



Universidad de Jaén
FACULTY OF HEALTH SCIENCES

Abdominal pelvi-perineal physiotherapy

2024-2025
Grado en Fisioterapia
Doble Grado en Enfermería y Fisioterapia



GRUPO



Acceso Mayores 40

Guías docentes UJA

Horarios de tutorías

Llamamientos PEvAU

Movilidad (Coordinador)

P.O.D.

Solicitud bilingüismo

Syllabus 2024-25 - 10112020 - Abdominal Pelvi-Perineal Physiotherapy (Fisioterapia abdomino-pélvico-perineal)

Caption

- Level 1: Tutorial support sessions, materials and exams in this language
- Level 2: Tutorial support sessions, materials, exams and seminars in this language
- Level 3: Tutorial support sessions, materials, exams, seminars and regular lectures in this language

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DEGREE: Grado en Fisioterapia (10112020)
FACULTY: FACULTY OF HEALTH SCIENCES
DEGREE: Doble Grado en Enfermería y Fisioterapia (10522033)
FACULTY: FACULTY OF HEALTH SCIENCES
ACADEMIC YEAR: 2024-25
COURSE: Abdominal Pelvi-Perineal Physiotherapy

SYLLABUS

1. COURSE BASIC INFORMATION

NAME: Abdominal Pelvi-Perineal Physiotherapy
CODE: 10112020 (*)
LANGUAGE: English
ECTS CREDITS: 6.0
YEAR: 4
SEMESTER: PC
ACADEMIC YEAR: 2024-25
LEVEL: 1

2. LECTURER BASIC INFORMATION

NAME: ZAGALAZ ANULA, NOELIA
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WEBSITE: <https://www.ujaen.es/departamentos/ciesal/contactos/zagalaz-anula-noelia>
<https://orcid.org/0000-0002-7105-9865>
ORCID: -
LANGUAGE: -
LEVEL: 1
NAME: CRUZ DIAZ, DAVID
DEPARTMENT: U130 - CIENCIAS DE LA SALUD
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LANGUAGE: -
LEVEL: 2

3. CONTENT DESCRIPTION

Theoretical-practical didactic units:

- I. Bases of Obstetric and Urogynecology Physiotherapy.
- II. Overview of the processes of pregnancy, childbirth, puerperium and menopause.
- III: Obstetric Physiotherapy (prenatal and postnatal period).
- IV: Physiotherapy treatment of abdominal-pelvic-perineal complications.
- V. Sexual dysfunctions in men and women.
- VI. Coloproctology.
- VII. Other treatments in genitourinary pathologies.

4. COURSE DESCRIPTION AND TEACHING METHODOLOGY

Master class by the teacher.

Solving problems by students at the teacher's proposal.

Evidence-based intervention approaches.

Students with special educational needs should contact the Student Attention Service (Servicio de Atención y Ayudas al Estudiante) in order to receive the appropriate academic support

5. ASSESSMENT METHODOLOGY

To pass the subject, attendance at all practical classes-seminars is mandatory.

To pass the subject it is mandatory to have passed the two main fractions of the same: theoretical fraction and practical fraction.

6. BOOKLIST

MAIN BOOKLIST:

- Evidence-based physical therapy for the pelvic floor [Recurso electrónico] : bridging science and clinical practice edited by Kari Bø, Bary Berghmans, Siv Morkved and Marijke Van Kampen. Edition: Second edition. Author: Bø, Kari, editor. Publisher: Churchill Livingstone ([Library](#))
- Fisioterapia del suelo pélvico. Edition: -. Author: María Torres Lacomba. Antonio Meldaña Sánchez. Publisher: editorial médica panamericana ([Library](#))

ADDITIONAL BOOKLIST: ([Access the bibliography in the Library catalog](#))

- Exercise in pregnancy. Edition: -. Author: Gregg, V. H., & Ferguson, J. E. ([Library](#))
- The effect of the first vaginal birth on pelvic floor anatomy and dysfunction. Edition: -. Author: Urbankova, I., Grohregin, K., Hanacek, J., Krcmar, M., Feyereisl, J., Deprest, J., & Krofta, L. ([Library](#))
- Physiotherapy interventions for patients with chronic pelvic pain: A systematic review of the literature.. Edition: -. Author: Fuentes-Márquez, P., Cabrera-Martos, I., & Valenza, M. C. ([Library](#))
- Physiotherapy management of patients with chronic pelvic pain (CPP): A systematic review.. Edition: -. Author: Klotz, S., MSc, PT, HS, Schön, M., BSc, PT, Ketels, G., BA, PT, HE, Löwe, B., MD, & Brünahl, C. A., MD ([Library](#))

7. SUSTAINABLE DEVELOPMENT GOALS

Salud y bienestar

Educación de calidad

Igualdad de género

Alianzas para lograr objetivos

DETAILED INFORMATION

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8. VIRTUAL / CLASSROOM TEACHING SCENARIO

I.-

METHODOLOGY AND TEACHING ACTIVITIES

TEACHING ACTIVITIES	Format (face-to-face / online) *	Teaching methodology description
Theoretical classes for large group	All teaching activities (including evaluation) will be face-to-face to the extent that the situation allows.	Participatory master lectures in the classroom and broadcast by videoconference to the rest of the group. Periodic rotation of the students. Theoretical classes could also be held asynchronously (recordings) if exceptional or technical situations occurred.

