**FacultY OF MEDICINE I**

**STUDY PROGRAM 0915.1 PhysIOKINETOThERAPy and REhABILItation**

**CHair OF FOREIGN LANGUAGES**

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| APPROVED at the meeting of the Commission for Quality Assurance and Evaluation of the Curriculum in Medicine  Minutes No.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Chairman MD PhD., associate professor  Pădure Andrei \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  (signature) | | APPROVEDat the Council meeting of the Faculty,Faculty of Medicine I Minutes No.\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Dean of Faculty MD PhD., associate professor  Plăcintă Gheorghe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  (signature) | |
| APPROVEDapproved at the meeting of the chair Foreign LanguagesMinutes No. 6 of 13.02.2025Head of chair, MD, associate professor,Eșanu-Dumnazev Daniela \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (signature) | |

**SYLLABUS**

DISCIPLINE **FOREIGN LANGUAGES**

**Cycle I, License**

Type of course: **Compulsory**

**The syllabus was developed by the team of authors: *D. Eșanu-Dumnazev***, MD, associate professor, R. Scutelnic, university assistant, Natalia Doronin, university assistant

**Chișinău, 2025**

1. **INTRODUCTION**

* General presentation of the discipline: place and role of the discipline in the formation of the specific competences of the professional / specialty training program
* The discipline of *Modern Languages* plays a significant role in the curriculum of *Nicolae Testemitanu* State University of Medicine and Pharmacy, whereas the modern languages (English and French) are considered as *lingua franca* and workplace languages among the EU institutions. Adjustment to the Bologna and European standards of language proficiency requires quality and skill assurance as a priority objective in the educational integration across Europe.
* According to these standards, *Modern Languages* is a practical course, designed for optometrist students in order to enable them to apply and actively use *medical terminology* within the practical training and workplace. The *Modern Languages* course (*medical terminology*) is oriented towards the formation of language skills, established by the Common European Framework of Reference for Languages (CECRL) and developed by the Council of Europe. The *Modern Languages course (medical terminology*) aims at acquiring essential medical terminology, forming solid linguistic skills for optometrists that are necessary for academic mobility, intercultural and professional integration.
* The formative orientation of higher education, as well as training of optometrist students represent a reference framework for the professional training of medical staff in order to use foreign languages in verbal communication, facilitate international communication, cooperate in the field of medicine and become competitive on the labor market.
* Mission of the syllabus (aim) in professional training

Studying a professional language contributes to the development of professional abilities, knowledge and attitudes by exploring other disciplines of various fields Languages of the discipline: English/French;

* Beneficiaries: students of the II nd year, faculty of Medicine II, Specialty of Physiokinetotherapy and Rehabilitation

**II. MANAGEMENT OF THE DISCIPLINE**

|  |  |  |  |
| --- | --- | --- | --- |
| Code of discipline | | **G.01.O.008 / G.02.O.016** | |
| Name of the discipline | | **Specialty modern language** | |
| Person(s) in charge of the discipline | | **D. Eșanu, R. Scutelnic, N. Doronin** | |
| Year | **I** | Semesters | **I/II** |
| Total number of hours, including: | | | **60** |
| Lectures |  | Practical/laboratory hours |  |
| Seminars | **30+30** | Self-study | **30+30** |
| Form of assessment | **E\*/E\*** | Number of credits | **2+2** |

**III. learning objectives within the dSCIPLINE**

# By the end of the course the student will be able to:

# at the level of knowledge and understanding:

• to define language particularities and general medical terminology in a foreign language;

• to identify the specialty-specific symbols and the peculiarities of the medical language used in the field of Physiotherapy and Rehabilitation;

• to use authentic specialized vocabulary for current communication within the professional environment;

• to apply the training mechanisms and the specifics of a professional aspect, message or statement;

• to define the characteristics of the grammatical structures of a professional foreign language;

• to identify the medical language used in physiotherapy and rehabilitation for the purpose of further use of language and communication skills (oral and written expression);

• to formulate basic principles and notions in physiotherapy and rehabilitation necessary for collaboration and subsequent participation in international conferences/projects;

# at the application level:

• to interpret ideas, projects, processes, theoretical and practical contents of the discipline;

