Course name: Introduction to Physical Therapy
Course code: HHD-1020
Total contact hours: 60 hours
Pre-requisite: Must be a Health Sciences student

COURSE DESCRIPTION

This course will introduce basic concepts of human anatomy, an overview of the most common injuries and illnesses that require physical therapy, and an introduction to the different tools and methods used to treat them. The course will consist of lectures about the theoretical concepts, and also laboratory practice, which will allow the student a hands-on experience of the different techniques given during the lectures.

OBJECTIVE

At the end of the course students will have general knowledge on various PT areas of expertise such as massage therapy techniques, electrotherapy, and therapeutic exercises, among others.

CONTENTS

Work Schedule:

<table>
<thead>
<tr>
<th>Part I</th>
<th>Activity</th>
<th>Special Work</th>
</tr>
</thead>
</table>
| Lesson 1 | - Course introduction  
- Costa Rica epidemiology, demography and anthropology.  
- Costa Rica’s Health Indicators | - Speech topics assignment  
- Costa Rica’s Private Medicine System |
| Lesson 2 | - Costa Rica’s Health System History  
- Health System Case: Cabecar Community | - Debate Groups: Costa Rica and USA Health Systems |

<table>
<thead>
<tr>
<th>Part II</th>
<th>Activity</th>
<th>Special Work</th>
</tr>
</thead>
</table>
| Lesson 3 | - Debate: Costa Rica and USA Health Systems  
- Movie: “Sicko” by Michael Moore | Movie analysis |
| Lesson 4 | - Physical Examination and |
METHODOLOGY
We intend to achieve the above objective by a series of theoretical and practical exercises. Students will attend participatory lectures about the history and development of the social health care system and will also learn about the private health sector. Sessions will also include a debate that compares the health system in Costa Rica and in the United States. Discussions and debates will serve as tools, for students to gain some insight in to the differences in these two societies and their concepts of health. Lectures and discussion will be complemented with a visit to one of the main private hospitals in San José, and contrasted with a visit to one of the primary health care clinics of the public system, located in the aboriginal territories.

The course develops a series of participatory lectures about tropical medicine. In order to build a common background, students will learn the most important concepts on clinical history and exploration, relevant to tropical medicine, as well as demographic, epidemiological and environmental concepts.
There are several units that focus on the study of patho-physiological concepts and specific diseases, all this, in order to understand the fundamentals of prevention and promotion of health in the context of tropical diseases.

Students will visit several field trips to private and state health institutions and a snake farm, in order to see live examples of the most important species of snakes in Costa Rica, as a complement to the lecture about ophidic accidents.

Finally, the course aims to integrate all their knowledge acquired throughout the course in the organization and development of a health fair that will benefit an agricultural community in northern Costa Rica, which depends exclusively on banana production.

AUDIENCE
This course is an introductory course structured for International Students attending the Study Abroad program at Universidad Veritas. Courses are not exclusive to foreigners so a few native student could enroll in this course.

EVALUATION SYSTEM

60%  Practical work
- Debate about health care systems 20%
- Presentation (Subject will be assigned on the first day) 25%
- Participation and discussion in seminars 5%
- Homework and reading assignments 10%

30%  Written Examinations

10%  Participatory attendance

ATTENDANCE POLICY

Students may only have two total absences HOWEVER, if they miss more than one day of class in a given month, they WILL NOT RECEIVE CREDIT for the course.

The professor has the right to expel a student from the classroom should he / she:

1) be disruptive in the classroom
2) be under the influence of alcohol or even smell like alcohol
3) Behave in a disrespectful way.

If you tend to be late for class, you will lose 25% of your total grade.

Final Exam
Evaluation of the ability of the student to face a health problem and be able to incorporate elements of public health and tropical medicine in the context of the Costa Rican health care system.

BIBLIOGRAPHY (REFERENCE)


2. Hardling R, Crook P, Lewthwite P. Burden and cost of imported infections


