recommendations on the choice of the regimen, to determine the indications and contraindications for the appointment of physical therapy, physiotherapy, non-drug therapy, to use the main resort factors in the	<p>Know: - the basics of preventive medicine aimed at strengthening the health of the population of various age, sex and social groups;</p> <p>Be able to: - carry out preventive measures with patients and their</p>



	treatment of adults and children.	relatives to increase the body's resistance to unfavorable environmental factors using various methods Own: -an algorithm for setting a preliminary diagnosis of patients with their subsequent referral for additional examination and to specialist doctors; an algorithm for setting a detailed clinical diagnosis;
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Requirements for the level of training of a student who has completed the program of studying this discipline.

As a result of studying the basic part of the cycle

The student will know:

- The methodology of health-improving physical culture and sports activities with various groups of the population;
- Features of methodological activity during massage and exercise therapy;
- Anatomical and physiological characteristics of the body of children, adolescents and adults

The student will be able to:

- Formulate specific tasks of exercise therapy in physical education of various groups of the population;
- Conduct express diagnostics of the functional state of the body and the location of the pathological focus or injury;
- Formulate indications and contraindications for prescribing exercise therapy for a specific pathology in a specific person;
- Make up a complex of exercise therapy and recommendations for massage taking into account age, gender, past movement experience and the location of the pathological focus or injury;
- Apply practical techniques for exercise therapy and massage (on the basis of a clinical hospital)
- Receptions and techniques of classic, sports massage;
- Skills - the organization of complex physiological, psychological and pedagogical control of the state of the body during exercise therapy;

1.2. Recommended educational technologies


For the development of students of the academic discipline "Therapeutic exercise", obtaining knowledge and forming professional competencies, the following educational technologies are used:



- analysis of specific situations;
- small group method,
- analysis of clinical cases,
- situational tasks,
- preparation and defense of abstracts.

1.3. The scope of the discipline and types of educational work

According to the curriculum 2022	6 sem.	Total	
		in hours	in credits
Total labor intensity	30h	30	1
Classroom work	30h	30	
Lectures			
Practical lessons	18h	18	
Seminars			
Laboratory works			
Independent work	12	12	
CPC	8	8	
SRSP	4	4	
Final control type	offset		


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1.4. Discipline structure


1.4.1. Thematic plan for the study of the discipline

6 semester 3 course

N o.	Name sections and topics disciplines (lectures and practical exercises)	Auditory lessons				Total hours on classroom work	SRSP	Student independent work	Formed Competence	Used educational technologies, methods of teaching	Forms of current and midterm control academic performance
		lectures		practical lessons							
	"Therapeutic exercise", 6 semester										
1	General foundations of physiotherapy exercises.			2		4	1	2	PK19, 20 PK	LC	Assessment of the development of practical skills (abilities) preparation of a report,
2	Therapeutic physical training for cardiovascular diseases.			2		4	2	2	PK19, 20 PK	LC, MG,TP	Assessment of the development of practical skills (abilities), preparation of a report
3	Therapeutic physical training for respiratory diseases.			2		4	2	2	PK19, 20 PK	LC,RI	Assessment of the development of practical skills (abilities) preparation of a

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4	Therapeutic physical training for diseases of the digestive system.			2		4	1	2	PK19, 20	PK	LC,RI	report, Assessment of the development of practical skills (abilities), preparation of a report
5	Therapeutic physical training for diseases of the urinary organs.			2		4	1	2	PK19, 20	PK	LC,MG	Assessment of the development of practical skills (abilities), preparation of a report
6	Healing Fitness with metabolic disorders and endocrine system diseases			2		4	1	2	PK19, 20	PK	LC,RI	Assessment of the development of practical skills (abilities), preparation of a report
7	Therapeutic physical training in chronic inflammatory diseases, gynecological diseases, during pregnancy and the postpartum period.			2		4	1	2	PK19, 20	PK	LC,TP	Assessment of the development of practical skills (abilities), preparation of a report
8	Therapeutic physical training for diseases and injuries of the central and peripheral nervous systems			2		4	1	2	PK19, 20	PK	LC,RI,TP	Assessment of the development of practical skills (abilities), preparation of a report
9	Therapeutic physical training for posture			2		4	2	2	PK19, 20	PK	LC,TP	Assessment of the development of

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	disorders and foot deformities. Therapeutic physical training for bone fractures and complications after them										practical skills (abilities) preparation of a report,
	Module										testing