• to apply reading (articles), cursive (comprehension of the content of a specialized text), selective (summarizing information) and total skills (full comprehension of text content);

* to render a foreign language text;
* to translate texts, articles, documents, prescriptions into a foreign language;
* to apply the written and oral language skills within the context of the doctor/patient communication, doctor/doctor;
* to develop skills of selection, synthesis and summarizing;
* to apply knowledge acquired in learning situations: dialogues, projects, local and international conferences, speeches, etc;
* to develop communication skills in order to initiate discussions, dialogues, thematic debates within professional settings;
* **at the integration level:**

• to assess the role of the foreign language in a professional context in the professional training of the future specialist in Physiotherapy and rehabilitation;

• to use knowledge and communication skills in a professional environment, using health specific themes in order to promote an intercultural and interdisciplinary dialogue;

• to implement the knowledge acquired in the research activity/writing activity of specialized works in a foreign language;

• analyze and synthesize information from authentic sources and present it in oral or written form;

• to be able to learn to learn, which will contribute to the management of the professional path;

**IV. TERMS AND preCONDITIONS**

• to know teaching language general notions;

• to possess digital skills (use of the Internet);

• to possess the ability to communicate and work in a team;

• to have such qualities as: tolerance, compassion, autonomy;

1. **THEMES AND ESTIMATEd ALLOCATION OF HOURS**

***Lectures, practical hours/ laboratory hours/seminars and self-training***

| No | Тheme | Number of hours | | |
| --- | --- | --- | --- | --- |
| Lectures | Practical hours | Self-study |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. | *Nicolae Testemitanu SUMPh* |  | 2 | 2 |
| 2. | *Human body. Skeleton.* |  | 2 | 2 |
| 3. | *Muscular system. Structure and characteristics.* |  | 2 | 2 |
| 4. | *Respiratory system. Structure and characteristics.* |  | 2 | 2 |
| 5. | *Digestive system. Structure and characteristics* |  | 2 | 2 |
| 6. | Nervous System. *Structure and characteristics* |  | 2 | 2 |
| 7. | *Cardiovascular system. Structure and characteristics. Heart. Blood.* |  | 4 | 4 |
| 8. | *Physical exercise and gymnastics.* |  | 2 | 4 |
| 9. | *Body position and cinematric elements.* |  | 2 | 2 |
| 10. | *Functional movement capacity. Movement classification* |  | 2 | 2 |
| 11. | *Kinesiology. Origin. Principles and benefits.* |  | 2 | 4 |
| 12. | *Kinetotherapy. Types. Techniques. Kinetotherapist profession.* |  | 2 | 2 |
| 13. | *English Achievement Test* |  | 2 |  |
| 14. | Exam |  | 2 |  |
|  | **Total** |  | **30** | **30** |
|  | **Total** **semester I** |  | **60** | |
|  | **Semester II** |  | | |
| 1. | Massage therapy. Massage types indications, contraindications. |  | 4 | 4 |
| 2. | Massage techniques and massage zones. |  | 2 | 2 |
| 3. | Massage products and devices. |  | 2 | 2 |
| 4. | Lymphatic drainage. Indications. Effects. |  | 2 | 2 |
| 5. | Etiopathy. Origin, principles, indications/contraindications. |  | 2 | 2 |
| 6. | Osteopathy. Principles, indications, effects. |  | 2 | 2 |
| 7. | Osteopathy for women and children. |  | 4 | 4 |
| 8. | Chiropraxy VS Osteopathy. Chiropraxy. Benefits, indications/contraindications. |  | 2 | 2 |
| 9. | Acupuncture. Benefits, indications, risks. |  | 2 | 2 |
| 10. | Trigger point |  | 2 | **2** |
| 11. | Fasciotherapy. Benefits, indications |  | 2 | **2** |
| 12. | English achievement test |  | 2 |  |
| 13. | Exam |  | 2 |  |
| **Total** | |  | **30** | **30** |
| **Total Semester II** | |  | **60** | |
| **Total I/II** | |  | **120 ore** | |

