

Commercial Offer



The Department of Medical and Biological Basics of Physical Training and Physical Rehabilitation of Vinnytsia Mykhailo Kotsiubunskiy State Pedagogical University (Ukraine) proudly invites those who wish to join our short-time internship program on the specialty «Physiotherapy and Medical Rehabilitation».

Internship target group

The program is geared primarily to the students who are eager to acquire additional qualification in the field of Physiotherapy and Medical Rehabilitation which is officially confirmed by a European university certificate.

We cooperate with medical colleges and similar healthcare-related institutions.

We consider such students as a target group for our short-time internship programs.

The list of subjects to learn

- 1) Physiology of motor activity
- 2) Physical rehabilitation for internal diseases and disorders of nervous system function
- 3) Physical rehabilitation for injuries and diseases of the musculoskeletal system
- 4) Theory and methodology of health-improving physical training
- 5) Health-improving massage

Learning activities (with academic load)

Teaching process is carried out in Ukrainian with synchronic translation into English. The program foresees attending lectures, practical classes, laboratory classes and other healthcare-related activities as well as practice at the local rehabilitation centers:

- 1) Lectures – 44 hours
- 2) Practical Classes – 68 hours
- 3) Laboratory Classes – 12 hours
- 4) Final Examination – 4 hours

On completion the program a student will be given a Certificate along with a transcript with the list of all subjects learned and all marks received. The Certificate may be used as a supplement to a Bachelor / Master diploma awarded at a native college.

Teaching staff providing the internship

- 1) Yuri M. Furman, Doctor of Biological Science, Full Professor
- 2) Nataly V. Havrylova, PhD. in Physical Training and Sports, Associate Professor
- 3) Victoria E. Onyschuk, PhD. in Physical Training and Sports, Associate Professor
- 4) Anatoly P. Korolchuk, PhD. in Physical Training and Sports, Senior Lecturer
- 5) Alla S. Sulyma, PhD. in Physical Training and Sports, Senior Lecturer
- 6) Serhiy I. Lomynoha, PhD. in Medical Science, Senior Lecturer

URL - http://vspu.edu.ua/faculty/sport/sportreability_teach.php

Internship terms

The internship lasts for two months (March - April 2020 or May - June 2020).
Learning process is from Monday through Friday.
There are no classes at weekends.

Internship prices

Financial expenses are calculated for a group of 8 or more students.
The tuition for ONE student comprises 520 USD (to cover the wage of the professors, lecturers, assistants and interpreters engaged to the program, as well as other expenses).
The students may be provided with housing opportunities.
They can hire a place in a two- or three-person room at the University dormitory.
This accommodation costs 1,5 USD a day (about 45-50 USD per month).
The students can eat at the University canteen which is not expensive too.

The list of the documents required for admission foreign citizens to internship programs

1. Personal application form in prescribed format
2. A passport with the Ukrainian visa
3. Original and a notarized copy (in Ukrainian) of the document on previous education with transcripts
4. Copy of birth certificate
5. Health insurance, unless otherwise provided by international treaties of Ukraine
6. Photos sized 3.5x4.5 mm

Documents, stated in subparagraphs 3-5 of this list, must be translated into the Ukrainian language with notarization of the translations. Translated documents must be certified in a country of their issue, in a way that is officially used in this country for such certification, and legalized by the appropriate foreign diplomatic institution of Ukraine, unless otherwise is stipulated by international agreements of Ukraine.

For more details, please contact Ukrainian Embassy / Consulate for Your Country and find out their requirements for student visa applicants:

<https://mfa.gov.ua/en/about-mfa/abroad/embassies>

Curriculum for the short-time internship on the specialty
«Physiotherapy and Medical Rehabilitation»

Subject «Physiology of motor activity»

#	Theme of a lecture / a practical class/ a laboratory class	Quantity of academic hours
1	Lecture #1. Adaptation of the human body to the physical work of different directions	2
2	Lecture #2. Physiological characteristics of different types of muscular work (part A)	2
3	Lecture #2. Physiological characteristics of different types of muscular work (part B)	2
4	Lecture #3. Physiological mechanisms of perfection of a human motor skills and qualities	2
5	Laboratory class # 1. Human aerobic productivity. Determination and evaluation of aerobic productivity of the organism	2
6	Laboratory class # 2. Human anaerobic performance. Determination and evaluation of anaerobic (alactate and lactate) productivity of the organism	2
7	Laboratory class # 3. Features of the external respiration function depending on the cyclic work intensity	2
8	Laboratory class # 4. Testing of human motor qualities. Determination and evaluation of dynamic and static endurance of different muscle groups	2
9	Laboratory class # 5. Passive and active flexibility. Determination and evaluation of passive and active spine flexibility	2
Total load for lectures		8
Total load for laboratory classes		10
Total load for subject		18

Subject «Physical rehabilitation for internal diseases and disorders of nervous system function»

#	Theme of a lecture / a practical class/ a laboratory class	Quantity of academic hours
1	Lecture # 1. General basics of physical therapy (physical rehabilitation) (Part A)	2
2	Lecture # 1. General basics of physical therapy (physical rehabilitation) (Part B)	2
3	Lecture # 2. Features of physical rehabilitation of patients with the cardiovascular system diseases (Part A)	2