Abbreviation for designations of educational technologies, methods and methods of teaching: traditional lecture (L), lecture-visualization (LP), problem lecture (LP), lecture-press conference (LPK), lesson-conference (LC), training (T), debate (D), brainstorming (MSH) , master class (MC), "round table" (CC), activation of creative activity (ATD), regulated discussion (RD), forum type discussion (F), business and role-playing educational game (CI, RI), small group method (MG), classes using simulators, simulators (TP), computer simulation (CS), analysis of clinical cases (CS), preparation and protection of medical history (IB), use of computer training programs (COP), interactive atlases (IA), attending medical conferences, consultations (VC), participation in scientific and practical conferences (NPK), congresses, symposia (Sim), educational and research work of a student (UIRS), conducting subject Olympiads (O), preparation of written analytical works (AR), preparation and defense of abstracts (P), design technology (PT), excursions (E), distance educational technologies (DOT).

Reducing the forms of current and midterm monitoring of academic performance: T - testing, Pr - assessment of the development of practical skills (abilities), 3C - solving situational problems, KP - control work, K3 - control task, IB - writing and protecting a case history, CL - writing and protecting a curatorial sheet, R - writing and defense of the abstract, C - interview on control questions, D - preparation of a report, etc.

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1.4.2. Organization of students' independent work

6 semester 3 course


No .	The topic of the student's independent work:	SRS task	Timing surrender (week number)
1.	General foundations of physiotherapy exercises.	Abstract, presentation	1
2.	Therapeutic physical training for cardiovascular diseases.	Abstract, presentation	2
3.	Therapeutic physical training for respiratory diseases.	Abstract, presentation	3
4.	Therapeutic physical training for diseases of the digestive system.	Abstract, presentation	4
5	Therapeutic physical training for diseases of the urinary organs.	Abstract, presentation	5
6	Healing Fitness with metabolic disorders and endocrine system diseases	Abstract, presentation.	6
7	Therapeutic physical training in chronic inflammatory gynecological diseases, during pregnancy and the postpartum period.	Abstract, presentation.	6
8	Therapeutic physical training for diseases and injuries of the central and peripheral nervous systems	Abstract, presentation.	7
9	Therapeutic physical training for posture disorders and foot deformities. Therapeutic physical training for bone fractures and complications after them	Abstract, presentation	7

1.4.3. Evaluative Assessment Tools

Current and milestone (modular) control

Current control of students' knowledge may represent:

- oral questioning;

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- solving situational tasks;
- assessment of the development of practical skills;
- control task; test;
- checking the completion of written homework;
- checking abstracts, presentations.

Abstract topics:

1. General foundations of the treated physical culture.
2. Therapeutic physical training for cardiovascular diseases.
3. Therapeutic physical training for respiratory diseases.
4. Therapeutic physical training for diseases of the digestive system.
5. Therapeutic physical training for diseases of the urinary organs.
6. Healing Fitness with metabolic disorders and endocrine system diseases
7. Therapeutic physical training in chronic inflammatory gynecological diseases, during pregnancy and the postpartum period.
8. Therapeutic physical training for diseases and injuries of the central and peripheral nervous systems
9. Therapeutic physical training for posture disorders and foot deformities...Therapeutic physical training for bone fractures and complications after them.

COURSE POLICY AND EVALUATION CRITERIA:

The control of students' knowledge is carried out according to the point-rating system in accordance with the standard "Regulations on the modular point-rating system for assessing the knowledge of students at the NOU UNPK" International University of Kyrgyzstan ".


Discipline "Therapeutic exercise" includes 1 block, evaluated on a 100 point system:

Maximum score -100, of which:

- attendance - 20 points;
- current control - 40 points (20 points - for classroom work, 20 points - for independent work),
- midterm control (delivery of the module) - 40 points.

The results of the 2 modules are added up and the average score is displayed.

Scoring Policy	Module 1	Module 2, etc.
Attendance	20 points	20 points

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Classroom work (activity in discussions, during oral questioning, work in groups, etc.)	20 points	20 points
Independent work: essay, report	20 points	20 points
Total by module (testing)	40 credits	40 credits
Total by discipline:	100 points	
Exam		

Final control in the form of offset is carried out based on the results of attendance, current and midterm (modular) control.

Final control form - offset.

To assess the student's progress, the following scale of correspondence between grades and points is used:

Scale of correspondence of grades and points				
Maximum score	Intervals			
	"Unsatisfactory"	"satisfactorily"	"OK"	"Great"
twenty	0-11	12-15	16-17	18-20
40	0-23	24-30	31-35	36-40
60	0-35	36-45	46-53	54-60
100	0-59	60-75	76-89	90-100