1. **OBJECTIVES AND CONTENT UNITS**

| **Objectives** | **Content units** |
| --- | --- |
| **Chapter 1. Human anatomy and physiology** | |
| * To define the structure of the human body * To know the functions of internal organs * To identify the functions of internal organs in authentic video documents * To analyze and reproduce a specialty text | 1. *Nicolae Testemitanu SUMPh* 2. *Human body. Skeleton.* 3. *Muscular system. Structure and characteristics* 4. *Respiratory system. Structure and characteristics.* 5. *Digestive system. Structure and characteristics* 6. Nervous System. *Structure and characteristics* 7. *Cardiovascular system. Structure and characteristics. Heart. Blood.* |
| *Doctor-patient communication activities* |
| **Chapter 2.** Physical exercise and cinematic elements | |
| * To define in English/French the term *physical exercise* * To know the development stages of physical exercise * To explain the application methodology and the role of physical exercise according to medical gymnastics and kinetotherapy * To define cinematrics and its elements * To define in English/French the functional elements of movement | 1. *Physical exercise and gymnastics.* 2. *Body position and cinematric elements.* 3. *Functional movement capacity. Movement classification.* |
| *Doctor-patient communication activities* |
| **Chapter 3. Kinesiology and kinetotherapy** | |
| * To define the term kinesiology * **To explain Kinesiology principles and benefits** * To define the term kinetotherapy * To describe kinetotherapy types anj techniques * **To describe the profile of a kinetotherapeutist** | 1. *Kinesiology. Origin. Principles and benefits.* 2. *Kinetotherapy. Types. Techniques.* 3. *Kinetotherapist profession.*   *Doctor-patient communication activities* |
| **Chapter 4**.**Kinetotherapy types and techniques** | |
| * To define and describe in English/French: * Massage types * Massage techniques and areas * Massage products and apparatuses * Lymphatic drainage * Osteopathy, principles, indications, effects * Chiropraxy, benefits, indications, contraindications * Acupuncture. Benefits, indications, riscs * Trigger point * Fasciotherapy, benefits, indications | 1. Massage therapy. Massage types indications, contraindications. 2. Massage techniques and massage zones. 3. Massage products and devices. 4. Lymphatic drainage. Indications. Effects. 5. Etiopathy. Origin, principles, indications/contraindications. 6. Osteopathy. Principles, indications, effects. 7. Osteopathy for women and children. Chiropraxy VS Osteopathy. 8. Chiropraxy. Benefits, indications/contraindications. 9. Acupuncture. Benefits, indications, risks. 10. Trigger point. 11. Fasciotherapy. Benefits, indications.       *Doctor-patient communication activities* |

1. **PROFESSIONAL (SPECIFIC (SC)) AND TRANSVERSAL (TC) COMPETENCES AND learning outcomes**

* **General Professional competences (****GPC)**

**GPC1.  *Culture, ethics and values***. Professional tasks responsible fulfilment with the application of professional ethics values ​​and norms, as well as the provisions of the legislation in force.

**GPC** 2. **Professional efficiency and teamwork.** Activities and specific teamwork roles fulfilment; promotion of the spirit of initiative, dialogue, cooperation, positive attitude and respect for others, empathy, altruism and continuous self-activities improvement.

**GPC** 3. **Educational activity realization**. Individual and community health education fulfilment. Training methods knowledge and application depending on the specifics of the audience. Establishing the purpose and objectives of training and/or assessment. Determining the optimal forms of training and evaluation depending on the specifics of the audience. Carrying out on-the-job evaluations, including the opportunity to provide constructive feedback.

***CPC4.*** Individual and community health education fulfilment. Training methods knowledge and application depending on the specifics of the audience. Establishing the purpose and objectives of training and/or assessment. Determining the optimal forms of training and evaluation depending on the specifics of the audience. Carrying out on-the-job evaluations, including the opportunity to provide constructive feedback.

**Specific professional competences (SPC)**

**SPC1.** **Mastering physiokinetotherapy and rehabilitation basic sciences.** Adequate comprehension of physiokinetotherapy and rehabilitation basic sciences obtaining sufficient knowledge about the structure of the body, physiological functions and behavior of the human body in various physiological and pathological condition, as well as the existing correlation between health condition, physical and social environment.

**SPC2.** **Health promotion, prevention and health education.** Healthy lifestyle promotion, applying prevention and self-care measures, promoting healthy behavior and following the therapeutic plan, health and well-being protection of individuals and groups that undergo physiokinetotherapy treatment and medical rehabilitation.

