

Department of Physiotherapy

BACHELOR PROGRAM IN PHYSIOTHERAPY



PHYSIOTHERAPY IN HEALTH PROMOTION AND PREVENTIVE WORK

Health promotion and preventive work is an important field for public health workers, both in an international and a national perspective. Health promotion is directed at strengthening the resources for good health. Preventive work means to remove, prevent or block factors that can cause illness, injury or other problems.

In order to attract foreign physiotherapy students to complete a part of their Bachelor's degree in Bergen, Department of Physiotherapy, Bergen University College has developed an English module, aimed at second or third year students, 3 months in spring (18 credits).

Aims of the module: The students shall use and develop knowledge, skills and attitudes in order to help people to increase control over determinants of their health and well-being.

The module starts with one week practical placement at Beitostølen (a mountain region) and focuses on physical activity for disabled people. The students are escorts during "Ridderrennet", a skiing event for disabled.

Main topics of the following course:

- Physical activity as means and ends in physiotherapy*
 - The impact of physical activity in health promotion and preventive work
 - Concepts, effects and measurements related to physical activity
 - Exercise physiology and principles of training and exercise
 - Theory and practice of motivation and behaviour change
 - How to plan, arrange and apply physical activity to individuals/groups on different arenas
- Knowledge and skills in prevention of work related disorders*
 - Theory and practice in ergonomics:
 - assess the relation between human, device (i.e. an object or a machine) and the organisation.
 - design systems, tasks and functions in order to guarantee the safety, health and well-being of people and stimulate efficient function
- Project work as work- and study form*

The students shall:

 - Become familiar with scientific methods and writing
 - Accomplish a group-based project within the frame of physiotherapy in health promotion and preventive work
 - Define problems for discussion, write a project plan, collect data etc, the whole process with tutoring
 - Give feedback to the field on the findings of their project work
 - Have a poster presentation in a seminar at Department of Physiotherapy