4	Lecture # 2. Features of physical rehabilitation of patients with the cardiovascular system diseases (Part B)	2
5	Lecture # 3. Features of physical rehabilitation of patients with respiratory diseases	2
6	Lecture # 4. Features of physical rehabilitation of persons with metabolic disorders (Part A)	2
7	Lecture # 4. Features of physical rehabilitation of persons with metabolic disorders (Part B)	2
8	Lecture # 5. Features of physical rehabilitation of persons with digestive diseases	2
9	Lecture # 6. Features of physical rehabilitation of persons with childhood cerebral palsy	2
10	Practical class # 1. Determination of body tolerance to physical activity in patients with cardiovascular disease and coronary heart disease	2
11	Practical class # 2. Features of physical rehabilitation of patients with atherosclerosis, ischemic heart disease, hypertension (Part A)	2
12	Practical class # 2. Features of physical rehabilitation of patients with atherosclerosis, ischemic heart disease, hypertension (Part B)	2
13	Practical class # 3. Features of physical rehabilitation of patients with bronchial asthma, pneumonia, pleurisy (Part A)	2
14	Practical class # 3. Features of physical rehabilitation of patients with bronchial asthma, pneumonia, pleurisy (Part B)	2
15	Practical class # 3. Features of physical rehabilitation of patients with bronchial asthma, pneumonia, pleurisy (Part C)	2
16	Practical class # 4. Features of physical rehabilitation of people with obesity and diabetes (Part A)	2
17	Practical class # 4. Features of physical rehabilitation of people with obesity and diabetes (Part B)	2
18	Practical class # 5. Features of physical rehabilitation of patients with chronic gastritis, peptic ulcer and duodenal ulcer (Part A)	2
19	Practical class # 5. Features of physical rehabilitation of patients with chronic gastritis, peptic ulcer and duodenal ulcer (Part B)	2
20	Practical class # 6. Features of physical rehabilitation of patients with childhood cerebral palsy (Part A)	2
21	Practical class # 6. Features of physical rehabilitation of patients with childhood cerebral palsy (Part B)	2
22	Practical class # 7. Features of physical rehabilitation of patients who had suffered a stroke	2
Total load for lectures		18
Total load for practical classes		26
Total load for subject		44

Subject «Physical rehabilitation for injuries and diseases of the musculoskeletal system»

#	Theme of a lecture / a practical class/ a laboratory class	Quantity of academic hours
1	Lecture # 1. Features of physical rehabilitation of persons with osteochondrosis	2
2	Lecture # 2. Features of physical rehabilitation of persons with impaired posture and flat feet (Part A)	2
3	Lecture # 2. Features of physical rehabilitation of persons with impaired posture and flat feet (Part B)	2
4	Lecture # 3. Features of physical rehabilitation of persons with injuries and diseases of the joints	2
5	Practical class # 1. Features of physical rehabilitation of persons with spinal injuries	2
6	Practical class # 2. Features of physical rehabilitation of persons with osteochondrosis of the cervical, thoracic and lumbar spine	2
7	Practical class # 3. Features of physical rehabilitation of persons with joint injuries	2
8	Practical class # 4. Features of physical rehabilitation of persons with impaired posture (Part A)	2
9	Practical class # 4. Features of physical rehabilitation of persons with impaired posture (Part B)	2
10	Practical class # 5. Features of physical rehabilitation of persons with arthritis and arthrosis	2
11	Practical class # 6. Features of physical rehabilitation of persons with upper limb fractures	2
12	Practical class # 7. Features of physical rehabilitation of persons with lower extremity fractures	2
Total load for lectures		8
Total load for practical classes		16
Total load for subject		24

Subject «Theory and methodology of health-improving physical training»

#	Theme of a lecture / a practical class/ a laboratory class	Quantity of academic hours
1	Lecture # 1. Medico-biological bases of health-improving physical training (Part A)	2
2	Lecture # 1. Medico-biological bases of health-improving physical training (Part B)	2
3	Laboratory class # 1. Determination of the optimum magnitude range of physical loadings on indicators of the maximum oxygen consumption	2
Total load for lectures		4
Total load for laboratory classes		2
Total load for subject		6

Subject «Health-improving massage»

#	Theme of a lecture / a practical class/ a laboratory class	Quantity of academic hours
1	Lecture # 1. Introduction to the «Health-improving Massage» subject. Physiological effect of massage on a human organism	2
2	Lecture # 2. Hygienic basics of massage. Methods of a patient's physical condition assessment	2
3	Lecture # 3. Classification and techniques of performing massage	2
4	Practical class # 1. Techniques of stroking	2
5	Practical class # 2. Techniques of rubbing	2
6	Practical class # 3. Techniques of kneading	2
7	Practical class # 4. Techniques of squeezing	2
8	Practical class # 5. Techniques of knocking and vibration	2
9	Practical class # 6. Methods of collar zone massage	2
10	Practical class # 7. Methods of back massage	2
11	Practical class # 8. Methods of lumbar massage	2
12	Practical class # 9. Methods of lower extremities massage	2
13	Practical class # 10. Methods of upper extremities massage	2
14	Practical class # 11. Methods of chest and abdominal massage	2
15	Practical class # 12. Techniques of manual therapy	2
16	Practical class # 13. Post-isometric muscle relaxation	2
Total load for lectures		6
Total load for practical classes		26
Total load for subject		32