Practical classes by small groups	All teaching activities (including evaluation) will be face-to-face to the extent that the situation allows.	Practical training sessions with 100% attendance, following the methodology outlined in sections 10 and 11 of this guide.
Tutorials	Online	Online tutorials (synchronous and asynchronous).

II.-

ASSESSMENT METHODOLOGY

Face-to-face

examination following recommendations or synchronous final test online through virtual teaching platform of the University of Jaén/Google Forms application, depending on availability (with the possibility of recording it through Google Meet), on the date established by the Health Sciences Faculty for each of the official dates, which will represent 50% of the final grade.

The

acquisition of practical knowledge will also be evaluated, which will mean 50% of the final grade, through oral-practical tests, and / or through the delivery of written or audiovisual works through the means available at the University of Jaén.

III.-

RESOURCES

The

online resources provided by the University of Jaén (Plataforma de Docencia Virtual, Video conference through Google Meet, other applications in the Google environment: Docs, Slides, Calendar, Drive, Forms...) will be used in order to encourage student participation, as well as electronic bibliographies resources available in the library of the University of Jaén.

9. VIRTUAL TEACHING SCENARIO

I.-

METHODOLOGY AND TEACHING ACTIVITIES

TEACHING ACTIVITIES	Format (face-to-face / online) *	Teaching methodology description
Theoretical classes in large group	Online	Participatory master lectures, conducted by videoconference (in synchronous and / or asynchronous mode).
Practical classes in small groups	Online	Practical classes will be adapted from face-to-face teaching to the

		virtual modality (synchronous and asynchronous), that allow students to work and develop the practical content of the subject.
Tutorials	<i>Online</i>	Online tutorials (synchronous and asynchronous).

II.-

ASSESSMENT METHODOLOGY

Synchronous

final test online through the virtual teaching platform of the University of Jaén/Google Forms application, depending on availability (with the possibility of recording it through Google Meet), on the date established by the Facultad de Ciencias de la Salud for each of the official dates, which will represent 50% of the final grade.

The

acquisition of practical knowledge will also be evaluated, which will mean 50% of the final grade, through the delivery of written and / or audiovisual works through the means available at the University of Jaén, or also through oral-practical tests carried out via video call.

III.-

RESOURCES

The

online resources provided by the University of Jaén (Plataforma de Docencia Virtual, Video-conference through Google Meet, other applications in the Google environment: Docs, Slides, Calendar, Drive...) will be used in order to encourage student participation, as well as electronic bibliographies resources available in the library of the University of Jaén.

DATA PROTECTION CLAUSE (on line exams)

Institution in charge of data processing: Universidad de Jaén, Campus Las Lagunillas, s/n, 23071 Jaén

Data Protection Delegate: dpo@ujaen.es

Purpose: In accordance with the Universities Law and other national and regional regulations in force, carrying out exams and assessment tests corresponding to the courses students are registered in. In order to avoid frauds while sitting the exam, the exam will be answered using a videoconference system, being able the academic staff of the University of Jaén to compare and contrast the image of the person who is answering the exam with the student's photographic files. Likewise, in order to provide the exam with evidential content for revisions or claims, in accordance with current regulation frameworks, the exam will be recorded and stored.

Legitimacy: compliance with legal obligations (Universities Law) and other national and regional regulations currently in force.

Addressees: service providers who are the owners of the platforms where the exams are carried out and with whom the University of Jaén has signed the corresponding data access contracts.

Storage periods: those established in current in force regulations. In the specific case of exam videoconference recordings, not before the examination records and transcripts are closed or the exam can still be reviewed or challenged.

Rights: you can exercise your right of access, amendment, cancellation, opposition, suppression, limitation and portability by sending a letter to the postal or electronic address indicated above. In the

event that you consider that your rights have been violated, you may submit a complaint to the Andalusian Council for Transparency and Data Protection www.ctpdandalucia.es

CLASS RECORDING CLAUSE PERSONAL DATA PROTECTION

Person in charge: Universidad de Jaén, Paraje Las Lagunillas, s/n; Tel.953 212121; www.ujaen.es

Data protection delegate (DPO): TELEFÓNICA, S.A.U. ; Email: dpo@ujaen.es

Procedure aim: To manage proper recordings of teaching sessions with the aim of facilitating learning process under a multimodal and/or online teaching

Period for record storage: Images will be kept during legal term according to regulations in force

Legitimacy: Data will be managed according to legal regulations (Organic Law 6/2001, December 21, on Universities) and given consent provided by selecting corresponding box in legal admission documents

Data recipients (transfers or assignments): Any person allowed to get access to every teaching modality

Rights: You may exercise your rights of access, rectification, cancellation, portability, limitation of processing, deletion or, where appropriate, opposition. To exercise these rights, you must submit a written request to the Information, Registration and Electronic Administration Service of the University of Jaen at the address above, or by e-mail to the address above. You must specify which of these rights you are requesting to be satisfied and, at the same time, you must attach a photocopy of your ID card or equivalent identification document. In case you act through a representative, legal or voluntary, you must also provide a document that proves this representation and identification. Likewise, if you consider that your right to personal data protection has been violated, you may file a complaint with the Andalusian Data Protection and Transparency Council www.ctpdandalucia.es

Campus Las Lagunillas s/n | 23071 - Jaén

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