**SPC3.** **Decision making**. Integrating critical and systematic thinking skills in order to solve problems and make professional therapeutic and rehabilitation decisions for patients; prior analysis of problems, facilitating the identification of the best solution for patient, family and community to achieve the set objectives.

**SPC4. Physiokinetotherapeutic assistance**. Evaluation, diagnosis, planning and implementation of individualized physiokinetotherapeutic assistance oriented towards the results of reducing functional deficit. Providing professional physiokinetotherapeutic assistance to individuals, families and groups, respecting quality standards in accordance with legal and professional regulations of conduct. Appraising the results of the programs carried out and making recommendations for their optimization.

**SPC5**. **Decision-making.** Critical and systematic thinking skills integration in problem solving and decision making for patients’ professional therapy and rehabilitation. Prior problems analysis, facilitating the identification of the best solution for the patient, family and community, to achieve the set goals.

* **Transversal competences (TC)**
* **TC1. Activity autonomy and responsibility**. Application of rigorous and efficient working hours rules, manifestation of a responsible attitude towards the performance of professional tasks with the application of professional ethics values ​​and norms, as well as the provisions of the legislation in force promoting logical reasoning, practical applicability, evaluation and self-evaluation in decision-making.
* **TC2. Effective communication.** Ability to understand the written/spoken texts, to express concepts, thoughts, feelings, facts and opinions both orally and in written form (listening, speaking, reading and writing) and to interact linguistically in an appropriate creative way and in of a large spectrum of social and cultural contexts
* **TC3. Digital skills.** The ability to interact through a variety of digital devices / applications, to understand digital communication, how it is best of all viewed, analyzed and used for one's own needs, the ability to introduce data into computer, to process information, to print specific documents, the capacity to use the contents appropriately for the found situation.
* **TC4. Tolerance and respect for diversity**. Ability to support and promote an environment that provides opportunities for all regardless of race, gender, culture and age working with employees and beneficiaries from all the levels; valuing and incorporating the contributions of people from different backgrounds; as well as showing respect for the opinions and ideas of others.
* **TC5. Interaction and social responsibility skills**. Identifying the objectives, the available resources, the completion conditions, the working stages, the related completion deadlines that have to be achieved identifying roles and responsibilities in a multidisciplinary team and at community level, applying effective communication and working techniques in a team and with service beneficiaries ensuring efficient deployment and responsible involvement in teamwork organizing activities.
* **Learning outcomes**
* Formation of written and oral language skills in doctor/patient, physician/physician communication context;
* Developing the ability to understand a written text /speech / oral message;
* Initiation and acquisition of basic terms and basic pharmaceutical terminology;
* Formation and development of information analysis/synthesis from authentic sources in oral or written form presentation;
* Familiarization of students with Physiokinetotherapy and Rehabilitation topics in order to promote an intercultural and interdisciplinary dialogue;
* Ability to make a presentation or a description highlighting the important points and details professionally relevant;
* Drafting texts on Physiokinetotherapy and Rehabilitation topics summarizing and assessing the information and arguments borrowed from different sources.

1. **STUDENT'S SELF-Study**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | Expected product | Implementation strategies | Assessment criteria | Implementation terms | |
| 1. | Elaboration of thematic lexicographic glossaries | Compilation of lists with terminological lexical units;  Translation of terminological lexical units;  Contextualization of terminological lexical units. | Presentation and translation correctness of terminological lexical units | During the semester | |
| 2. | Thematic projects | Elaboration of reports and thematic communications;  Work with terminological lexicon;  Synthesis and summaries elaboration. | Ability to extract the essence from the articles. Correctness of information presentation. | During the semester | |
| 3. | Video thematic projects | Watching video documents  Compilation of lists with terminological lexical units;  Filling in the audio comprehension verification sheets. | Developing interpretive ability in video document contents exposure. | During the semester | |
| 4. | Individual portfolio | Completing individual portfolios with informational, lexical, grammatical resources. | Self-fulfillment and self-employment activity degree | | During the semester |
| 5. | Work with specialty journals | Elaboration of articles and reviews synthesis | Degree of understanding and synthesis of scientific information. | | During the semester |

