

**SYLLABUS**

# **Physiotherapy: Humans and Work Life 7.5 credits S0089H**

**Fysioterapi: Människan och arbetslivet**

**Course syllabus admitted: Autumn 2023 Sp 1 - Present**

**DECISION DATE  
2022-01-10**

# Physiotherapy: Humans and Work Life 7.5 credits S0089H

## Fysioterapi: Människan och arbetslivet

### First cycle, S0089H

Education level	Grade scale	Subject	Subject group (SCB)
First cycle	U G VG *	Fysioterapi	Therapy, Rehabilitation and Dietary Treatment

### Main field of study

Physiotherapy

## Entry requirements

In order to meet the general entry requirements for first cycle studies you must have successfully completed upper secondary education and documented skills in English language and Knowledge of developmental theories and the interaction between people's thoughts, feelings, behaviours, and the surrounding society. Knowledge of human interaction of people in groups and which factors are important in the development of the group (S0062H/S0086H Behavioural science in Physiotherapy I).

Knowledge of how people may react to difficult life situations and traumatic life events (S0062H/S0086H Behavioural science in Physiotherapy I). Knowledge of how people are affected by stress and of appropriate strategies for stress management at individual and group level (S0074H/S0084H Physiotherapy: Health Promoting Practices).

Advanced knowledge of anatomy and physiology (M0024H/M0080H and M0025H/M0077H). Knowledge of physiotherapeutic examination and treatment (S0080H and S0081H Physiotherapy, assessment, intervention and interaction I and II). Theoretical knowledge of aetiology and pathophysiology of common diseases and injuries that may occur during the life span (M0035H/M0078H Medical Science Pathophysiology I in position to physiotherapy, M0036H/M0079H Medical Science Pathophysiology II in position to physiotherapy).

## Selection

The selection is based on 1-165 credits.

## Course Aim

The student should on completion of the course, based on current knowledge and with an ethical attitude, be able to:

1. plan and carry out a work place analysis and describe how physical, psychosocial and organisational factors at work may affect health and work ability
2. distinguish the relationship between organisation, leadership and development and improvement work within health care and social care
3. use legislation that regulates work and rehabilitation
4. describe how rehabilitation within health care is organised
5. describe what the concepts of work ability and vocational rehabilitation mean and be able to relate this to the ICFs Classification of function condition, disability and health
6. identify the individual's needs in relation to requirements of working life and design and argue for a rehabilitation plan based on ICF
7. identify working groups' needs in relation to the demands of working life and propose and argue for approaches to health promotion and prevention in the workplace, at the group and organisational levels.
8. explain the meaning of an entrepreneurial attitude and illustrate how this might be applied in health promotion, prevention and rehabilitation.

## Contents

- Development and improvement work in health care and social care
- Working organisation and management
- Systematic work environment.
- Entrepreneurial learning
- Legislation governing work and rehabilitation.
- Ergonomics for the prevention of musculoskeletal disorders, physical, psychosocial and organisational risk factors in the work place.
- Methods for the measurement of physical - and psychosocial strain.
- Ergonomic adjustment of a workplace to an individual in order to prevent disease.
- Conditions and strategies for the influence of groups in the work life.
- Work ability, assessment of occupational capacity and vocational rehabilitation related to the classification of function condition, disability and health (ICF).
- Strategies for health promotion and prevention in the work life at individual, group and organisational levels.

## Realization

Each course occasion's language and form is stated and appear on the course page on Luleå University of Technology's website.

Learning in the course takes place through lectures, literature studies, group assignments, seminars and design of written reports. In all tuition forms, the student is stimulated and encouraged to carry out problem-solving and to have a critical reflective attitude. The examination assignment is carried out in groups with other students. The examination assignment consists of planning a visit to a company to study repetitive strain, physical, psychosocial and organizational working environment factors. The student should search articles/literature and retrieve rules and regulations that are relevant to the identified workplace, carry out an interview with a manager or supervisor, carry out an interview with and observe an employee at work. After that, the student should plan vocational rehabilitation for a (fictitious) individual and reflect on the preconditions for the individual to return in work. In addition, a proposal for a plan with health-promoting and preventive strategies for the employees in this company should be prepared. The plan should give expression to an entrepreneurial attitude and contain reflections on the gains and difficulties that can arise.

## Examination

If there is a decision on special educational support, in accordance with the Guideline Student's rights and obligations at Luleå University of Technology, an adapted or alternative form of examination can be provided.

- Aim 1-8 is examined through a group assignment that is presented in a written report, at a seminar, and through an individual report (test 0001) 4.5 credits Fail Pass Pass with distinction
- Aim 2 is examined at the seminar "Organisation, leadership, development - and improvement work" (test 0002) 1.0 credits Fail Pass #
- Aims 4-6 are examined at the seminar "Work ability, vocational rehabilitation and ICF" (test 0003) 1.0 credits Fail Pass #
- Aims 1 and 7 are examined through laboratory assignment and the seminar "Workplace analysis, health promotion and prevention in the working life" (test 0004) 1.0 credits Fail Pass #

Criteria for Pass and Pass with distinction are stated in the study guide.

## Unauthorized aids during exams and assessments

If a student, by using unauthorized aids, tries to mislead during an exam or when a study performance is to be assessed, disciplinary measures may be taken. The term “unauthorized aids” refers to aids that the teacher has not previously specified as permissible aids and that may assist in solving the examination task. This means that all aids not specified as permissible are prohibited. The Swedish version has interpretative precedence in the event of a conflict.

## Remarks

This is a first-cycle course. Study supervision is available in Canvas in the current course room.

## Overlap

The course S0089H is equal to S0070H

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## Course offered by

Department of Health, Education and Technology

## Modules

Code	Description	Grade scale	Cr	Status	From period	Title
0001	Report and Seminar	U G VG *	4.5	Mandatory	S15	
0002	Seminar	U G#	1	Mandatory	S15	
0003	Seminar	U G#	1	Mandatory	S15	
0004	Lab work and seminar	U G#	1	Mandatory	S15	

## Last revised

by Anna Öqvist, Director of Undergraduate Studies at the Department of Health, Education and Technology 2022-01-10

## Syllabus established

by Prefekt vid Inst för Hälsovetenskap 2014-06-29