1. **TEACHING METHODOLOGICAL SUGGESTIONS FOR TEACHING-LEARNING-ASSESSMENT**

**Teaching and learning methods used**

* Exposure, conversation, exercise, demonstration, problem-solving, heuristic conversation, brainstorming, experiment;
* Interactive methods with communication and creative exploration pragmatic aspect emphasis (brainstorming, free associations, starburst, value line, SINELG, T chart, cube, Venn diagram, cinquain);

1. **Applied** (specific to the discipline) **teaching strategies / technologies**

* ***inductive strategies*** (from general to particular);
* ***deductive strategies*** (from general to particular);
* ***analogic strategies*** (using models);
* ***mixed strategies:*** inductive-deductive and deductive-inductive;
* ***algorithmic strategies:*** explicative-demonstrative, intuitive, expositive, imitative, programmed and algorithmic;
* ***heuristic strategies*** - to develop knowledge through self-thinking effort, using problem-solving, discovery, modeling, hypothesis formulation, heuristic dialogue, investigative experiment, brainstorming, creativity stimulation.

1. **Methods of assessment** (including the method of final mark calculation)

**Current**: formative or/and individual control through

* testing
* solving problems/exercises,
* case study analysis
* role play on discussed subjects;
* project (summative assessment method);
* portfolio (longitudinal evaluation method)

**Final**: 1sr sem – Annual average mark - 50%, Written test- 20%, Exam- 30%.

2nd Sem. - Annual average mark-50%, Written test-20%, Exam-30%

**Method of rounding marks at different assessment stages**

|  |  |  |
| --- | --- | --- |
| Intermediate grading scale (annual average, marks and examination scores) | National Assessment System | ECTS Equivalent |
| **1,00-3,00** | **2** | **F** |
| **3,01-4,99** | **4** | **FX** |
| **5,00** | **5** | **E** |
| **5,01-5,50** | **5,5** |
| **5,51-6,0** | **6** |
| **6,01-6,50** | **6,5** | **D** |
| **6,51-7,00** | **7** |
| **7,01-7,50** | **7,5** | **C** |
| **7,51-8,00** | **8** |
| **8,01-8,50** | **8,5** | **B** |
| **8,51-9,00** | **9** |
| **9,01-9,50** | **9,5** | **A** |
| **9,51-10,0** | **10** |

The average annual mark and the marks for all stages of the final examination (computer assisted, test, oral) - are expressed numerically according to the grading scale (see the table), The final mark obtained is expressed as a number with two decimals, which is recorded in the student’s record-book.

*Absence from the examination without a valid reason is recorded as "absent" and is equivalent to a score of 0 (zero). The student is allowed up to two re-examinations for the failed exam.*

1. **RECOMMENDED LITERATURE:**

***A. Compulsory:***

***1.***  Suport de curs la limba franceză pentru *Kinetoterapeuți*, autori: R. Scutelnic, D. Eșanu-Dumnazev

2. Suport de curs la limba engleză pentru *Kinetoterapeuți*, autor: N. Doronin

***B. Additional***

* Mitra P.K. *Textbook of Physiotherapy in Surgical Conditions*, 2013, 271 p.
* Lederman E. *Neuromuscular Rehabilitation in Manual and Physical Therapies: Principles to Practice*, 2010, 178 p.
* Roy S. Wolf S. *The Rehabilitation Specialist’s Handbook*, 2012, 1297 p.
* Cifu D. et al. *Braddom’s Physical Medicine and Rehabilitation*, 2015, 1280 p.
* Gwendolen J. et al. *Grieve’s Modern Musculoskeletal Physiotherapy* 4ed, 2015, 669 p.
* Jones M. Moffatt F *Cardiopulmonary physiotherapy*,2002, 181 p.
* Oscar E. The Psoas Solution. The Practitioner’s Guide to Rehabilitation, Corrective Exercise and Training for Improved Function, 2017. 511 p.

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* <https://www.physio-pedia.com/Physiotherapy_/_Physical_Therapy>
* <https://www.physio-pedia.com/Cardiac_Rehabilitation>
* <https://www.webmd.com/a-to-z-guides/what-is-a-physiotherapist>

<https://www.nhs.uk/conditions/physiotherapy/>